

Predictors of Parent Adherence in BPT for Preschoolers with ADHD

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Introduction

- Extant literature has demonstrated the effectiveness of behavioral parent training (BPT) for youth with ADHD¹
- Parent adherence has shown to be an important factor for BPT success^{2,3}
- Limited research has examined predictors of parent adherence to BPT for preschool-aged children with ADHD^{4,5}
- The aim of this study was to extend evaluations of parent and child characteristics as predictors of parent adherence with BPT for preschool-aged children with/at-risk for ADHD⁶

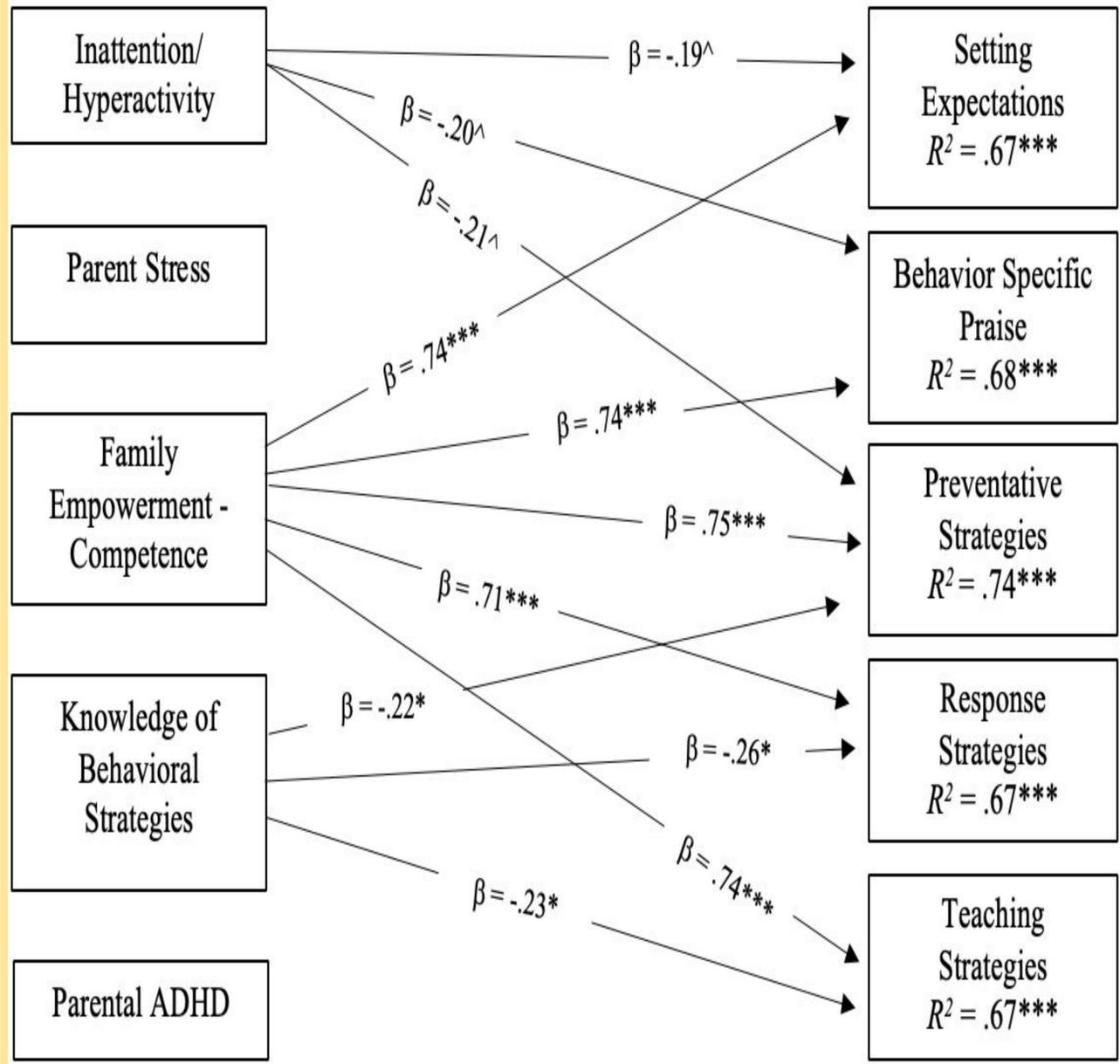
Participants

- Data from Project Promoting Engagement for ADHD pre-Kindergartners (PEAK) RCT
- $N = 77$ ($M_{age} = 4.2$; 68.8% male; 76.6% White)

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Perceived parental competence predicts higher levels of treatment adherence at the end of behavioral parent training.

Figure 1: Parent and Child Characteristics as Predictors of Parent Adherence.



Note. $^{\wedge} p < .10$, $^* p < .05$, $^{**} p < .01$, $^{***} p < .001$.

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Analytic Plan

- Five multiple linear regression analyses were conducted

Measures

- Conners Early Childhood-Parent⁷
- Parenting Stress Index⁸
- Adult ADHD Self-Report Scale⁹
- Family Empowerment Scale-Competence¹⁰
- Test of Parent Knowledge
- Parent Fidelity Checklist

Results

- Pre-treatment knowledge of behavioral strategies and perceived parental competence predicted parental adherence to treatment.
- Child inattention/hyperactivity level also emerged as a marginally significant negative predictor of parents' ability to set appropriate expectations, deliver behavior specific praise, and implement preventative strategies

Discussion

- The findings emphasize parental characteristics that potentially influence adherence to critical components of BPT
- Additionally, the results suggest the need for further exploration of a parent's unique needs prior to treatment to optimize intervention implementation and potentially long-term outcomes for youth with/at-risk for ADHD.