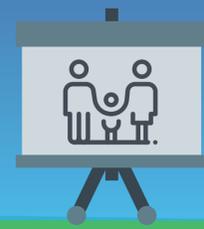


# META-ANALYSIS OF PARENT TRAINING



Shannon Barton, M.A., BCBA, Jennifer Blankenship, M.S.ED., BCBA,  
Jessica Cooper, M.S., BCBA, & Chloe Fahrberger, M.S.Ed., BCBA

## ABSTRACT

Parent training involving the principles and procedures of Applied Behavior Analysis (ABA) has been shown to be successful across various skills and goals in teaching parents to implement skill acquisition and behavior reduction goals. The purpose of this study was to use meta-analysis techniques to examine the overall effects of parent training on parents, children, and service providers. A search of electronic databases was conducted to identify studies that utilized parent training as well as what methods were used, progress that parent training led to, positive and negative impacts, and any concerns brought to the experimenters. This study examined fifteen journal articles in relation to parent training. Results showed that parent training had a positive effect both on children and parents' behavior; timing and scheduling were some of the most noted barriers to implementation.

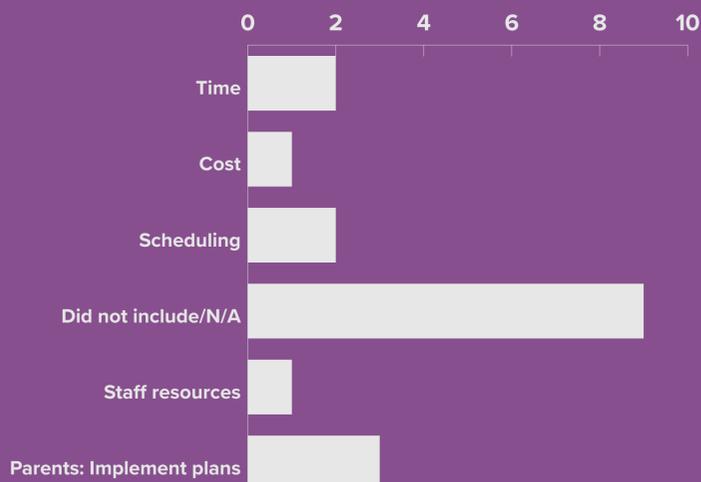
## INTRODUCTION

- Parent training is a beneficial tool to assist parents with implementing skill acquisition and behavior reduction plans with their own child (Harding and Wacker, 2009).
- Parent training has been shown to be a useful and successful method of training parents on the use of ABA principles and procedures (McPhilemy and Dillenburger, 2013).
- The purpose of this study was to conduct a meta-analysis to examine the overall effects of parent training with parents, children, and service providers. Components examined and reported on are: methods and measurements used, progress made through parent training, positive and negative impacts of training, and any reported concerns.

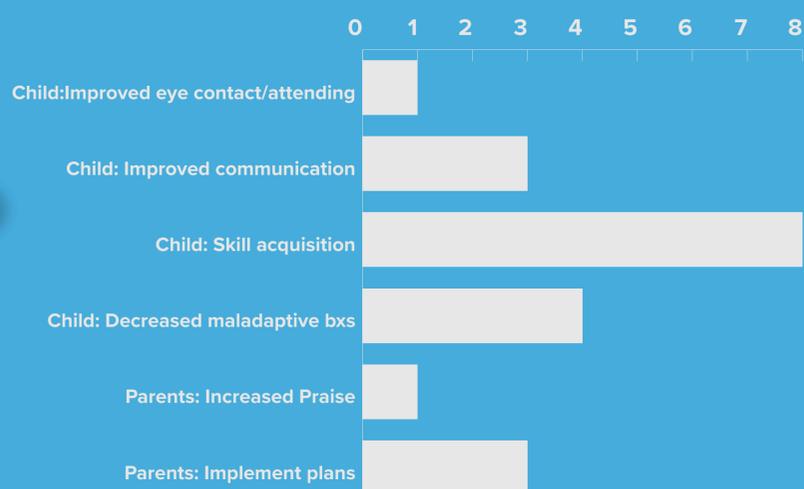
## METHOD

- Fifteen studies were examined through electronic databases such as: Journal of Applied Behavior Analysis (JABA), British Journal of Special Education (BJSE), ResearchGate, Behavior Analysis in Practice, Educational Psychology, and The Analysis of Verbal Behavior.
- We manually reviewed the compiled literature and aggregated data related to topics discussed within the articles found.
- Studies were included if they: (1) were behavior-analytic in nature; (2) involved any type of parent training; (3) reported a behavior change in the child that was directly related to the implementation and use of parent training; or (4) reported a change in parent's ability to implement interventions with their child.
- Data were independently extracted by four investigators.
- Data within studies were examined based on specific methods used, if parent training led to a positive or negative outcome within the individual/family, what those specific outcomes were, and any specific concerns that the individual / family brought to the researchers attention.

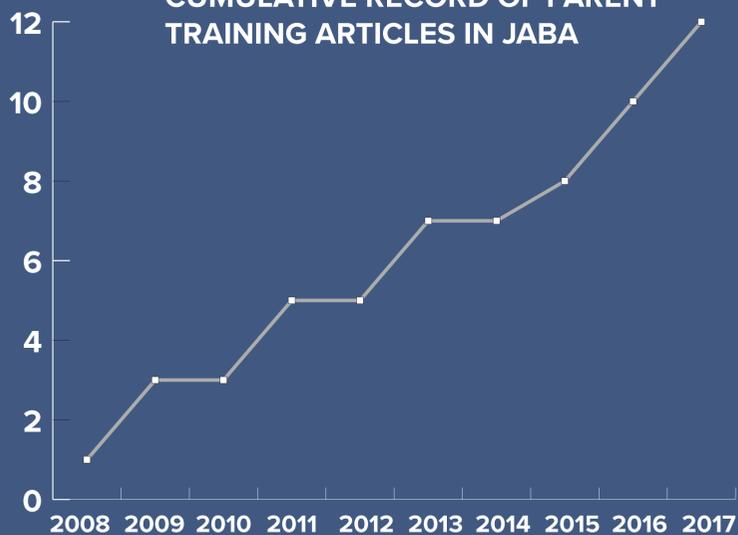
## NEGATIVE IMPACT ASSOCIATED WITH PARENT TRAINING



## POSITIVE IMPACT OF PARENT TRAINING



## CUMULATIVE RECORD OF PARENT TRAINING ARTICLES IN JABA



## DISCUSSION

- Parent training was an effective technique for training parents as reported in the reviewed studies.
- Future research could expand the literature concerning parent training and the effects of such a procedure.
- Future research could examine cost and time effective ways of implementing parent training such as use of pyramidal training.
- Future research could also examine the social validity of parent training and the caregivers preferred parent training approach.
- A limitation noted by this study is there is a limited amount of research in our field that focuses on parent training. This could be due to the lack of a systematic training procedure as to what parent training should involve from the practitioner and from the parent.

For more information about this study,  
please email: [behavioral.services@pascohh.com](mailto:behavioral.services@pascohh.com)

## RESULTS

- Ten** studies collected data throughout the actual implementation of parent training sessions. Three studies used Behavior Skills Training (BST) as a method to teach behavior analytic skills to parents.
- Eight** studies reported that after parent training was completed, the child's skill acquisition increased while four studies noted that parent training reduced maladaptive behaviors.
- Three** studies reported an increase in the accuracy of parent implementation of the intervention; one study reported that the parent increased their delivery of verbal praise to their child.
- Eight** studies did not include concerns regarding parent training. Two studies reported that it was unclear as to which variable led to the success of parent implementation (noted in BST studies). Two studies reported that treatment integrity checks were not completed during parent training sessions.
- The following concerns were noted in one study each:** cost of parenting training and ABA services were too high, outside professionals were not as accepting as ABA as parents were and altered parent's perception of the field, and clinicians had high caseloads and could not devote the necessary time to their clients.