

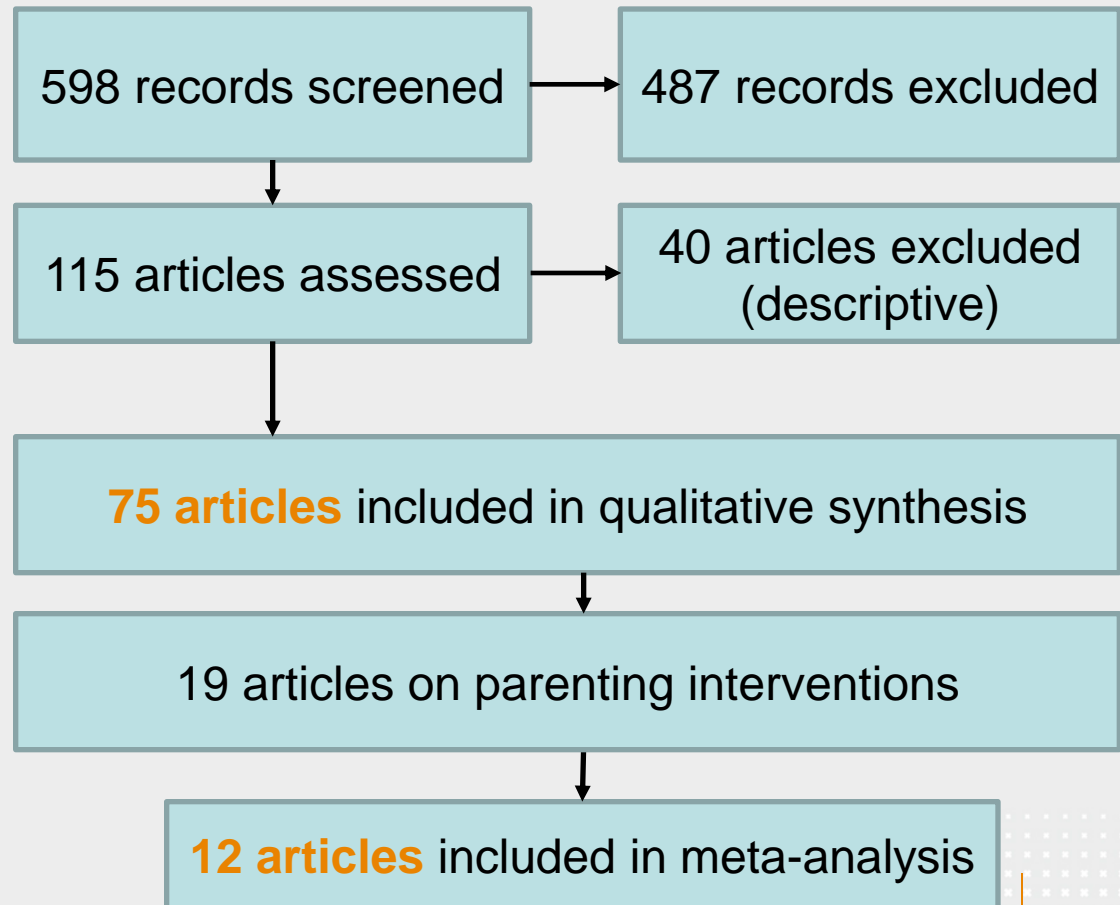


**Think Parents! Conference**  
**11-12 October 2012**

# **The Internet as a Tool to Improve Parenting**

Presenting a Review Study ~ Christa Nieuwboer

# Selection of Studies



# Review 75 studies

Characteristics of:

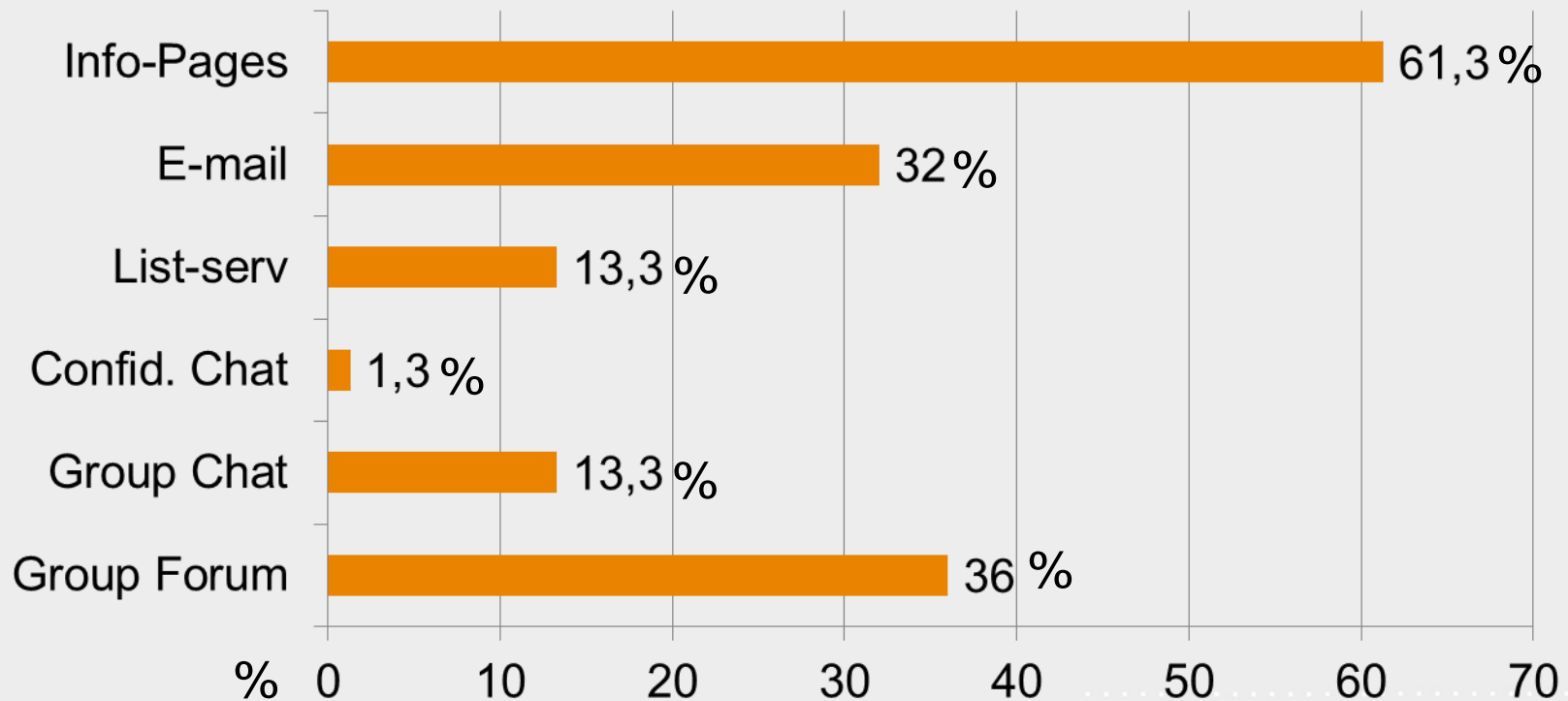
- Types of online communication
- Professional involvement
- Target groups and topics
- Evaluation design

Outcomes of 12 experimental studies



# Types of Online Communication Review 75 studies

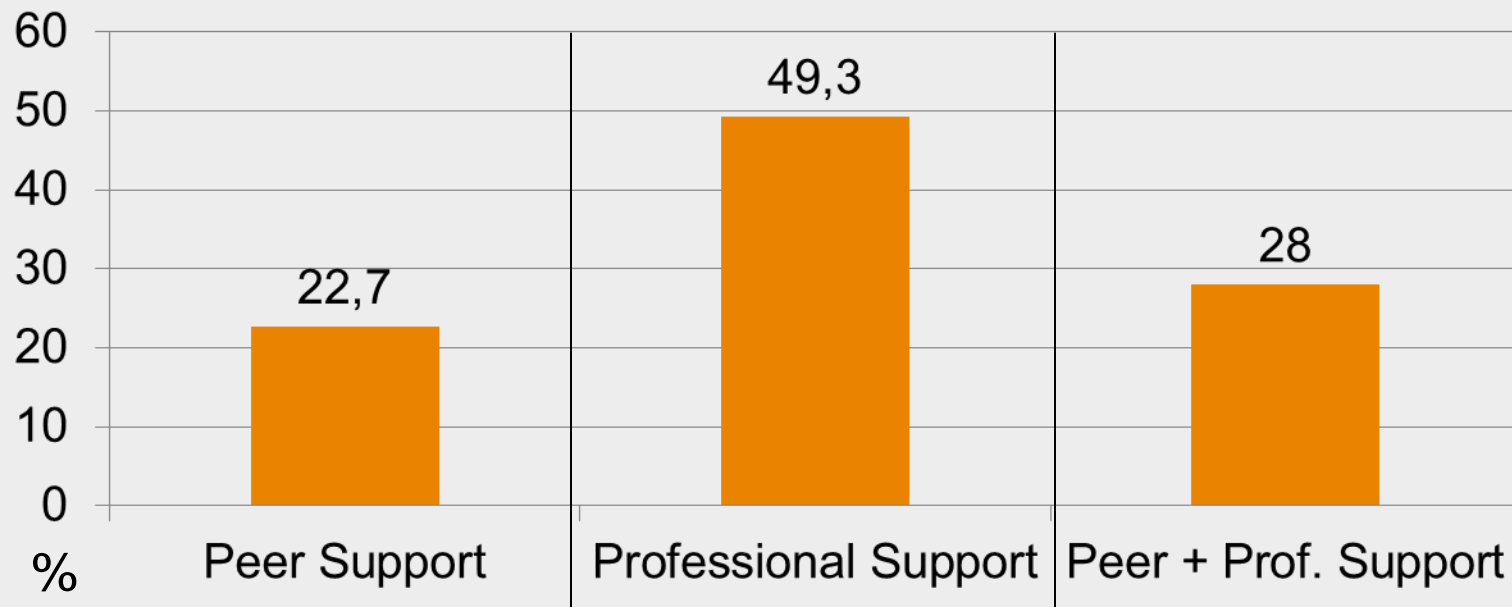
## Types of Online Communication



# Professional Involvement

Review 75 studies

## Professional/ Peer Support



# Target groups and topics

Review 75 studies

## ■ Parents:

- **Gender** All = 58.7%; F = 34.7%; M = 6.7%
- **Topics** First-time/pregnant/single: 41.3%

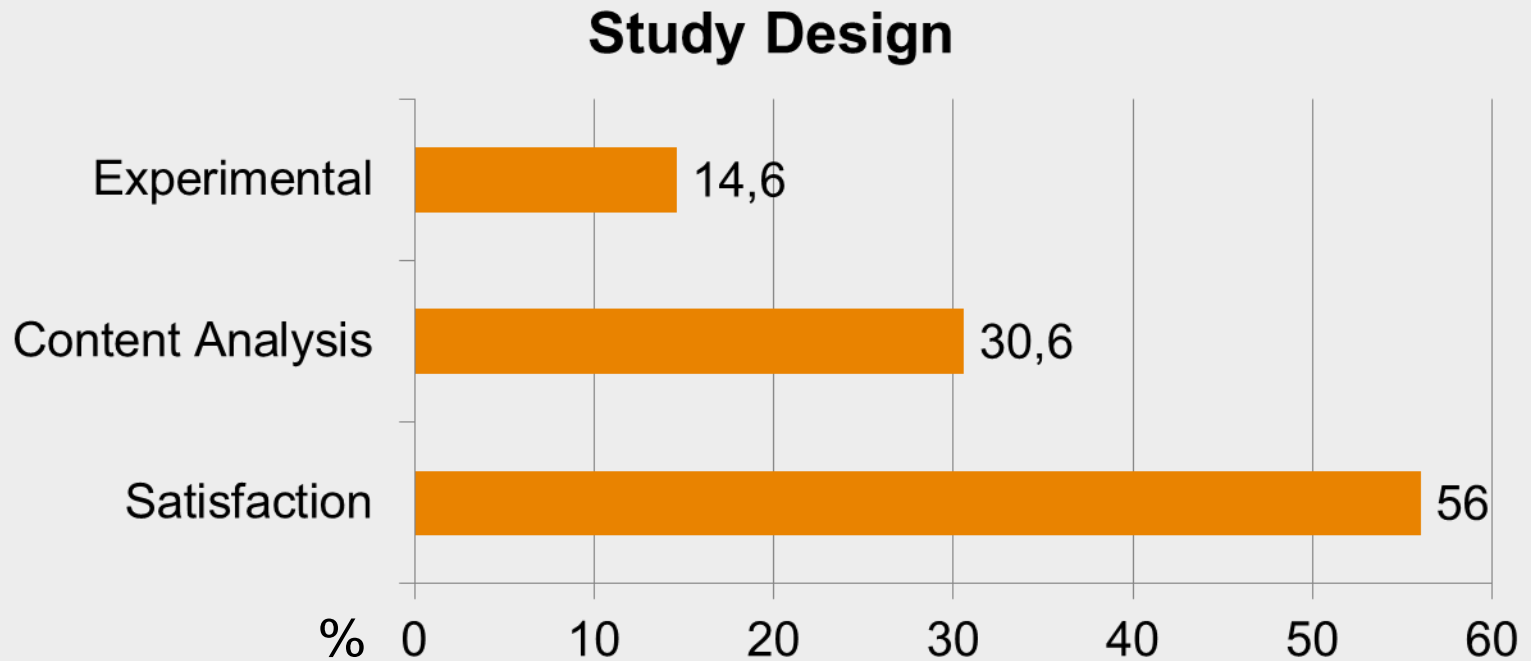
## ■ Children:

- **Age** All = 25.3%; <12 Y = 49.3; Oth = 25.4%
- **Topics** Health or mental health: 55.6%



# Study design

Review 75 studies

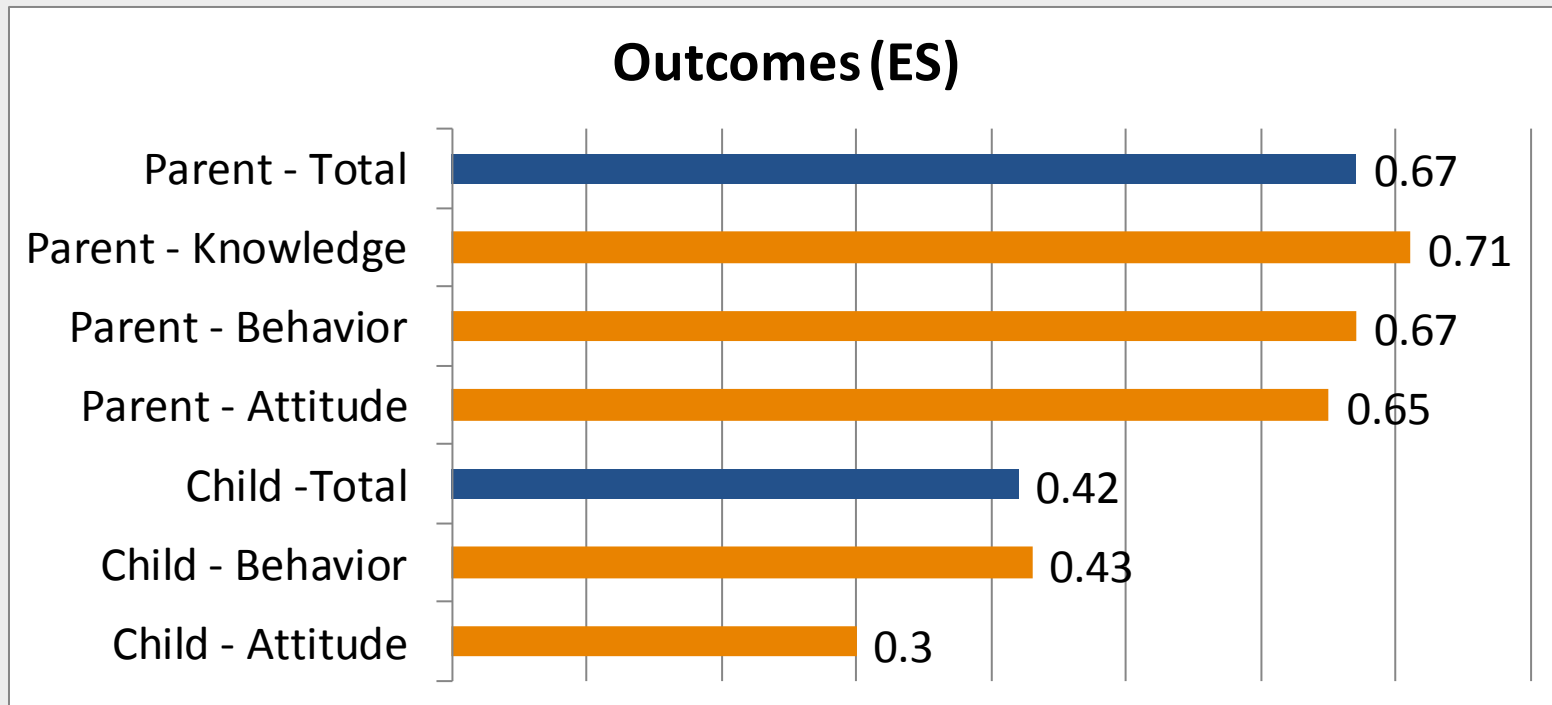


# Evaluation Outcomes

On the basis of 12 studies

Parents *N* = 1,615

Children *N* = 740





# Inspiring Examples of Online Parenting Interventions

- **Adaptations:** Adventures in Parenting, Incredible Years, PALS, ParentLink, PSST, SPIES, Triple P.
- **Innovations:** logging/recording home experiences, instruction by animated characters, remote coaching, progress monitoring, video vignettes, interactions with peers

# Implications Systematic Analysis

- Scope
- Technological innovation
- Effectiveness
- Adaptation of EB Programs
- Guidelines / training
- Impact of peer support

# Think Parents! Opportunities & Dilemma's

Parent	Professional
Access	Public health approach
Free of charge?	Cost?
Choice / control	Adherence?
Anonymous	Relationship
Interaction	Skilled communication
Goals?	Goals?
Customer	Service?

# Conclusion

Think Parents *online!*  
requires ...  
*re-thinking parenting support*



# PhD-study

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