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Parent Management Training program for parents of adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD)

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Introduction

ADHD is a neurodevelopmental disorder characterised by the symptoms of inattention, hyperactivity and impulsivity. The prevalence of ADHD in Hong Kong is estimated to be 6.1% in childhood and 3.9% in early adolescence. However, parenting management training (PMT) for parents of adolescents with ADHD in Hong Kong was limited. Family conflicts were frequently reported by both patients and carers when ADHD child becomes an adolescent. Parents may not understand the psychosocial development and the change in symptoms presentation in adolescence. Thus they could not adjust their parenting skills accordingly. The PMT is a bridge between adolescents and their parents for improving their relationship by giving appropriate guidance, supervision and support to adolescents with ADHD. It is valuable to empower parents with the understanding and hands on knowledge to exercise effective parenting skills during this stormy period so their carer stress could be reduced.

Objectives

To enhance parent's understanding on the psychosocial development and symptoms presentations of ADHD adolescents; to empower parents exercising positive parenting skills so that carer stress would be reduced and parent-child relationship would be enhanced.

Methodology

A six-session close group design was adapted in this programme and 2-hour sessions were held in weekly basis. Each group recruits 8-10 parents of ADHD adolescents. The training group included group discussion, scenario demonstration, role play and educational talk. Buddy calls and feedback session were given to participants between sessions in order to support the application of the skills at home and to consolidate the skills. Pre and post group questionnaires were completed by parents to measure the changes of adolescent's behaviour, parent's stress level and effectiveness of the group. The group process and dynamics were evaluated by colleagues after each session.

Result

16 parents had completed the adolescent PMT group. Comparing CBCL T-score with

the baseline, 70% parents noted their adolescents had improvement in externalising behaviours after training and 94% improvement in Total T-score. Parents reported less aggressive behaviour and delinquent behaviour after effective communication and emotional regulation.

PMT group is a cost effective intervention in empowering parents to manage their ADHD adolescents. Parents reported improved parent-child relationship and parenting skills after PMT. It should be recommended to all parents of adolescents with ADHD.