



Service Priorities and Programmes
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Evaluation of Mindful Parenting Group Programme in Psychiatric Outpatient Clinic

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Introduction

According to Bogels and Restifo (2014), parents of children with psychiatric problems, or parents with own psychiatric problems have in common a period of heightened stress due to demands of parenting. These authors integrated mindfulness into parent training, and developed the “Mindful Parenting” programme. It aims to improve parenting by improving the quality of parental attention, increasing awareness of parental stress and reducing parental reactivity. As an adjunct to skills-based parent training, the mindful parenting group was adopted in psychiatric outpatient clinics in the General Adult Psychiatric unit and Child and Adolescent Psychiatric Unit. The present study serves to evaluate the effectiveness of this new service.

Objectives

(1) To improve the mental health of parents who have psychiatric diagnosis or whose children have psychiatric diagnosis. (2) To reduce these parents’ parental stress. (3) To increase these parent’s sense of parenting competence.

Methodology

A pretest-posttest design was employed. Two 9-session mindful parenting groups were conducted in 2016 and 2017. Twenty participants were recruited to join the group in 2016 and 18 were recruited in 2017. They were recruited from an adult psychiatric clinic and a child psychiatric clinic. Among these 38 participants, 6 of them dropped out. Among the remaining 32 participants, 15 were from the child psychiatric clinic and 17 from the adult psychiatric clinic. Among these participants, 18 of them have attended at least 7 sessions of the Mindful Parenting Group and have completed the outcome measures. The outcome measures included (1) Beck Depression Inventory – II (BDI-II), (2) Patient Health Question-9 (PHQ-9), (3) Generalized Anxiety Disorder-7 (GAD-7), (4) Parental Stress Scale (PSS), (5) Parenting Sense of Competence Scale (PSOC).

Result

Results: Using paired sample t-test, the scores of PHQ-9, GAD-7, BDI-II, PSS and PSOC were analyzed. The scores of PHQ-9 ($t(17)= 3.434, p<0.005$), GAD-7 ($t(17)= 5.185, p<0.001$) and BDI-II ($t(17)= 5.287, p<0.001$) showed a significant decrease in

the level of anxiety and depression. The changes in the scores of PSS and PSOC were also significant, PSS ($t(17)=2.200$, $p<0.05$) and PSOC ($t(17)= -2.894$, $p=0.01$), reflecting a significant decrease in parenting stress and a significant increase in the sense of parenting competence respectively. Conclusions: Based on results from participants who completed the mindful parenting group programme, the programme was shown to be effective in improving their mental health, reducing their parental stress and increasing their sense of parenting competence.