

# Fear-Less Triple P

Review: February 2023

**Note on provider involvement:** This provider has agreed to EIF's terms of reference, and the assessment has been conducted and published with the full cooperation of the programme provider.

**Fear-less Triple P (FLTP) is a parenting programme. It is a targeted indicated programme for children between the ages of six and 14 who are anxious. It is delivered to groups of families (up to eight) but can be delivered individually. It aims to support parents to replace ineffective parenting strategies with more effective methods for managing their child's anxiety.**

- FLTP aims to provide parents with psychoeducation about anxiety and how it works, (in terms of both being able to coach their children in cognitive behavioural anxiety management strategies and to respond to their children's anxiety), thereby targeting parent-related risk factors (e.g., over-protection, excessive reassurance, and 'rescuing' behaviours), providing effective cognitive behavioural coping strategies for their child's anxiety.
- It is intended for parents/caregivers of children between the ages of 6 and 14 who have moderate to high levels of anxiety.
- The programme includes guidance from practitioners, peer support via group discussions, as well as video examples and roleplaying of skills learned.

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Evidence  
rating: **3**

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Cost rating: **2**

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## EIF Programme Assessment

Fear-Less Triple P has evidence of a **short-term positive impact** on child outcomes from at least one rigorous evaluation.

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Evidence  
rating: **3**

### What does the evidence rating mean?

**Level 3** indicates **evidence of efficacy**. This means the programme can be described as evidence-based: it has evidence from at least one rigorously conducted RCT or QED demonstrating a statistically significant positive impact on at least one child outcome.

This programme does not receive a rating of 4 as it has not yet replicated its results in another rigorously conducted study, where at least one study indicates long-term impacts, and at least one uses measures independent of study participants.

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## Cost rating

A rating of 2 indicates that a programme has a medium-low cost to set up and deliver, compared with other interventions reviewed by EIF. This is equivalent to an estimated unit cost of £100–£499.

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Cost rating: **2**

# Child outcomes

According to the best available evidence for this programme's impact, it can achieve the following positive outcomes for children:

## Supporting children's mental health and wellbeing

**Higher percentage of children free of any anxiety diagnosis**

Based on study 1

**Lower anxiety symptoms**

Based on study 1

**Lower internalising problems**

Based on study 1

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## Key programme characteristics

### Who is it for?

The best available evidence for this programme relates to the following age-groups:

- Primary school
- Preadolescents
- Adolescents

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### How is it delivered?

The best available evidence for this programme relates to implementation through these delivery models:

- Individual
- Group

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### Where is it delivered?

The best available evidence for this programme relates to its implementation in these settings:

- Primary school
- Community centre
- In-patient health setting
- Out-patient health setting

The programme may also be delivered in these settings:

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## How is it targeted?

The best available evidence for this programme relates to its implementation as:

- Targeted indicated
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## Where has it been implemented?

Australia, Canada, Ireland, New Zealand, United Kingdom, United States

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## UK provision

This programme has been implemented in the UK.

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## UK evaluation

This programme's best evidence includes evaluation conducted in the UK.

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## Spotlight sets

EIF does not currently include this programme within any Spotlight set.

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## About the programme

### What happens during delivery?

#### How is it delivered?

Fear-Less Triple can either be completed in six weekly sessions (1-1.5h each) or as an intensive (one-day) group workshop of three sessions delivered in two-hour blocks to individual families or groups of one to eight families. It is usually delivered by a team of two to six therapists.

#### What happens during the intervention?

Each session of FLTP includes guidance from practitioners, peer support via group discussions, as well as video examples and roleplaying of skills learned.

### What are the implementation requirements?

#### Who can deliver it?

The practitioner who delivers this programme is required to have NFQ 6 professional qualifications in a relevant field, such as psychology, psychiatry, paediatrics, medicine, nursing, social work, or counselling.

#### What are the training requirements?

The practitioners have the following programme training: 3x days of training, 1x pre-accreditation day, 4-6 hours of preparation for accreditation day, 0.5 day accreditation, and 2-3 hours peer support. Total time: 5.5 days

## How are the practitioners supervised?

(In Cobham et al., 2017 study) Two therapists (postgraduate clinical psychology interns) ran each group after receiving training in the intervention. A total of 6 therapists were involved in running groups, with all receiving weekly supervision from the first author.

Typically, a NFQ-9 qualified practitioner would supervise practitioners with 2h supervision time per quarter.

Practitioners learn the Triple P Peer Assisted Supervision and Support Model (PASS), a structured feedback process to promote learning of a complex set of consultation skills. Using the self-regulatory framework, practitioners are both providers and recipients of peer support. PASS sessions are conducted in small groups of 6-8 practitioners and run for 1-2 hours every month. TPUK can provide additional Clinical Support for practitioners as either a 1-day workshop or small group phone consultations with a Triple P Trainer. This support is beneficial for practitioners who do not have access to formalised or peer support.

## What are the systems for maintaining fidelity?

Programme fidelity is maintained through the following processes:

- Training manual
- Video or DVD training
- Face-to-face training
- Fidelity monitoring

A quality assurance checklist is available for organisations to use when planning for quality assurance of Triple P. There are three standard fidelity protocols built into the Triple P Implementation Framework (1) Practitioner Accreditation, (2) Intervention Fidelity using Session Checklists, (3) Supervision and Practitioner Support Standards using the Peer Support Network.

TPUK offers trainer-facilitated PASS sessions or a Flexibility & Fidelity workshop for professional development.

## Is there a licensing requirement?

Yes, there is a licence required to run this programme.

## How does it work? (Theory of Change)

### How does it work?

- Providing parents with effective cognitive behavioural strategies for managing anxiety (such as promoting emotional resilience and effective emotion regulation; flexible and realistic thinking; and overcoming avoidance through exposure), that they are supported to then 'coach' their children to use and change parent-related risk factors (e.g., over-protection, excessive reassurance, and 'rescuing' behaviours), in relation to how parents respond to their children's anxiety which supports children in managing their own anxiety effectively.
- The programme aims to provide parents with psychoeducation about anxiety and how it works, (in terms of both being able to coach their children in cognitive behavioural anxiety management strategies and to respond to their children's anxiety), thereby targeting parent-related risk factors (e.g., over-protection, excessive reassurance, and 'rescuing' behaviours), providing effective cognitive behavioural coping strategies for their child's anxiety.
- In the short term, parents replace ineffective parenting strategies with more effective methods for managing their child's anxiety, by teaching parents new cognitive behavioural strategies for anxiety management, applying these themselves, and encouraging them to teach these strategies (including coaching children in developing a toolbox of strategies for managing anxiety), to all their children (including any siblings), the child's anxiety symptoms are reduced.
- In the longer term, parents demonstrate increased confidence in their children's ability to regulate their own emotions (anxiety and other emotions) as opposed to feeling the need to do this for their children, greater awareness of anxiety management techniques, and more confidence in their abilities to perform these strategies. Children (including siblings of target child) have a toolbox of anxiety management strategies and demonstrate significant reductions in the severity of their anxiety symptoms, as well as reductions in functional impairments and emotional problems which improves family health and functioning and can affect the future life chances of children – including across their health, educational attainment, and social performance.

### Intended outcomes

Supporting children's mental health and wellbeing

## Contact details

<https://www.triplep.uk.net/uken/home/>

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## About the evidence

Fear-less Triple P's most rigorous evidence comes from an RCT which was conducted in Australia.

This study identified statistically significant positive impact on a number of child outcomes.

This programme is underpinned by one study with a Level 3 rating, hence the programme receives a Level 3 rating overall.

## Study 1

**Citation:** Cobham et al., 2017

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**Design:** RCT

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**Country:** Australia

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**Sample:** 61 families, with anxiety-disorder children between 7 and 14 years old (average age 9).

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**Timing:** Post-test 3-,6-,12-month follow-up

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### Child outcomes:

- Higher percentage of children free of any anxiety diagnosis
  - Lower anxiety symptoms
  - Lower internalising problems
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### Other outcomes:

- None measured
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### Study rating: 3

Cobham, V. E., Filus, A., & Sanders, M. R. (2017). Working with parents to treat anxiety-disordered children: A proof of concept RCT evaluating Fear-less Triple P. *Behaviour research and therapy*, 95, 128-138.

### Study design and sample

The first study is a rigorously conducted RCT.

This study involved random assignment of children to a Fear-less Triple P treatment group and a wait-list control group.

This study was conducted in Australia, with a sample of children with anxiety-disorder, aged between 7 and 14 (average age 9). The majority of the children were White (90%).

### Measures

- Anxiety diagnosis was measured using the Anxiety Disorders Interview Schedule for Children (diagnostic interview)
- Anxiety symptoms were measured using the Spence Children's Anxiety Scale (parent report; child report)
- Internalising problems were measured using the Child Behaviour Checklist (parent report)

### Findings

This study identified statistically significant positive impact on a number of child outcomes.

This includes:

- Higher percentage of children free of any anxiety diagnosis
  - Lower anxiety symptoms
  - Lower internalising problems
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## Guidebook

The EIF Guidebook provides information about early intervention programmes that have at least preliminary evidence of achieving positive outcomes for children. It provides information based on EIF's assessment of the strength of evidence for a programme's effectiveness, and on detail about programmes shared with us by those who design, run and deliver them.

The Guidebook serves an important starting point for commissioners to find out more about effective early interventions, and for programme providers to find out more about what good evidence of impact looks like and how it can be captured. As just one of our key resources for commissioners and practitioners, the Guidebook is an essential part of EIF's work to support the development of and investment in effective early intervention programmes.

Our assessment of the evidence for a programme's effectiveness can inform and support certain parts of a commissioning decision, but it is not a substitute for professional judgment. Evidence about what has worked in the past offers no guarantee that an approach will work in all circumstances. Crucially, the Guidebook is not a market comparison website: ratings and other information should not be interpreted as a specific recommendation, kite mark or endorsement for any programme.

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[How to read the Guidebook](#)

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[EIF evidence standards](#)

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[About the EIF Guidebook](#)

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## EIF

The Early Intervention Foundation (EIF) is an independent charity and a member of the What Works network. We support the use of effective early intervention for children, young people and their families: identifying signals of risk, and responding with effective interventions to improve outcomes, reduce hardship and save the public money in the long term.

We work by generating evidence and knowledge of what works in our field, putting this information in the hands of commissioners, practitioners and policymakers, and supporting the adoption of the evidence in local areas and relevant sectors.

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[www.EIF.org.uk](http://www.EIF.org.uk) | [@TheEIFoundation](https://twitter.com/TheEIFoundation)

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