Consumer evaluation and satisfaction with individual versus group parent training for children with hyperkinetic disorder (HKD)

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Objectives
The objective of this study was to investigate the social validity of cognitive-behavioural parent training (CBPT) delivered in two formats to parents who have children with hyperkinetic disorder (HKD) with and without medication.

Design
Compared individual with group treatment as part of a multicentre randomized controlled trial.

Method
Obtained a broad range of evaluations and satisfaction ratings post-treatment and related them to pre-treatment and treatment factors.

Results
Attendance rates were high in the individual and slightly less in the group training. Levels of satisfaction were high in both treatment arms with large numbers rating the outcomes, the trainers and the overall training very favourably. Medication showed no effect on parental evaluations. Evaluation of outcomes and satisfaction with the trainer emerged as strong predictors of overall programme satisfaction.

Conclusion
The social validity of cognitive-behavioural parent training for hyperkinetic children was supported by high levels of treatment acceptability across a range of indicators and for children with and without medication.

Practitioner points
Both forms of treatment delivery lead to high rates of consumer satisfaction. Consumer evaluations of CBPT appear independent of medication for HKD. Course satisfaction is clearly associated with two factors that trainers can affect: The parent–trainer relationship and parents’ sense of achievement.

Limitations include the following
Far more mothers than fathers attended the trainings. Attitudes may differ in other cultures.