

ORAL PRESENTATION

Open Access

Know and grow: a qualitative evaluation of a parent skills training intervention

Gabrielle Goodier¹, Julie McCormack^{2*}, Sarah Egan¹, Hunna Watson², Gillian Todd³, Janet Treasure^{4,5}, Kimberley Hoiles², Sue Lister², Kaye James²

From 2014 ANZAED Conference: Driven Bodies Driven Brains
Fremantle, Australia. 22-23 August 2014

Objective

This qualitative study examined the experience of parents of children and adolescents with eating disorders after having participated in a skills-based training intervention.

Method

Participants were interviewed and transcripts were analysed using inductive thematic analysis.

Results

Parent responses were organised around key themes of (1) effectiveness and acceptability of the intervention; (2) interpersonal experience of the group process; and (3) feedback on intervention content. Overall, the program was seen by parents to be highly relevant with direct application to supporting their child in home and hospital environments.

Discussion

This study reports on preliminary evidence that skills-based training is acceptable to parents and improves parent functioning including parent self-efficacy, and reduces psychological distress, anxiety, and burden. The study also demonstrated that the intervention can be delivered in a tertiary paediatric treatment setting and it may become cost-effective method for supporting parents and other carers. Future research is required on treatment efficacy and patient outcomes.

This abstract was presented in the **Parental Roles in Prevention and Support** stream of the 2014 ANZAED Conference.

Authors' details

¹School of Psychology and Speech Pathology, Curtin University, Perth, Australia. ²Specialised Child and Adolescent Mental Health Service, Princess Margaret Hospital for Children, Perth, Australia. ³South London and Maudsley NHS Trust, London, UK. ⁴Psychological Medicine Department, King's College London, London, UK. ⁵Institute of Psychiatry, London, UK.

Published: 24 November 2014

doi:10.1186/2050-2974-2-S1-O36

Cite this article as: Goodier et al.: Know and grow: a qualitative evaluation of a parent skills training intervention. *Journal of Eating Disorders* 2014 **2**(Suppl 1):O36.

Submit your next manuscript to BioMed Central
and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit



* Correspondence: Julie.McCormack@health.wa.gov.au

²Specialised Child and Adolescent Mental Health Service, Princess Margaret Hospital for Children, Perth, Australia

Full list of author information is available at the end of the article