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TITLE: A randomized controlled trial of therapist-facilitated brief online behavioral parent training for reducing child disruptive behavior

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ABSTRACT (upto 300 words)

Addressing child disruptive behavior in low and middle-income countries (LMICs) poses a considerable challenge. Therapist-led, multisession, brief online group parent training offers promise in addressing this issue, yet their efficacy, particularly in Asian contexts, remains underexplored. This study investigates the effectiveness of Brief Behavior Parent Training Vietnam (BBPTV), a therapist-facilitated, four-session, online group intervention, in reducing disruptive behavior among preschool children. A randomized controlled trial involved 109 Vietnamese parents (mean age = 34.1, 96% mothers) with preschoolers exhibiting ongoing disruptive behaviors. The BBPTV group (n = 56) received the four-session program through online group meetings, while the care-as-usual (CAU) group (n = 53) had a 15-minute individual online consultation. Primary outcomes, assessed at two and six months post-intervention, included the intensity and frequency of children's disruptive problems. Secondary outcomes encompassed parenting practices, coercive interactions, marital conflicts, parenting self-efficacy, and parental mental health. Results indicated that the BBPTV group exhibited lower child disruptive intensity, reduced parent-child coercive interactions, diminished marital conflicts, and increased parenting involvement compared to CAU. Six months post-intervention, BBPTV also demonstrated significantly lower scores in child disruptive intensity and problems, harsh parenting, and coercive processes. These findings underscore the potential of online BBPT to enhance mental health care in Vietnam and other LMICs, offering a promising avenue for addressing child disruptive behavior in regions with limited trial data, particularly in Asia.



BIOGRAPHY (upto 300 words)

Dr. Triet Pham served as the Head of the Department of Psychology at Children's Hospital 1 in Ho Chi Minh City, Vietnam from 2011 to 2018. His professional goal is to provide comprehensive and culturally appropriate mental health care services for Vietnamese children based on scientific evidence. Dr. Pham graduated from the Medical Doctor program at Pham Ngoc Thach University of Medicine in Vietnam in 1997. In 2010, he completed the Master of Public Health program at the Royal Tropical Institute in Amsterdam, the Netherlands. In 2014, Dr. Triet Pham successfully finished the Master of Clinical Psychology program, a collaboration between Pham Ngoc Thach University of Medicine and the School of Applied Psychology in France (Ecole de Psychologues Praticiens). From 2018 to the present, Dr. Pham has been pursuing a Doctor of Philosophy in Psychology at the School of Medicine and Psychology, College Health and Medicine, The Australian National University.

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