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**A Grounded Theory of Parents Experiences of
Incredible Years Parent Management Training
within Whirinaki, a Child and Adolescent Mental
Health Service**

A thesis submitted in partial fulfilment of the requirements for a
degree of Master of Science in Psychology at Massey University,
Palmerston North, New Zealand.

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Abstract

This thesis presents an exploration of parent's experiences of Incredible Years Parent Management Training within Whirinaki, Child and Adolescent Mental Health Service, Counties Manukau District Health Board. Nine participants were interviewed and selected based on their attendance at over 50% of the sessions of Incredible Years Parent Management Training groups offered over the course of one year. They had children with symptomology of Attention-Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder. The sample included both mothers and fathers representing various family compositions.

Using grounded theory methodology, a theory was developed which has created an understanding of the processes involved as parents seek to attribute meaning to their child's behaviour. It is anticipated that the findings which emerged from this study will enhance treatment outcomes for parents and create innovation in exploring how systemic strategies could be applied within a Child and Adolescent Mental Health Service framework, to incorporate more efficient service delivery and most importantly further meet the needs of parents and families.

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Contents

| | |
|-------------------|-----|
| ABSTRACT | ii |
| ACKNOWLEDGEMENTS | iii |
| TABLE OF CONTENTS | iv |
| LIST OF FIGURES | v |

PART ONE: INTRODUCTION & LITERATURE REVIEW

| | |
|--|----------|
| CHAPTER 1: INTRODUCTION | 2 |
| Whirinaki, CAMHS | 2 |
| Referrals of Children with Disruptive Behaviour Symptomology | 2 |
| History of IYrs PMT within NZ | 2 |
| IYrs PMT Inter-Sectorial Collaboration & Delivery within NZ | 3 |
| IYrs PMT within Whirinaki CAMHS | 3 |
| IYrs PMT & the Local Context-Counties Manukau | 4 |
| | |
| CHAPTER 2: ATTENTION-DEFICIT HYPERACTIVITY DISORDER AND OPPOSITIONAL DEFIANT DISORDER | 5 |
| Introduction to ADHD & ODD | 5 |
| ADHD Behavioural Characteristics | 5 |
| ADHD DSM IV Definition | 6 |
| ADHD Prevalence | 6 |
| ODD Behavioural Characteristics | 6 |
| ODD DSM IV Definition | 6 |
| ODD Prevalence | 7 |
| Co-Morbid ADHD & ODD Prevalence | 7 |
| | |
| CHAPTER 3: HISTORY AND ETIOLOGY OF ATTENTION-DEFICIT HYPERACTIVITY DISORDER AND OPPOSITIONAL DEFIANT DISORDER | 8 |
| History of ADHD | 8 |
| History of ODD | 9 |
| Etiology ADHD | 9 |
| Genetics ADHD | 10 |
| Biochemical ADHD | 10 |
| Environmental /Social Factors ADHD | 10 |
| Other Etiologic Factors ADHD | 11 |
| Etiology ODD | 11 |
| Genetics ODD | 11 |

| | |
|--|-----------|
| Neurological Factors ODD | 12 |
| Psychological & Environmental Factors ODD | 12 |
| Attachment Theory & Disruptive Behaviour Symptomology | 12 |
| ADHD/ODD Comorbidity | 13 |
| Co-morbid ADHD & Encopresis | 14 |
| Co-morbid ADHD/ODD & Mood Disorders | 14 |
| Disruptive Behaviour Symptomology & Suicidal Ideation | 15 |
| ADHD & Aspergers Syndrome | 16 |
| CHAPTER 4: ASSESSMENT & TREATMENT | 18 |
| Introduction to Assessment & Treatment of ADHD & ODD | 18 |
| Assessment of ADHD/ODD in NZ | 18 |
| Accessibility to Services and Help-Seeking | 18 |
| Psychopharmacology | 19 |
| Psychosocial Approaches | 21 |
| Parental Beliefs about Medication & Psychosocial Treatment | 21 |
| CHAPTER 5: PARENT MANAGEMENT TRAINING | 23 |
| Introduction to PMT | 23 |
| Historical Influences of PMT | 23 |
| PMT Variations | 23 |
| PMT Components | 24 |
| Effectiveness of PMT | 24 |
| Characteristics of PMT Interventions | 24 |
| Characteristics of Participants | 25 |
| Sustainable Treatment Effects | 25 |
| PMT & Fathers | 25 |
| Limitations of Current Research on PMT | 28 |
| PMT & Early Intervention | 29 |
| Therapeutic Processes within Structured Groups | 29 |
| CHAPTER 6: INCREDIBLE YEARS | 31 |
| Incredible Years Overview | 31 |
| Incredible Years Training Series | 31 |
| Incredible Years Parent Management Training Programme | 31 |
| Teacher Training Programme | 32 |
| The Child Programme | 32 |
| Incredible Years Effectiveness & Efficacy | 32 |
| Effectiveness within Community Settings | 33 |
| Incredible Years PMT in New Zealand | 33 |

| | |
|---|-----------|
| Cultural Considerations of Incredible Years for Maori | 34 |
| CHAPTER 7: RISK/PROTECTIVE FACTORS & LOCAL CONTEXT | 35 |
| Introduction to Risk & Protective Factors | 35 |
| Parental Coercive Behaviour | 35 |
| Parental Psychiatric Disorders | 36 |
| Parent Demographics | 36 |
| Academic Achievement/Learning Difficulties | 37 |
| Family Violence & Criminal Activities | 37 |
| Parenting Stress | 37 |
| Marital Discord | 38 |
| Alcohol | 39 |
| Protective Factors | 40 |
| Counties Manukau Demographics | 40 |
| Risk Factors for Children within Counties Manukau | 41 |
| Summary | 41 |
| | |
| PART TWO: METHODOLOGY | |
| | |
| CHAPTER 8: GROUNDED THEORY | 44 |
| Introduction to Grounded Theory | 44 |
| Rationale of Grounded Theory | 44 |
| Underlying Assumptions | 45 |
| Data Methods and Tools | 45 |
| Evaluation | 47 |
| Summary | 48 |
| | |
| CHAPTER 9: THE RESEARCH METHOD | 50 |
| Procedure | 50 |
| Sample Selection | 50 |
| Whirinaki, CAMHS Delivery of IYrs PMT | 50 |
| IYrs PMT Content | 51 |
| Treatment Materials | 51 |
| Data Collection | 51 |
| Participants | 52 |
| Ethical Considerations | 54 |
| Cultural Considerations | 54 |
| Data Analysis | 54 |

PART THREE: RESULTS AND DISCUSSION

| | |
|---|------------|
| RESULTS | 57 |
| CHAPTER 10: EMOTIONAL & SOCIAL PROCESSES OF LIVED EXPERIENCE | 58 |
| "Entrapment" | 58 |
| "Under Siege" | 63 |
| "Combat" | 66 |
| "Battle Fatigue" | 71 |
| | |
| CHAPTER 11: CLINICAL WORK AND TREATMENT | 73 |
| "Engagement" | 73 |
| "Collaboration" | 74 |
| "Reflection" | 76 |
| "First Aid" | 78 |
| | |
| CHAPTER 12: INCREDIBLE YEARS GROUP | 80 |
| "Inner Conflicts of Group Experience" | 80 |
| "External Conflicts of Group Experience" | 88 |
| "Comradeship" | 89 |
| | |
| CHAPTER 13: NEW MEANINGS AND ACTIONS | 94 |
| "Tactics" | 94 |
| "Courage under Fire" | 100 |
| "Compensation & Reclamation" | 102 |
| | |
| CHAPTER 14: PRESERVATION | 108 |
| "Maintenance" | 108 |
| "Reappearance" | 109 |
| "Review" | 109 |
| "Reformulation" | 111 |
| | |
| CHAPTER 15: DISCUSSION | 112 |
| Emotional & Social Processes of Lived Experience | 112 |
| <i>Judgement</i> | 112 |
| <i>Learned Helplessness</i> | 113 |
| <i>Coercion Theory</i> | 115 |
| <i>Parental Attributions</i> | 116 |
| <i>Psychological Distress/Stressors</i> | 116 |
| <i>Parental Self-Efficacy</i> | 118 |
| <i>Insularity</i> | 119 |

| | |
|--|------------|
| <i>Societal Contextual Factors of Parental Experience</i> | 119 |
| Clinical Work & Treatment | 120 |
| <i>Parental Help Seeking & Scaffolding for Success</i> | 120 |
| <i>Therapeutic Relationships between Clinicians & Parents</i> | 121 |
| <i>Clinicians as Gatekeepers</i> | 122 |
| Incredible Years Group | 123 |
| <i>Diversity: Learning & Culture</i> | 123 |
| <i>Male Concepts of Masculinity & Gender Role Stress within IYrs PMT</i> | 124 |
| <i>Parental Mental Health Implications for IYrs PMT</i> | 126 |
| <i>Group Therapeutic Processes</i> | 127 |
| <i>Social Learning Principles</i> | 128 |
| <i>Fidelity & Enhancing Treatment Outcome</i> | 129 |
| <i>Emergent Attributions</i> | 130 |
| <i>Enhancement of Self-Esteem & Self Efficacy</i> | 130 |
| <i>Consistent Parenting</i> | 131 |
| <i>Rewriting Family Scripts</i> | 132 |
| New Meanings and Actions | 133 |
| <i>Cognitive Restructuring</i> | 133 |
| <i>Family Empowerment & Advocacy</i> | 134 |
| <i>Enhancing Parent-Child Relationships & Promotion of Wellbeing</i> | 134 |
| Preservation | 136 |
| <i>Relapse Prevention</i> | 136 |
| The Research Process | 137 |
| Limitations | 138 |
| Implications for Clinicians & Future Development of IYrs PMT within Whirinaki, CAMHS | 139 |
| Implications for Future Research | 146 |
| Summary | 147 |
| REFERENCES | 149 |
| APPENDICES | 180 |
| Appendix A: Participant Information Sheet | 180 |
| Appendix B: Participant Profile Form | 182 |
| Appendix C: Participant Consent Form | 185 |
| Appendix D: Interview Schedule | 186 |
| Appendix E: Consent to Release Tape Transcript | 188 |
| Appendix F: Figure 1 | 189 |

List of Figures

| | | |
|----------|--|-----|
| Figure 1 | “War Zone to Cease Fire” Parents Experiences of Incredible Years Parent Management Training within Whirinaki, CAMHS | 189 |
|----------|--|-----|