

# Introduction

- Parents of children with ADHD often perceive that other people are making negative judgments about their parenting, a phenomenon called **parental affiliate stigma (PAS)**; Mikami et al., 2015).
- Greater PAS have been associated with:
  - Increase in parental negativity towards children
  - Decrease in children's social skills
  - Increase in children's aggression
  - Increase in children's social withdrawal (Mikami et al., 2015).
- PAS negatively affects parents & undermines the connection between parent-child relationships and child outcomes.
- We developed a 10-week **behavioral parent training (BPT)** program (DuPaul et al., 2018) to deliver to families of young children with ADHD with the following additional components:
  - 1. **Optimistic parent training** (e.g., recognizing and disputing negative self-talk about parenting)
  - 2. **Immersive Virtual Reality (IVR) training** that allows parents to practice preventive, instructive, and responsive behavioral strategies
    - Provides a safe place to practice strategies and steps for positive and constructive thinking

## Research Questions

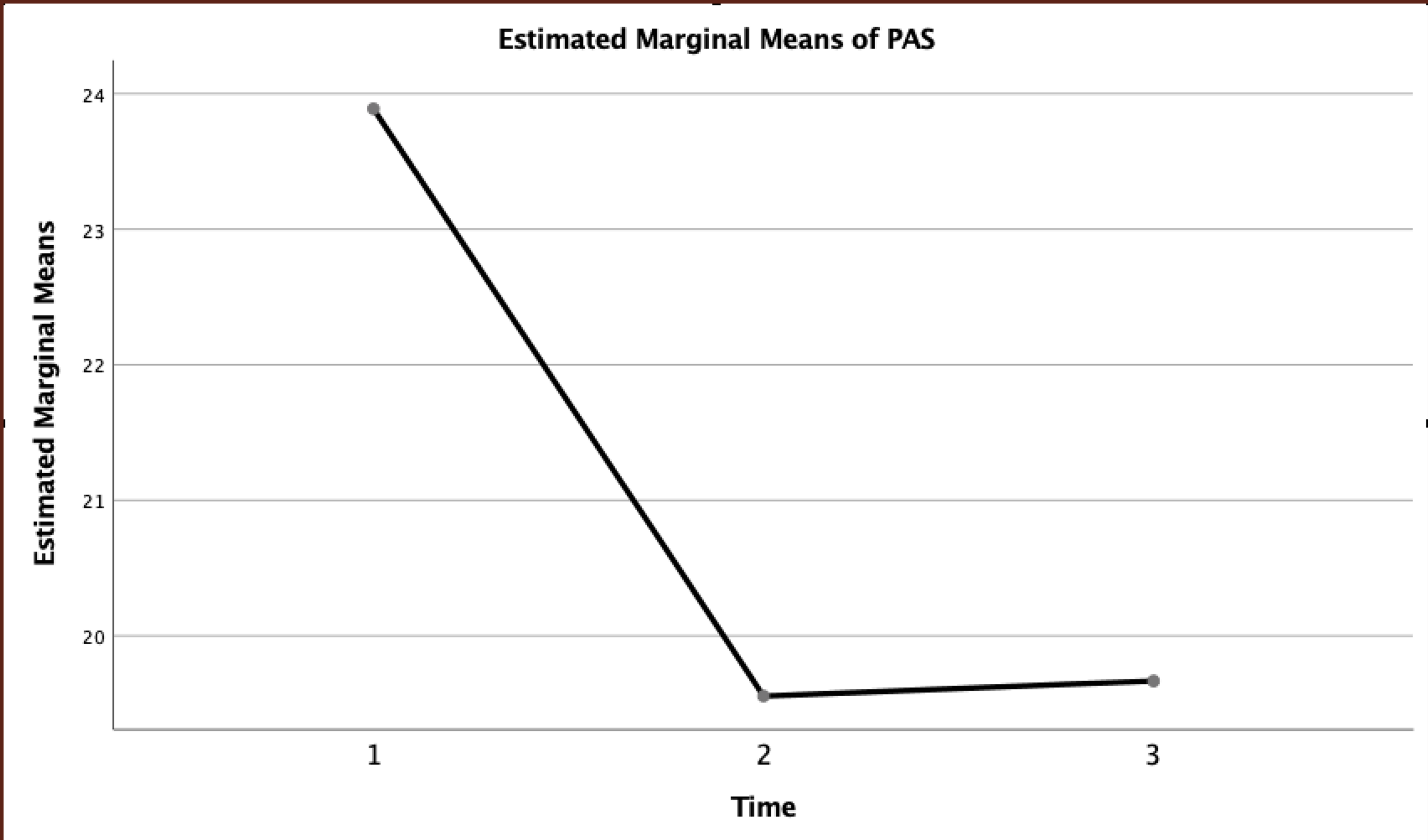
- Can the enhanced BPT program significantly reduce the levels of PAS at the end of 10 sessions?
- Will PAS levels remain low at the 3-month follow-up, as the parents continue to apply the skills they gained?



# The Impact of Behavioral & Optimistic Parenting Training and Immersive Virtual Reality on Parental Affiliate Stigma

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The enhanced BPT program did not significantly change levels of parental affiliate stigma, but **PAS scores improved after treatment and maintained after 3 month**, suggesting that BPT may be a promising intervention to address PAS.



# Methods

- The current study consisted of 10 weekly sessions of the enhanced BPT program (DuPaul et al., 2018) delivered to 10 families of young children with ADHD (ages 3-5, 70% male).
- The Parental Affiliate Stigma Scale (Mikami et al., 2015) was used to examine PAS during pre- and post-treatment, as well as at 3-month follow-up.

## Results

- There was not a statistically significant difference in PAS scores over the three time points ( $p = .06$ )
- PAS scores trended in the direction of improvement from pre-treatment to post-treatment ( $p = .068$ ) with a large effect size ( $d = 0.70$ ).
- PAS scores did not significantly differ between post treatment and follow up ( $p = .916$ ), suggesting that improvements maintained.
- There was a maintained medium to large effect from pretreatment to post treatment ( $d = 0.60$ )

## Conclusion

- The enhanced BPT program did not significantly change parental affiliate stigma, but **PAS scores improved after treatment and maintained after 3 months with a medium to large effect size**, suggesting that BPT may be a promising intervention to address PAS.
- The small sample size likely limited our ability to detect statistically significant change.
- Researchers should continue to evaluate parental affiliate stigma and the impact of enhanced BPT and other evidence-based treatments for families of children with ADHD.

