

## Effectiveness of the Connect Parent Program: A Multicenter Study in Italy

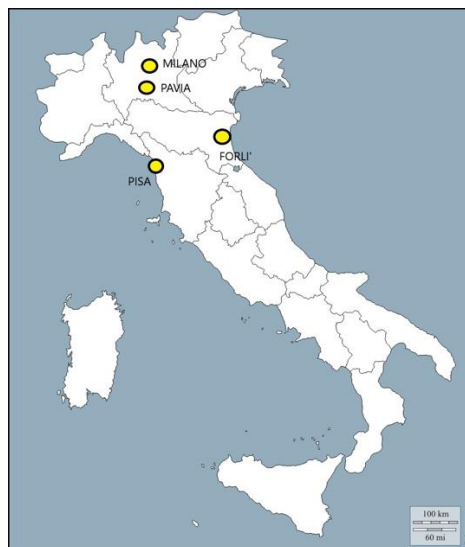
The Connect Parent Group is an evidence-based manualized group program for parents and caregivers of preteens (8-12) and teens (13-18) to promote effective parenting by helping them to enhance parental sensitivity, empathy, awareness, attunement, effective dyadic affect regulation and availability (Moretti & Obsuth, 2009).

The evidences showed that Connect is an effective program in increasing parenting competence and satisfaction, and in reducing adolescent aggressive behaviors, and internalizing and externalizing problems in the short term, 1 year after intervention (Moretti & Obsuth, 2009; Moretti et al., 2012; Stattin et al., 2015; Osman et., 2017) and also during the 2-year follow-up period (Högström et al., 2017).

We are undertaking a RCT multicenter research program focused on the effectiveness of the Connect Parent Group in Italy. The overall aim is to evaluate the longitudinal effects of this intervention on parents and their teens.

The project is carried out by University of Pavia, Lab of Attachment and Parenting-LAG (Prof. L. Barone) as a leading center and 3centers joining it:

1. Pisa, IRCCS Fondazione Stella Maris, Servizio per il trattamento dei disturbi del comportamento in età evolutiva "Al di là delle nuvole", Responsabile: dott.ssa Lisa Polidori
2. Milano, IRCCS Policlinico, NPI, Responsabile: dott.ssa Sara Merelli
3. Forlì, Centro di Terapia Cognitiva, Responsabile: dott. Furio Lambruschi



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**Researchers:** Dott.ssa Yagmur Ozturk, Dott.ssa Ada Rikani, Dott.ssa Elisa Cirioni, Dott.ssa Chiara Giovanelli (LAG).

## References

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