

Pilot evaluation of Working Out Dads – Dr Rebecca Giallo, Murdoch Childrens Research Institute

A pilot evaluation of Working Out Dads was conducted with 34 fathers of young children (aged 0-4 years). The aim of the pilot study was to assess the short-term benefits of participating in the Working Out Dads program at post-intervention. We hypothesized that participation in the program would be associated with decreased depressive, anxiety and stress symptoms, and increased parenting self-efficacy. A single group pre-and post-test design was used. Fathers completed the Depression Anxiety Stress Scale and the Karitane Parenting Confidence Scale before the first session and at the last session. Fathers were recruited in two local government areas of metropolitan Victoria in between April and July, 2016. The majority of fathers who participated in the program were Australian born (65.4%), a first-time father (63%), and aged between 23-44 years. Within-group comparisons revealed a significant reduction in depressive and stress symptoms (see Table 1 and Figure 1). There was a decrease in anxiety symptoms and increase in perceived parenting self-efficacy, and this was close to significance.

Table 1. Pre-post test results for *Working Out Dads* group participants (n=34)

	<i>Pre-program</i>	<i>Post-program</i>	<i>Paired samples</i>	<i>p-value</i>
	<i>M</i>	<i>M</i>	<i>t-test</i>	
Depressive symptoms	8.88	4.08	2.39	.019
Anxiety symptoms	6.24	4.44	1.74	.087
Stress symptoms	14.71	8.76	2.28	.027
Parenting self-efficacy	34.53	37.28	-1.94	.057

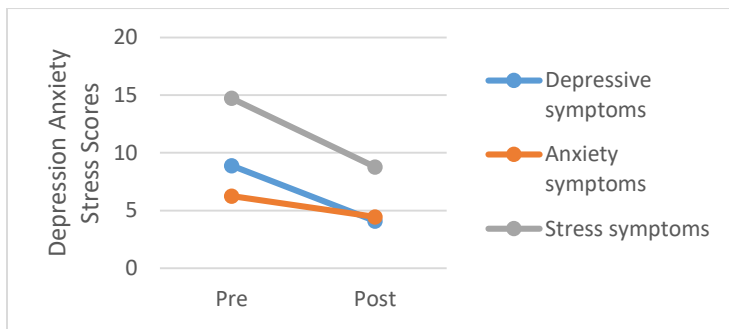


Figure 1. Means for depressive, anxiety and stress symptoms at pre- and post-test

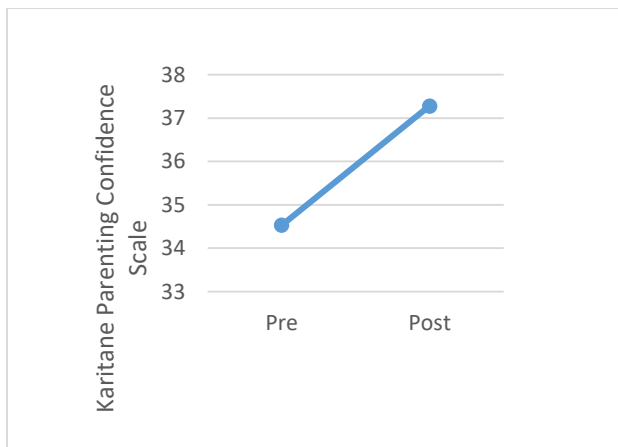


Figure 1. Means for parenting self-efficacy at pre- and post-test

