

Recruitment of participants

Check eligibility

Informed consent

Pre-intervention measures

Randomisation

Allocated to intervention  
condition

Attend Triple P Discussion  
Groups

Mid-intervention measures

Attend Stress Control

Post-intervention measures

3-month follow-up  
measures

Allocated to waitlist  
condition

Mid-intervention measures

Post-intervention measures

Attend Triple P Discussion  
Groups

Attend Stress Control