



Parents Anonymous®: New Research Results Demonstrating Evidence-Based Program

Results for Parents who participated in Parents Anonymous®:

Reduced Child Maltreatment Outcomes

- **73% of Parents decreased their Parenting Distress**
- **65% of Parents decreased their Parent Rigidity**
- **56% of Parents reduced any form of Psychological Aggression towards their children**
- **For those parents who reported any form of Physical Aggression 83% stopped physically abusing their children**

Reduced Risk Factors

- **66% of Parents reduced their Parental Stress**
- **71% of Parents reduced their Life Stressors**
- **40% of Parents reduced any form of Domestic Violence**
- **32% of Parents reduced their Drug/Alcohol Use**

Increased Protective Factors

- **67% of Parents improved their Quality of Life**
- **65% of Parents increased their Social Support**
- **52% of Parents improved their Sense of Parenting Competence**
- **56% of Parents employed Nonviolent Discipline Strategies**
- **53% of Parents improved their Family Functioning**

Conclusions

- **Parents who continued to attend Parents Anonymous® Groups over time showed improvement in Child Maltreatment Outcomes, Risk and Protective Factors compared to those who dropped out.**
- **Strong evidence suggests that parents benefit and strengthen their families through Parents Anonymous® regardless of the participant's race, gender, education or income.**
- **Participants reported that they shared a sense of purpose, belonging and community and were able to give and get help from other parents.**

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