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