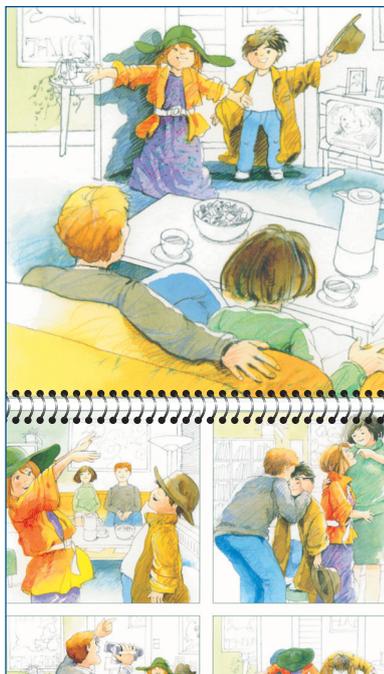


Parents Preference Test, PPT

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A test tool for investigating the dynamics of family interaction



Parents Preference Test™

PPT™ is a picture-based multiple-choice test that uses interactive pictures from everyday family life. PPT™ is quick and easy to use, producing test results on the web in the form of a parental profile. PPT™ measures key aspects of the parental profile: Energy, Focus of Attention, Experiential Modality and Regulation Style in the parents' interaction with their children.

How can PPT™ be used?

PPT™ is a powerful test tool to assist in elucidating the dynamic interaction within a family. Together with interviews and observations, PPT™ plays a central role in the psychologist's analytical work. The web-generated PPT™ profile provides a quick, accurate and detailed basis for evaluating the parental style. As a scientifically developed and proven test, PPT™ helps structure and focus the psychologist's analysis of the problems and potential areas for development within a family. Thus, much of the time and resources, spent on time-consuming observations and family investigations can be saved by using PPT™.

The illustrations used in PPT™ are taken from everyday situations, giving the test a high face validity and making PPT™ an inspiring and motivating tool for addressing parental issues. PPT™ inspires a dialogue and contributes to ensuring that parents have a sense of personal ownership of the goals for further development. Their understanding of the test results motivates them in the process of change that the psychologist proposes. This, in turn, strengthens their involvement, thus assisting the acceptance of the psychologist's advice for suggested treatment and development strategy.

Current experience with PPT™ in family analysis and family therapy shows that the attractive pictures used in the test minimise typical test anxiety. The realistic scenes taken from family life strongly encourage the test persons to describe the perspectives and dilemmas that they face as parents. The profile provided by the test allows the psychologist to address the relationship between parental style and the dynamics in the family in a goal-oriented way. PPT™ has also shown that it is particularly useful in parent couple analysis by involving the parents in revealing their own experience of each other's parental character.

User group

PPT™ is classified as a test for psychologist alone. The user group is psychologists working within:

- Public and private counselling offices and institutions working with preventative projects, family investigations, family counselling and family therapy
- Divorce counselling at county level and investigations in the best interest of the child in court proceedings
- Adoption offices and foster homes

” *In my experience, parents have cooperated about the PPT, for example in connection with parents competence assessments, without any of the resistance often encountered in the work with other tests.*

Pernille Alsløw, Psychologist in private practice, Copenhagen, Denmark

” *For many years, I have made assessments for the courts in custody cases and for the local authorities in so-called "parent ability assessments". In these connections, I have been in need of a relevant and focused tool. In December 2004, I took part in a very well arranged and rewarding PPT course held by Finn Westh. Since then, I have used this test frequently in the above-mentioned types of cases, and it has been very useful to me since, in by far most cases, it unveils the areas that are relevant in order to make a serious and exhaustive description/report concerning the involved parties' way of acting as parents.*

Jørgen Mark, Psychologist in private practice, Braedstrup, Denmark

” A definitely increasing enthusiasm each time I use the PPT. The PPT clarifies both the overall characteristics and the subtleties of a parent style in a way that is of extremely practical use. The applicability manifests itself both in terms of clarifying problems and in relation to family therapy.

Sanne Kristensen, Psychologist in private practice, Esbjerg, Denmark

” The PPT test starts off the parents' necessary reflective process; the process that is to make them capable of taking care of their children's upbringing. I have had many aha-experiences with parents who had until then been locked in their perception of the state of things. In order to benefit fully from the PPT test as a psychologist, an understanding of the theories, thoughts and ideas behind the PPT has been of decisive importance. This is where the certification course has proven to be invaluable.

Grete Andersson, Holbaek District, Denmark

” At the course, I acquired invaluable information about the revealing of parent styles and interaction problems as well as about the use of the PPT. Since then, I have benefited much from this tool in my work with the treatment of families and in the elucidation of family dynamics. Now, the PPT forms part of my standard test battery for parent ability assessments as well as for the elucidation before the treatment of the family is started.

Bjørn Grønbek Slavensky, Nykøbing-Falster District, Denmark

” One of the rare, but really useful types of courses where you leave the course with a [correct!] sense that you actually can and dare take your first "real" PPT already the next day. The test is unique. For me it fills in a vacuum that has existed until now through its quick and reliable mapping of the parents' visions – conscious as well as unconscious ones – of their role as parents; and, what is just as important, the design and construction of the test as such create confidence and trust.

Why develop PPT™?

Finn Westh's decision to develop PPT™ was based on 30 years of work as a psychologist and family counsellor. He recognised the need for a scientific and valid test for use in family analysis, to determine the essential aspects of parents' preferred behaviour towards their children. The need for such a test arises because family analysis has to evaluate the parental character to provide a basis for understanding the attachment and interaction in the family.

The theoretical basis for the test comprises relation theories developed by authorities such as Bowlby, Minuchin, Stern and Killén.

Testing PPT™

The development of PPT™ began in 1999 and was divided into a series of tests that focused on picture trials and validation. A total of 831 people participated in the picture trials. The purpose was to ensure that the interactive situations shown in the pictures would be perceived as intended. The criterion for an "adequate" picture was that at least 80% of the test persons did so. The validity of PPT™ has been tested more than three times, using a total of 608 test persons. In the final validation test, 131 test persons from all walks of life took part.

An internal validation was conducted in all phases of the testing of PPT™ that consisted of item analysis and factor analysis of the test results. The results of the latest validation of the test are shown in the table.

The conclusion reached in the testing of PPT™ confirms that the four dimensions chosen are independent variables and that they can measure with the necessary degree of accuracy, thereby allowing PPT™ to be used as a categorisation tool. In addition to internal validity, PPT™ has been tested against WAIS, Rorschach and NEO-PI-R, and to a limited extent AAI. The results show correlation on individual points – especially in relation to AAI – but based on the other tests, it is not possible to predict the PPT™ results with sufficient certainty. In other words, PPT™ can be regarded as contributing independently to the elucidation of patterns of interaction in the family.

SCALE	Focus	Identification	Regulation	Energy
Average	4.86	4.99	5.34	14.49
Standard error	0.12	0.13	0.12	0.24
Standard-deviation	1.442	1.502	1.429	2.855
Minimum	2	2	2	7
Maximum	8	8	8	22
1st quartile	4	4	5	12
2nd quartile	5	5	5	14.5
3rd quartile	6	6	5	17

An internal validation was conducted in all phases of the testing of PPT™ that consisted of item analysis and factor analysis of the test results. The results of the latest validation of the test are shown in the table.