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## ABSTRACT

Parenting support for a poverty-stricken urban area in the Philippines: From the evaluation of psycho-educational programs

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The objective of this study was to obtain suggestions concerning cultural adaptation to enable Japanese clinical psychologists to conduct pre-existing psycho-educational programs in regions with different cultures. It found that there are two adaptation phases in the process of practicing a program as a result of examining the process of practice that targeted parents with preschoolers living in a poverty-stricken urban area in the Philippines. Next, pre- and post-examination data of 67 subjects were analyzed to examine the effect on parenting behaviors and mental health by two groups (1st adaptation group/ 2nd adaptation group). The results showed that in terms of parenting behaviors, "praising" increased in both groups after the program. There was also a decrease in spanking, showing that the program had improved the parents' ability to deal with the difficulties of responding to the child. Improvements in mental health were seen among higher risk groups. In the discussion section tasks concerning cultural adaptation were discussed from a macro perspective and micro perspective by referring to an ecological model theory.

**Key Words:** psycho-education, community intervention, cultural adaptation, action research

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