The Incredible Years Child Programs
Program developed by Carolyn Webster-Stratton, Ph.D., Professor and Director of the Parenting Clinic at the University of Washington.

Program Components

IYS Child Program aka DINA Small Group Treatment

Targets

Decrease Risk Factors
Increase Protective Factors

Proximal (Short-term) Outcomes

Improved Social Competence
Improved Emotion Regulation
Improved School Readiness

Distal (Long-term) Outcomes

Reduced Youth Anti-Social Behavior

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University and Carolyn Webster-Stratton, Professor, University of Washington

Created September 2010
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**Risk Factors:**
- Child aggressive behavior
- Poor problem solving skills
- Poor social skills & emotion literacy
- Early initiation and persistent conduct problems
- Low academic readiness
- Poor relationships with parents, teachers, and peers

**Protective Factors:**
- Emotional regulation
- Social skills & positive friendships
- Effective problem solving
- Positive relationships and teaching from parents and teachers

**Hypothesized Distal (Long-term) Outcomes**
Outcomes that the program is designed to impact at long term follow-up during adolescence. (Long term follow-up data have not been conducted.)

**Proximal (Short-term) Outcomes**
Targeted outcomes that the program has been shown in research to impact immediately following program completion.

**Increased Social Competence and Emotional Regulation and School Readiness:**
- Improved youth self-control
- Improved social problem solving
- Reduced youth conduct problems at school and home

**Hypothesized Outcomes:**
- Increased academic readiness such as on task behavior and cooperation with teachers

**Hypothesized Reduced Youth Antisocial Behavior:**
- Less aggressive & destructive behavior
- Less use of drug and alcohol use
- Less likely to become involved with deviant peer groups
- Less likely to drop out of school
- Less criminal activity
- Less pregnancy

**Component:**
IYS DINA Curriculum Child Program (Small Group)

**Goal:** Increase children’s emotional, persistence, social and academic competencies for children with behavior problems and ADHD and reduce behavior problems.