

Washington State Child Welfare Report  
Delivering of Incredible Years Parenting Program  
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From 2007-2009 the Washington State Child Welfare office has funded the training of family support workers and delivery of the evidence-based Incredible Years parenting program to families who had been referred to them for child abuse and neglect. Most of these families were classified as open cases and the program was highly recommended to them while other families were mandated to take the program. A total of 15 separate groups were offered throughout Snohomish, Whatcom, and Skagit counties with the average size of parent groups ranging from 10-19 participants. Seventy percent of families (n=136) who were registered for the groups completed the program. In order to be classified as a program completer, families could miss no more than four sessions or they were asked to retake the program. Day care and dinners were provided for parents and transportation when needed. There were 12 group leaders who co-facilitated delivery of the parent groups.

*Measures*

Parents completed baseline measures and post-treatment assessments of parenting stress and child behavior problems. After treatment parents also completed program evaluations. These measures are described below.

*Parenting Stress Index/Short Form (PSI/SF)*. The PSI/SF (Abidin, 1990) is a 36-item parent-report instrument of child behavior problems and parental adjustment. The PSI/SF includes four variables (a) a Total Stress score that provides an overall level of stress related to parenting and is derived from interactions with the child or as a result of children's behavioral characteristics; (b) Parental Stress subscale (PD) determines distress in the parent's personal adjustment directly related to parenting such as impaired sense of competence, conflict with child's other parent, lack of social support, restrictions in life and presence of depression; (c) Parent-Child Dysfunctional Interaction subscale (P-CDI) focused on parents' view that the child does not meet their expectations and that parent-child interactions are not reinforcing to them. High scores indicate that the parent feels the child is a negative element in his/her life and suggests poor parent-child bonding and risk for neglect, rejection or abuse; and (d) The Difficult Child subscale (DC) focuses on behavioral characteristics of the children that make them easy or difficult to manage. These are often a result of the temperament of the child and may include defiant, noncompliant and demanding behaviors. Alpha reliabilities are .79 for PD, .80 for P-CDI, .78 for CD, and .90 for Total Stress.

*Eyberg Child Behavior Inventory (ECBI)*. The ECBI (Robinson et al., 1980) is a 36-item informant report measure of conduct problems for children ages 2-16 years. Scores from the ECBI correlate well with independent behavioral observations and differentiate between clinic-referred and control children. Two scores are derived, the Total Behavior Problems score which indicates the number of behaviors that a parent perceives as

problematic and Total Intensity score which indicates the degree to which those behaviors are a problem. Clinical cut-offs which discriminate between clinical and typical samples are available for this measure.

### *Intervention and Training*

Twelve group leaders from Deaconess, YMCA, Brigid Collins and the Children’s Administration initially received the 3-day accredited training workshop in the parent program in 2007 or 2008. Once leaders began to deliver groups, they attended regular consultation workshops where they showed videos of their groups for feedback. Of this group, one group leader from Children’s Administration is accredited and two others are in the final stages of becoming accredited. These three group leaders have delivered 8-10 groups. The remaining leaders received their training in 2008 and have delivered 1-2 groups each. The one accredited group leaders from Children’s Administration is working towards becoming an accredited coach and mentor in the program which eventually will permit her to coach new group leaders and offer consultations and accredited workshops. Children’s Administration is supporting this training in order to plan for their long term sustainability to deliver these programs elsewhere in Washington.

Group leaders delivered the 16 week updated Incredible Years parent basic program which consisted of the following topics: child-directed play, academic, social and emotional coaching, praise and incentives, predictable routines and rules, effective limit setting, positive discipline approaches and problem solving.

### *Results*

Parent and child outcome data and parent satisfaction data were available for a subset of families who completed the program and is presented below. No data were available for parents who dropped out of the program. The following table indicates the number of families who provided data for these analyses on each measure. As can be seen from the table, outcome data were available for over half of parents who completed the program and parent satisfaction data were available for most parents who completed.

Measure	N for Mothers	N for Fathers	Total N (% of 136 total families registered)
Eyberg	55	19	74 (54%)
PSI-SF	58	23	81 (60%)
Parent Satisfaction	90	27	117 (86%)

#### *Attendance*

Attendance data was available for 44 mothers and 18 fathers who completed the program. Of these parents average attendance for mothers was 12.98 (1.69) sessions and 13.22 (1.48) for fathers.

#### *Data analytic strategy*

Paired sample t-tests were conducted on both the ECBI subscales and the PSI subscales to determine the extent to which parents and made statistically significant improvements

on these measures. Means, standard deviations, and analyses results are presented in the table below.

Mother Report on Eyberg and Parent Stress Index (Short Form)						
Variable	N	Mean(SD) T1	Mean(SD) T2	t	df	Sig (2-tailed)
ECBI Intensity	55	116.44(41.20)	98.29(27.81)	4.08	54	<.001
ECBI Problem	52	10.96 (9.46)	6.27(7.79)	3.22	51	.002
PSI Defensive	58	15.83(5.31)	12.10(4.56)	5.34	57	<.001
PSI Parent Distress	58	26.48(8.81)	20.76(7.52)	5.14	57	<.001
PSI Disfunctional Parent-child	58	23.29(10.25)	17.67(5.83)	4.50	57	<.001
PSI Difficult Child	58	30.29(11.11)	24.07(8.31)	5.03	57	<.001
PSI Total	58	79.66(23.96)	62.59(19.15)	6.53	57	<.001
Father Report on Eyberg and Parent Stress Index (Short Form)						
Variable	N	Mean(SD) T1	Mean(SD) T2	T (2-tailed)	df	Sig (2-tailed)
ECBI Intensity	19	118.26(35.95)	102.37(27.36)	3.09	18	.006
ECBI Problem	18	8.22 (7.33)	5.50(6.82)	NS		
PSI Defensive	23	16.09(6.86)	13.35(5.42)	2.38	22	.03
PSI Parent Distress	23	26.04(9.53)	22.65(8.62)	2.44	22	.02
PSI Disfunctional Parent-child	23	20.57(6.03)	19.78(7.22)	NS		
PSI Difficult Child	23	25.52(8.90)	23.65(7.79)	NS		
PSI Total	23	72.74(66.09)	66.09(21.72)	NS		

Child Behavior Problems on the ECBI. Results of the mother reports on the ECBI showed significant reductions in behaviors problems on both the Intensity Score ( $t [54]= 4.08, p > .001$ ) and Problem Score ( $t [51]= 3.22, p > .002$ ). Results of the father reports on the ECBI showed a significant reduction in behaviors problems on the Intensity Score ( $t [19]= 3.09, p > .006$ ).

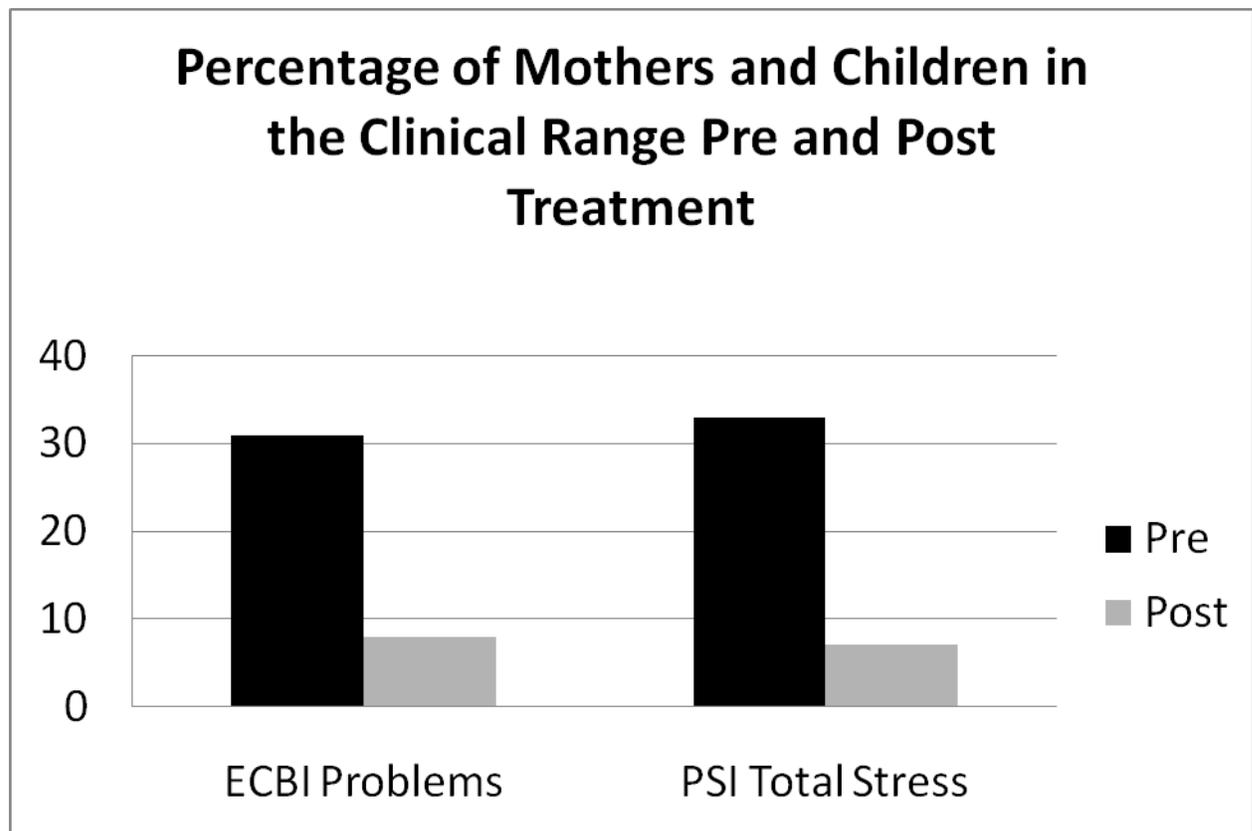
Parent Stress Index. Results showed that mothers reported significantly lower Total PSI Stress ( $t [57]= 6.53, p > .001$ ), Parent Distress ( $t [57]= 5.14, p > .001$ ), Dysfunctional Parent-Child Relationship ( $t [57]= 4.50, p > .001$ ), and Difficult Child ( $t [57]= 5.03, p > .001$ ) from pre-test to post test. Results showed that fathers reported significantly lower Parent Distress ( $t [22]= 2.44, p > .02$ ) from pre-test to post-test. No other father changes were significant, although all scores were in the predicted direction.

### *Clinical Significance*

We were also interested in the extent to which parents and children made clinically significant changes on both measures. Therefore we used Chi-square analyses to compare the percentage of children and mothers in the clinical range on each measure at pre-test and post-test. Clinical significance analyses were not performed on the father data because of the small numbers of father reports available.

**ECBI.** Chi-square analyses showed that for the ECBI problem score, the percentage of children in the clinical range significantly decreased from pre-test to post-test.  $\chi^2 = 3.98$  (1),  $p < .05$ . At pre-test 31% of mothers reported that their children were in the clinical range compared to 8% at post-test.

**PSI.** Mothers showed clinically significant change on all subscales of the PSI. For ease of reporting, numbers are presented only for the Total Stress score;  $\chi^2 = 8.82$  (1),  $p < .003$ . At pre-test 33% of mothers reported stress levels in the clinical range compared to 7% after treatment.



### *Consumer Satisfaction*

Evaluations of the program from mothers and fathers were very positive with all scores for each variable averaging 5.7 or more for mother or father-child bonding, original

problems improved, expectations for program, confidence in handling current and future problems and overall feelings. Rating scale on these measures ranges from 1 (very unhappy or low confidence) to 7 (very confident or satisfied). Highest scores (above 6.2) were for confidence in handling current and future child problems and over all feelings were 6.35 for mothers and 6.04 for fathers.