

Child Guidance Service

Summary of Incredible Years Parent Program – FY 2011

Classes conducted by Child Guidance staff

Miriam McGaugh, PhD

Child Guidance Service

The Incredible Years Parent Program is a 12 to 16 week evidence-based program for parents of children 0 to 8 years of age. The focus of the program is strengthening positive and nurturing parenting skills, as well as reducing challenging behaviors in children and increasing their social and self-control skills.

Classes were conducted by staff from the Child Guidance Clinic in the Tulsa City-County Health Department.

Incredible Years Parent Program Classes		
Class Location	Class Time	# Participants
Boston Avenue Church	Fall 2010	11
Card Head Start	Fall 2010	9
Crown Heights Christian Church	Spring 2011	5
Family Expectations	Spring 2011	11
CARD Head Start – Catoosa	Spring 2011	16

PARTICIPANT DEMOGRAPHICS

Response – 52 adult participants

Gender	#	%	Relationship to Child	#	%
Female	34	65%	Biological parents	45	87%
Male	18	35%	Grandparents	1	2%
Race/Ethnicity			Adoptive parents	0	0%
African American	0	0%	Step-parents	2	4%
American Indian	4	8%	Parent's partner	1	2%
Hispanic	3	6%	Other/ Missing	3	6%
White	43	83%	Child's Primary Caregiver		
Other	1	2%	Yes	48	92%
Missing	1	2%	No	4	8%
County of Residence			Months (in past year) child lived with participant		
Canadian	2	4%	Twelve	45	87%
Muskogee	1	2%	Nine	5	10%
Oklahoma	14	27%	Missing	2	4%
Osage	2	4%			
Rogers	14	27%			
Tulsa	16	31%			
Wagoner	3	6%			

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Relationship Status	#	%	Employment Status	#	%
Married	31	60%	Working full time	19	37%
Single	8	15%	Working part time	10	19%
Separated	1	2%	Not working by choice	8	15%
Living together	10	19%	Unable to work	3	6%
Divorced	1	2%	Not working but job seeking	5	10%
Missing	1	2%	Student	3	6%
Educational Level			Other (Self-employed)	2	4%
Completed 8th grade or less	0	6%	Missing	2	4%
Completed 9th, 10th or 11th grade	6	12%			
High school graduate or GED	13	24%			
Completed some college	12	23%			
Technical or trade school graduate	6	18%			
College graduate - 2 year degree	2	3%			
College graduate - 4 year degree	10	11%			
Post college graduate	2	3%			
Missing	1	2%			

Response – 34 households

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Response – 42 children that were the focus of adult participation

Age of child	#	%	Does child have ADHD?	#	%
2 years or less	22	52%	Yes	0	0%
3 years	8	19%	No	35	83%
4 years	8	19%	Maybe	4	10%
5 years	1	2%	Missing	3	7%
6 to 8 years	2	5%	Does child have a language delay?		
9 years or older	1	2%	Yes	6	14%
Gender of child			No	29	69%
Female	21	50%	Maybe	4	10%
Male	21	50%	Missing	3	7%
Primary language spoken in household			Does child have a learning problem?		
English	32	94%	Yes	1	2%
English (Arabic)	1	3%	No	34	81%
English (Navajo)	1	3%	Maybe	4	10%
# of other children in household			Missing	3	7%
No other children	0	0%	Does child have a physical handicap?		
1 other child	13	38%	Yes	0	0%
2 other children	15	44%	No	38	90%
3 other children	5	15%	Maybe	1	2%
4 other children	0	0%	Missing	3	7%
5 other children	1	3%	Does child have a vision or hearing impairment?		
Does child take medications on a regular basis?			Yes	4	10%
Yes	5	12%	No	35	83%
No	36	86%	Missing	3	7%
Missing	1	2%	Does child have an emotional/behavioral problem?		
			Yes	2	5%
			No	30	71%
			Maybe	7	17%
			Missing	3	7%

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RESULTS

Parents were asked to complete the Social Competence Scale for Parents (P-COMP) and the Parent Practices Interview (PPI) both before the first class and after the last class. These were used to measure the effects of treatment.

The P-COMP is a 12-item measurement tool that the parent completes to assess a child's pro-social behaviors, communication skills, and self control. Items on the scale state a behavior a child may display in a social setting, and parents mark responses on how well the statement describes the child. Responses are coded on a five point Likert scale (0-Not at all, 1-A little, 2-Moderately well, 3-Well, 4-Very well). The P-COMP contains a Pro-social Communication Skills subscale and an Emotional Regulation Skills subscale, as well as an overall scale.

The PPI questionnaire was adapted from the Oregon Social Learning Center's discipline questionnaire and revised for young children. The PPI includes 73 items rated by the parent on a 7-point Likert scale (1-Strongly Disagree, 2-Disagree, 3-Slightly Disagree, 4-Neither Agree nor Disagree, 5-Slightly Agree, 6-Agree, 7-Strongly Agree) in order to assess parental use of different disciplinary practices. There are seven subscales included in the PPI: Appropriate Discipline (12 items), Harsh and Inconsistent Discipline (15 items), Positive Verbal Discipline (9 items), Monitoring (5 items), Physical Punishment (6 items), Praise and Incentives (11 items), and Clear Expectations (6 items).

For the P-COMP, each subscale and the total score were calculated as a mean of responses. An increase in the mean shows a positive effect. For the PPI, subscale scores are computed as the average of the component items in the subscale. For the Appropriate Discipline, Positive Verbal Discipline, Monitoring, Praise and Incentives, and Clear Expectations subscales, an increase in the mean shows a positive effect. For Harsh and Inconsistent Discipline and Physical Punishment subscales, a decrease in the mean shows a positive effect. A paired t-test of means with a p value of .05 was calculated to determine statistical significance between pre and post scores. The following table shows the means, t-test value and p value for each subscale and the total scale. p values in bold indicate statistical significance has been reached.

P-COMP – 27 Matched Pairs

	Pre Test Mean	Post Test Mean	t-test	p value
Pro-social/Communication Skills	10.88	11.76	-1.32	0.2009
Emotional Regulation Skills	8.96	11.22	-3.28	0.0030
Total Score	19.33	22.11	-2.32	0.0282

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PPI – 14 Matched Pairs

	Pre Test Mean	Post Test Mean	t-test	p value
Appropriate Discipline	3.82	4.08	0.78	0.4477
Harsh and Inconsistent Discipline	3.07	1.90	2.99	0.0105
Positive Verbal Discipline	5.04	4.90	1.58	0.1373
Monitoring	6.31	6.26	1.19	0.2561
Physical Punishment	1.77	1.19	3.47	0.0046
Praise and Incentives	4.31	4.60	-1.04	0.3162
Clear Expectations	3.06	3.23	-0.06	0.9532

For the P-COMP, one subscale (Emotional Regulation Skills) and the total scale had a statistically significant difference in pre and post means, showing that after the Incredible Years Parent classes, parent's believed their child had better emotional regulation skills. For the PPI, two of the subscales had a statistically significant difference in pre and post means, showing that after the Incredible Years Parent classes, parents were not as harsh or inconsistent with their discipline and they reported a decrease in the use of physical punishment. Although there was not a statistically significant difference in means for the other subscales, this could be related to the high pre-class scores.

SATISFACTION

Satisfaction questionnaires were administered at the end of the Incredible Years Parent Program. Responses were coded on a 7-point Likert Scale, with 1 being the lowest and 7 being the highest score. The table below shows the mean scores for class, parent type and an overall score.

	Count of Surveys	The Overall Program	Difficulty of Teaching Format	Usefulness of Teaching Format	Difficulty of Specific Parenting Techniques	Usefulness of Specific Parenting Techniques
Boston Avenue United Methodist Church	8	6.17	5.68	6.20	5.83	6.14
CARD Head Start	7	6.40	6.26	6.40	6.10	6.63
CARD Head Start - Spunky Creek	5	5.93	5.88	6.44	5.71	6.40
Crown Heights Christian Church	5	6.16	6.28	6.64	5.69	6.40

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	Count of Surveys	The Overall Program	Difficulty of Teaching Format	Usefulness of Teaching Format	Difficulty of Specific Parenting Techniques	Usefulness of Specific Parenting Techniques
Mom	16	6.18	5.98	6.41	5.83	6.47
Dad	6	5.97	5.70	6.07	5.69	5.91
Grandparent	1	6.36	7.00	7.00	6.00	7.00
Other (Mom's Boyfriend)	1	6.91	7.00	7.00	7.00	7.00
Other (Stepdad)	1	6.64	6.20	6.80	6.00	6.33
	Count of Surveys	The Overall Program	Difficulty of Teaching Format	Usefulness of Teaching Format	Difficulty of Specific Parenting Techniques	Usefulness of Specific Parenting Techniques
Total	25	6.19	6.00	6.39	5.85	6.37

**For more information or if you have any questions about this report,
please contact the Child Guidance Service at the
Oklahoma State Department of Health at (405) 271-4477.**

