

Evaluation of Multnomah County's Incredible Years & Consultation Project

RTC Conference

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Presentation Goals

- ◆ To describe the role of the early childhood mental health consultant
- ◆ To present process and outcome findings



Project Abstract

- ◆ **Who:** Parents of children 2 to 6 years old with emotional or behavioral challenges.
- ◆ **What:** Incredible Years parenting series combined with on-site mental health consultation.
- ◆ **Where:** 4 child care centers in Multnomah County (OR).
- ◆ **When:** October 2002 through September 2005.
- ◆ **Why:** Were there differences in parent perception of child behavior and level of stress between parents completing IY and those who did not participate?
- ◆ **How:** 3-year, SAMHSA-funded grant for partnering organizations to offer and evaluate services.

Evaluation Design

- ◆ Process. How the program evolved



- ◆ Impact. Quasi-experimental comparison group design



Number of Groups Offered

Group Site	2002-03 Year 1	2003-04 Year 2	2004-05 Year 3	TOTAL
Ascension	2	2	3	7
MHCDC	--	1	--	1
Peninsula	1	2	2	5
Outpatient Sites	--	--	2	2
TOTAL	3	5	7	15

Number of Parents Served

(New Participants, Attending One or More Sessions)

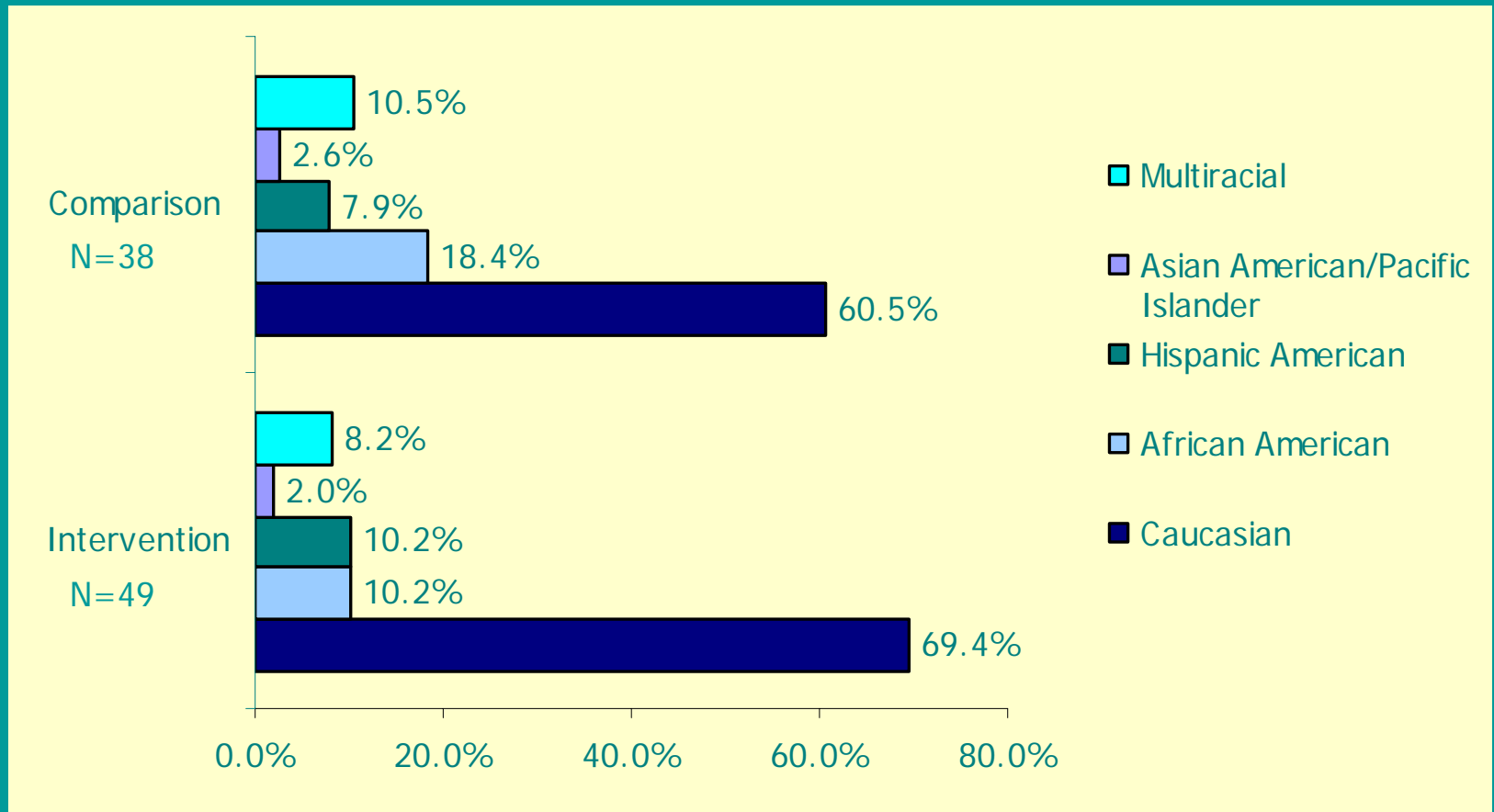
Group Site	Year 1	Year 2	Year 3	TOTAL
Ascension	16	11	6	33
MHCDC	2	11	1	14
Pixie	3	1	2	6
Peninsula	13	20	24	57
Non-Child Care	--	3	3	6
Outpatient Sites	--	--	30	30
TOTAL	34	46	64	146

Number of Parents Completing IY

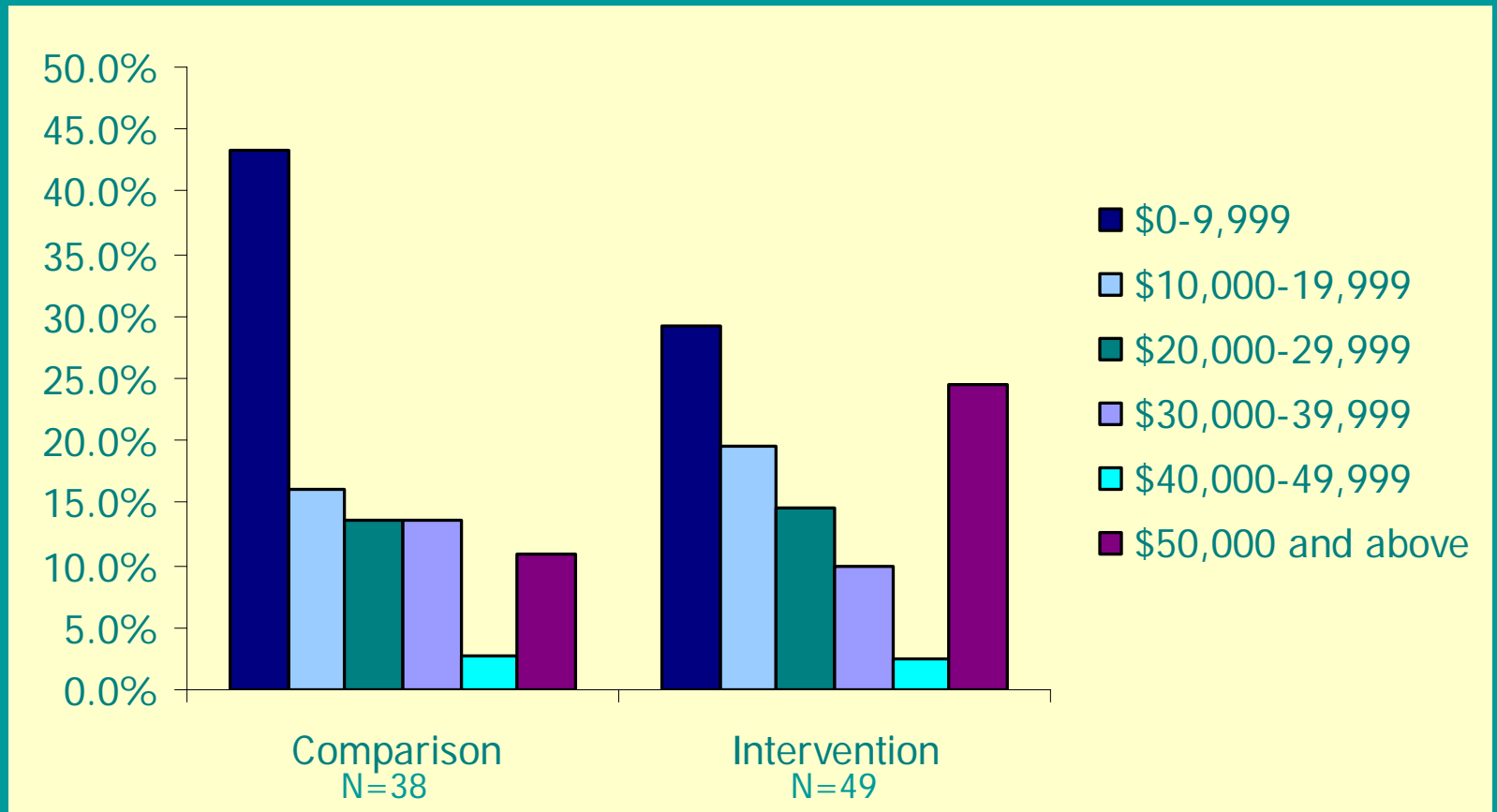
(New Participants, Attending 6 or More Sessions)

Group Site	Year 1	Year 2	Year 3	TOTAL
Ascension	12	6	5	23
MHCDC	1	7	--	8
Pixie	2	1	--	3
Peninsula	9	13	9	31
Non-Child Care	--	2	1	3
Outpatient Sites	--	--	14	14
TOTAL	24	29	29	82

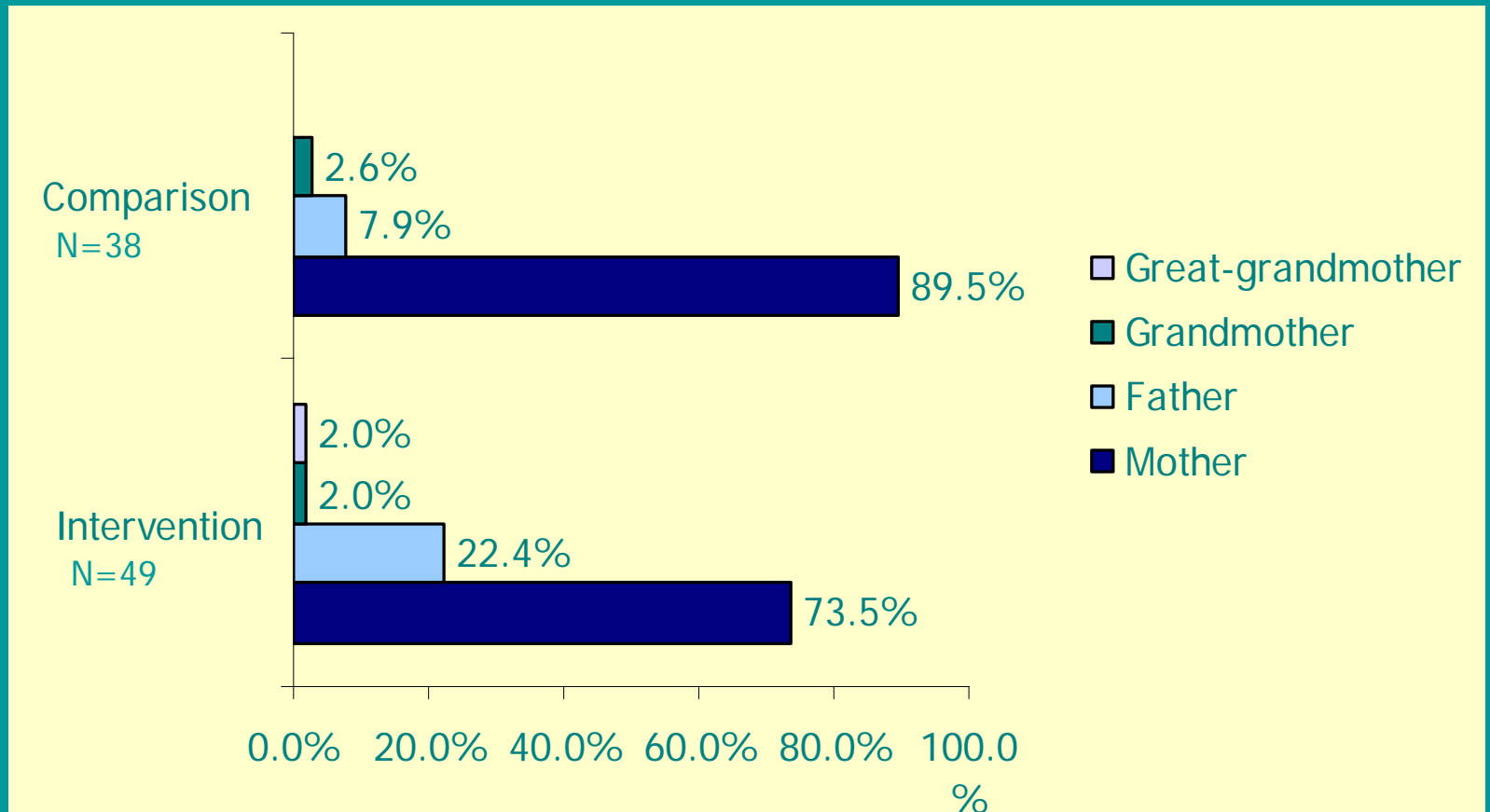
Demographics: Race



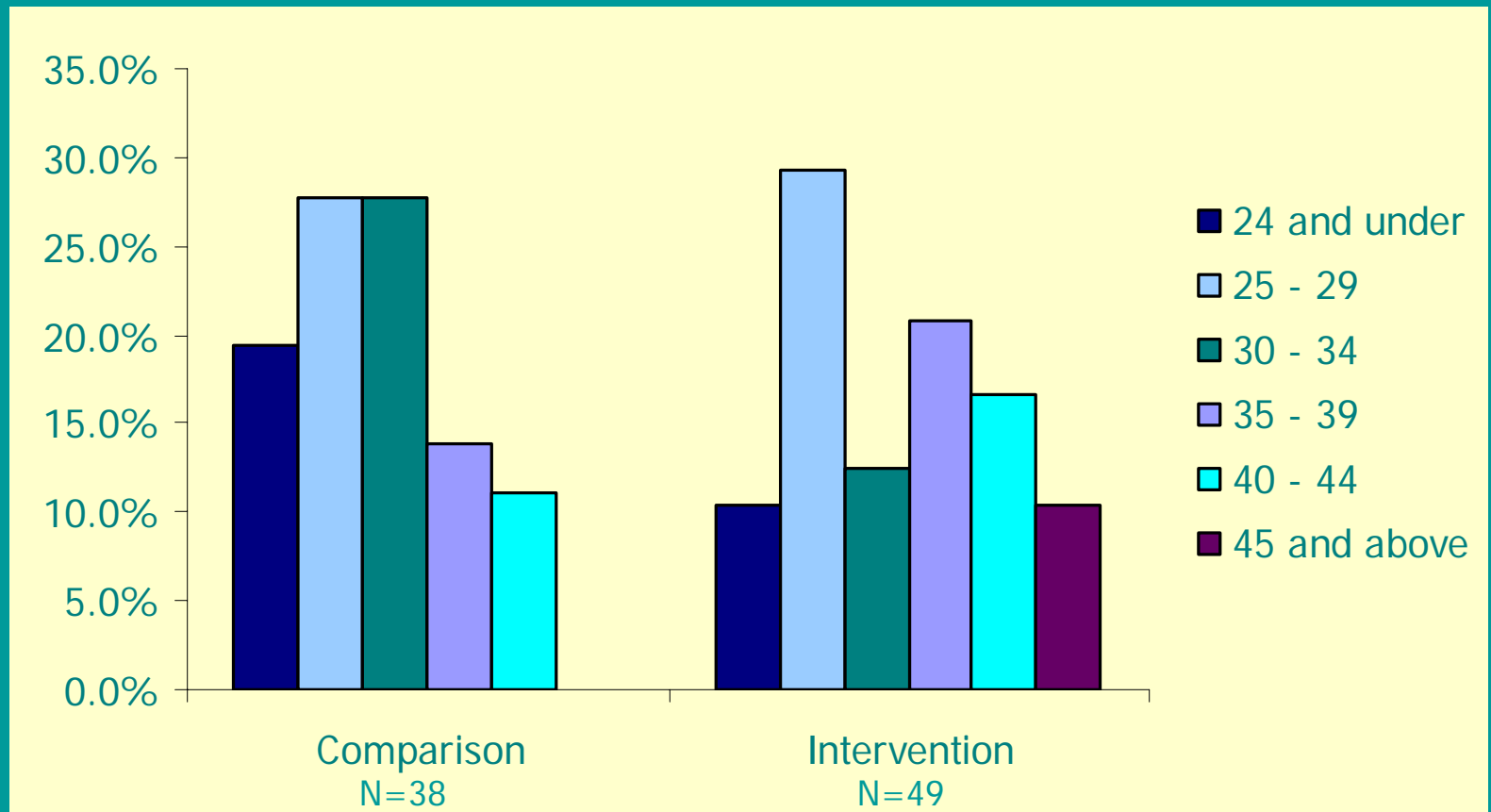
Demographics: Income



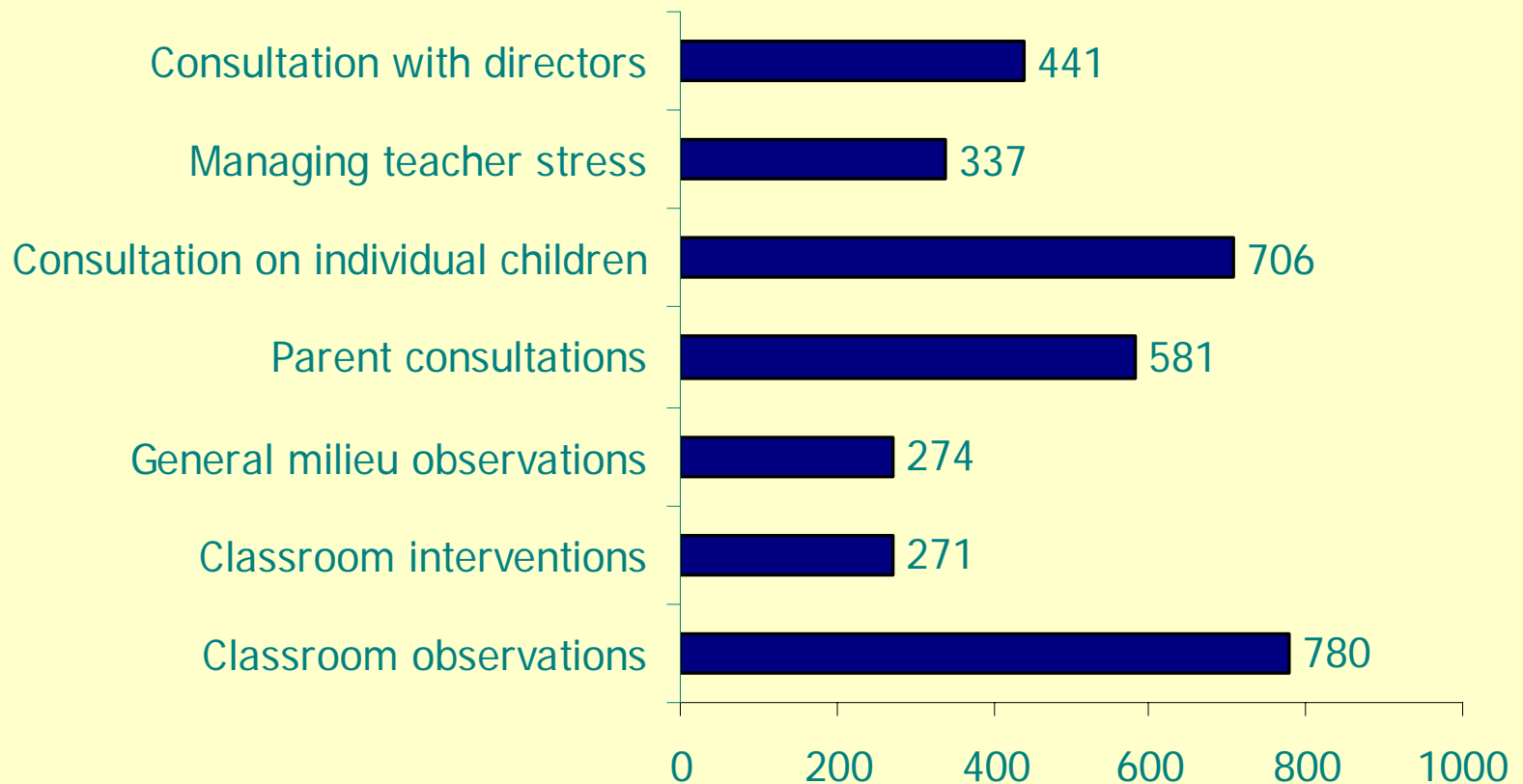
Demographics: Relationship to Child



Demographics: Age of Caregiver



Frequency of Consultation Activities (April 2002 through April 2005)



Examples of Consultation



- ◆ Center-wide
- ◆ Classroom-based
- ◆ Child-specific

Research Questions: Outcomes

1. Did the participants in the intervention group report improvement in their child's behavior?
2. Did participants in the intervention report a reduction in stress levels?

Measures Used

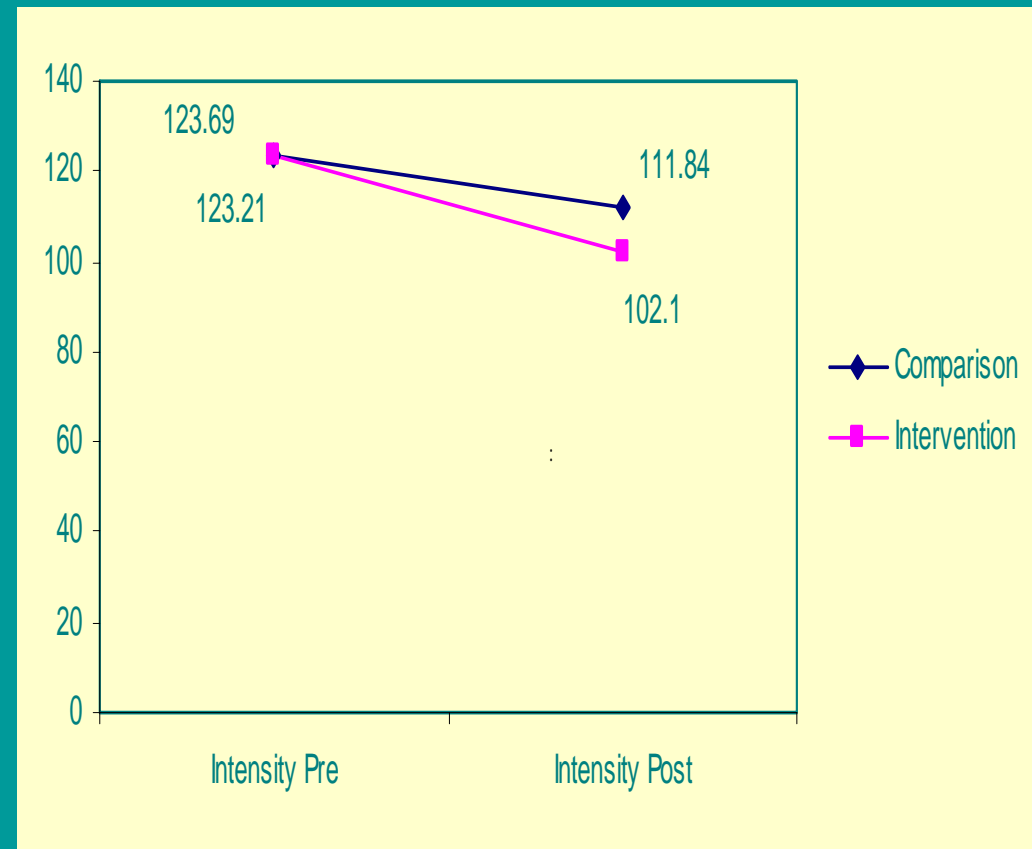
- ◆ Eyberg Child Behavior Inventory (ECBI)
(Eyberg, 1998)
- ◆ Parenting Stress Index-Short Form (PSI-SF)
(Abidin, 1990)
- ◆ Satisfaction with Child Care Survey (SCS)
(Emlen, 1994)
- ◆ Family Needs Scale (FNS) (Dunst, et al., 1988)
- ◆ Devereux Early Childhood Assessment (DECA)
(LeBuffe & Naglieri, 1998)
- ◆ Preschool Teacher Survey
(Lehman & Lambarth, 2003, adapted from Abidin and Gellar)

Eyberg Child Behavior Inventory (ECBI)

- ◆ 36-item inventory, intended for parents of children aged 2-16 years
- ◆ Used routinely in research by C. Webster-Stratton
- ◆ Two scales
 - **Problem:** Total number of behaviors considered a problem
(Possible scores range from 0 to 36; 15 or higher indicates clinical concern)
 - **Intensity:** Total frequency of all behaviors
(Possible scores range from 36 to 252; 131 or higher indicates clinical concern)

Baseline & Outcome ECBI Mean Child Behavior Intensity

- ◆ Baseline scores are equivalent.
- ◆ Child behavior intensity decreased significantly for both groups ($p < .0005$).
- ◆ Child behavior intensity in the intervention group decreased more than in the comparison group, approaching statistical significance ($p = .094$).
- ◆ Comparison (n=38)
Intervention (n=49)
- ◆ Independent and Paired Samples t-tests



Effect of Incredible Years on Child Behavior Intensity

Multiple Regression Model

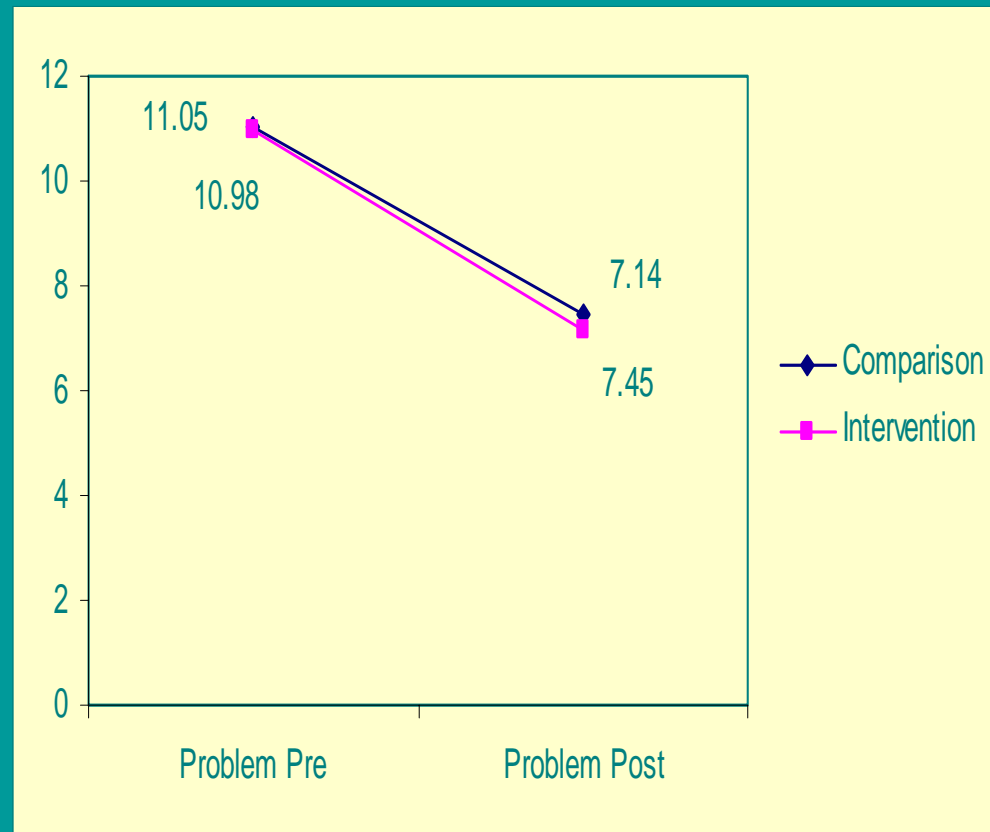
- ◆ Indicates a significant association between intervention group participation and reduced child behavior intensity outcome.

Variable	<i>B</i>	<i>SE B</i>	<i>β</i>	<i>p</i>
Intervention Group	-10.057	4.305	-0.187	.022
Child Behavior Intensity Baseline Score	.656	.080	.656	<.0005

$R^2 = .463, R = .681, p < .0005$

Baseline & Outcome ECBI Mean Child Behavior Problem

- ◆ Baseline scores are equivalent.
- ◆ Child behavior problems decreased significantly for both groups ($p < .0005$).
- ◆ Child behavior problem in the intervention group decreased slightly more than in the comparison group, although not significantly.
- ◆ Comparison (n=38)
Intervention (n=49)
- ◆ Independent and Paired Samples t-tests

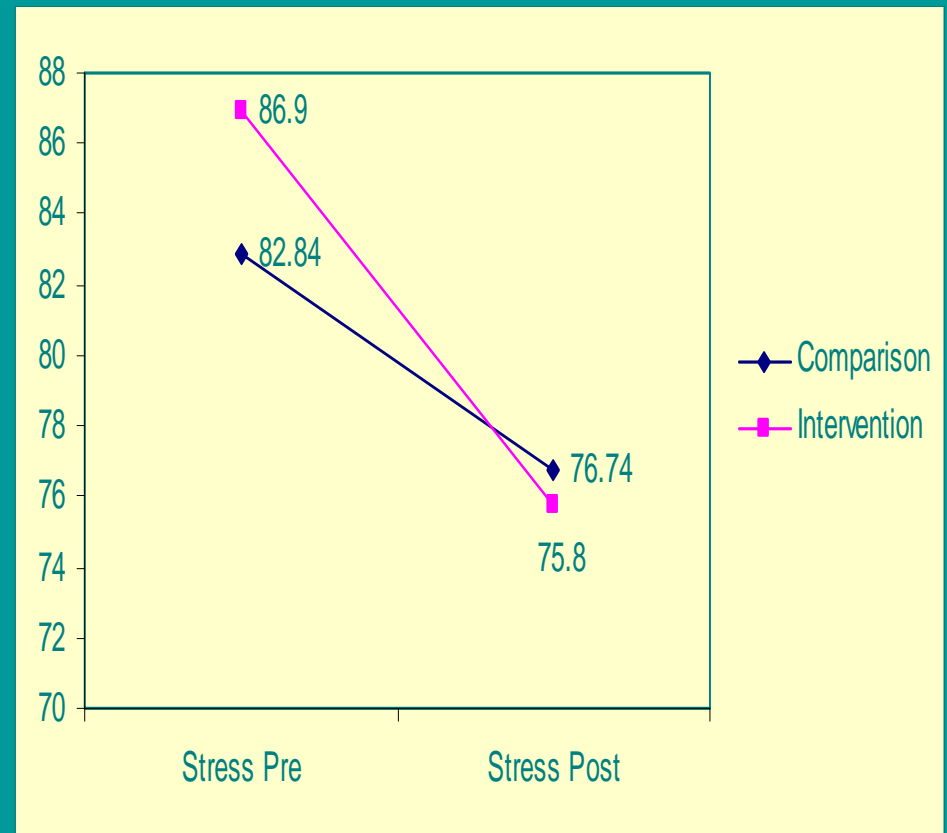


Parenting Stress Index- Short Form

- ◆ 36-item index, intended for parents of children aged 1 month to 12 years
- ◆ Long form used in research by C. Webster-Stratton
- ◆ 3 subscales contribute to Total Stress Score
(Possible scores range from 36 to 180; 86 or higher indicates clinical concern)
 - Parental Distress
 - Parent-Child Dysfunctional Interaction
 - Difficult Child

Baseline & Outcome PSI-SF Mean Total Parent Stress

- ◆ Baseline scores are relatively equivalent.
- ◆ Mean intervention group baseline score is in the clinical concern range.
- ◆ Total parent stress decreased significantly for both groups ($p < .0005$).
- ◆ Total parent stress in the intervention group decreased more than in the comparison group, although not significantly ($p = .814$).
- ◆ Comparison (n=38)
Intervention (n=49)
- ◆ Independent and Paired Samples t-tests



Effect Size for Difference Scores Between Groups

- ◆ Behavior Intensity outcome
 - The average intervention participant improved more than 66% of comparison participants on child behavior intensity outcome (Cohen's $d = .48$)
- ◆ Total Parent Stress outcome
 - The average intervention participant improved more than 62% of comparison participants on total stress outcome (Cohen's $d = .31$).

Summary: Outcomes

1. Participants in the intervention group reported greater improvement in their child's behavior intensity, in relation to comparison group participants.
2. Participants in the intervention and comparison group reported similar reductions in child behavior problems.
3. Participants in the intervention and comparison group reported similar reductions in stress levels.

Next Steps

- Complete data collection
- Summarize findings
- Disseminate findings

