

Agency X
Triple P Parenting Outcomes

Fiscal Years 2010-12

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Prepared by:
Stephanie Romney, PhD
Danijela Zlatevski, PhD

The Parent Training Institute
www.pti-sf.org

Agency X Triple P Outcome Report

Report Overview

Between July 1, 2010 and June 30, 2012, 24 unduplicated caregivers participated in a Triple P class run by Agency X. The dates, facilitators, and languages of the three classes run by Agency X were:

Class Dates	Language	Facilitator(s)
9/13/10-12/14/10	English	Jane Doe
1/24/11-4/25/11	English	Jane Doe, Mary Smith, & John Doe
1/10/12-4/3/12	English	John Doe

The following 16 community-based agencies running Triple P classes provided comparison data:

- APA Family Support Services
- Bay Area Academy (Foster Parents)
- OMI Family Resource Center
- Child and Adolescent Support Advocacy and Resource Center
- Children's System of Care
- Edgewood / Parent University
- Family Mosaic Project
- Gum Moon
- Instituto Familiar de la Raza
- Iris Center
- OMI Family Resource Center
- Therapeutic Visitation Services
- SF Child Abuse Prevention Center / TALK Line
- South of Market Family Resource Center
- Sunset Youth Services
- Western Addition Family Resource Center

Please note that although the three Triple P groups run at Agency x span two fiscal years, the comparison data are from Fiscal Year 2011-12 only.

The report is divided into three sections:

1. Caregiver engagement and retention
2. Pretest-posttest outcomes
3. Outcomes compared to other community-based agencies

I. CAREGIVER ENGAGEMENT AND RETENTION

Caregiver engagement and retention were measured by calculating 1) the average graduation rate and 2) the average number of graduates per group for each community based agency delivering Triple P.

- A. Graduation Rate (Retention)** – The graduation rate for each agency was calculated by dividing the number of graduates (those who completed 75% of the content sessions) by the number of participants who attended *any* sessions. For the three groups run at Agency x, 71% of participants graduated, compared to 74% (range: 41% to 100%) for all community-based agencies in the last fiscal year.
- B. Average Number of Graduates per Group** – The three Triple P groups run at Agency x produced 17 total graduates, for an average of 6 graduates per group. By comparison, the average number of graduates per group for all agencies was 8 (range: 3 to 13).

II. PRETEST-POSTTEST OUTCOMES

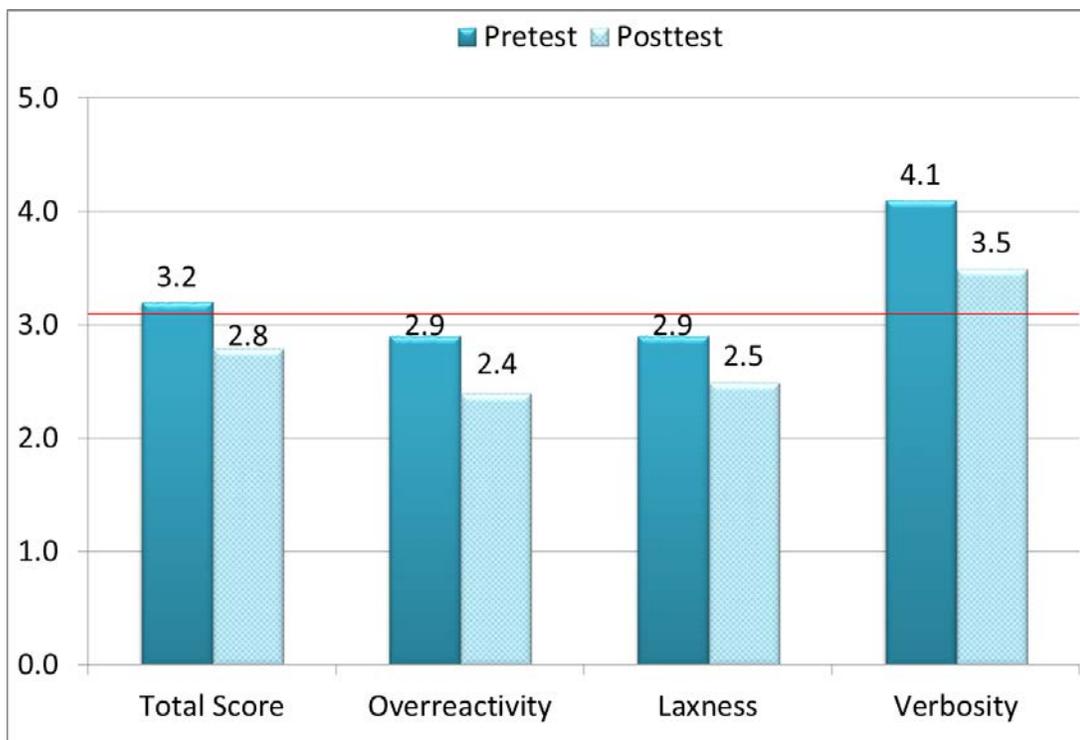
Caregiver outcomes were measured in three areas:

- 1) Changes in parenting practices, which were measured with the Parenting Scale
- 2) Changes in child behavior, which were measured with the Eyberg Child Behavior Inventory (ECBI)
- 3) Changes in caregiver stress, which were measured with the Depression, Anxiety, and Stress Scale (DASS) Short Form

A. Parenting Practices: The Parenting Scale (PS) measures the extent to which caregivers endorse using three less effective discipline styles:

1. Laxness – overly permissive responses to a child’s behavior (example: “If my child gets upset, I back down and give in.”)
2. Over-reactivity – overly punitive responses to a child’s behavior (example: “When I’m under stress, I’m on my child’s back.”)
3. Verbosity – talking too much or over-explaining in response to child behaviors (example: “I give my child several reminders or warnings.”)

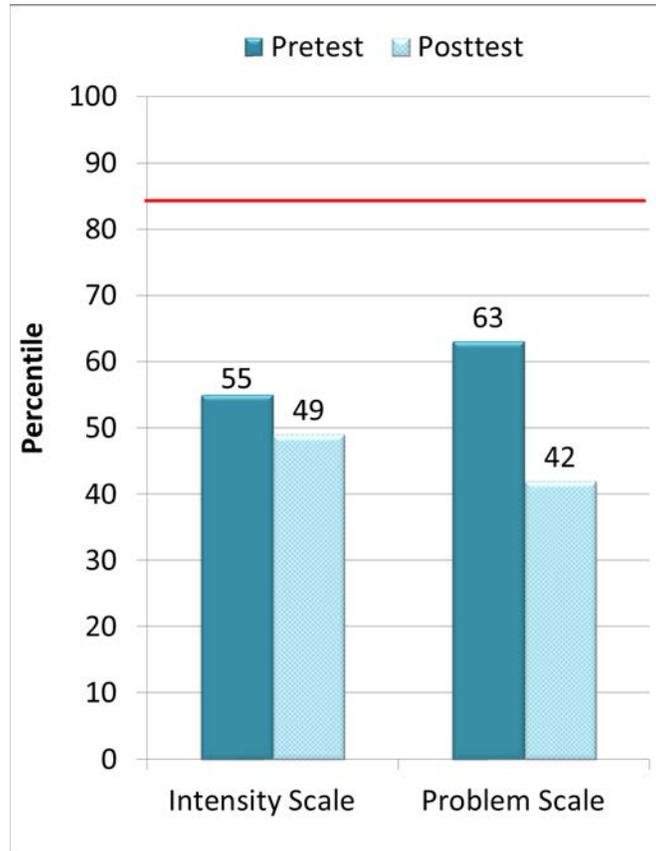
Caregivers of 16 children completed a slightly modified version of the 30-item Parenting Scale (one item was omitted). The response choices are arranged on a Likert scale of 1 to 7, and caregivers indicate the extent to which they use one parenting strategy more frequently than a paired, opposite strategy. Higher average scores indicate greater endorsement of ineffective parenting strategies, so scores are expected to **decrease** following completion of a Triple P class. In general, an average score of **3.1 or higher** in any domain indicates problematic parenting practices. The graph below shows the average scores in each domain.



B. Child Behavior: The Eyberg Child Behavior Inventory (ECBI) has two subscales:

- The Intensity subscale measures **how often** problematic behaviors occur.
- The Problem scale measures how distressed parents are by these behaviors.

Scores at or above the 84th percentile on the Intensity scale and Problem scale, indicated by the red line, are considered clinically significant and in need of intervention. The graph below shows the average change on the two subscales from pretest to posttest.



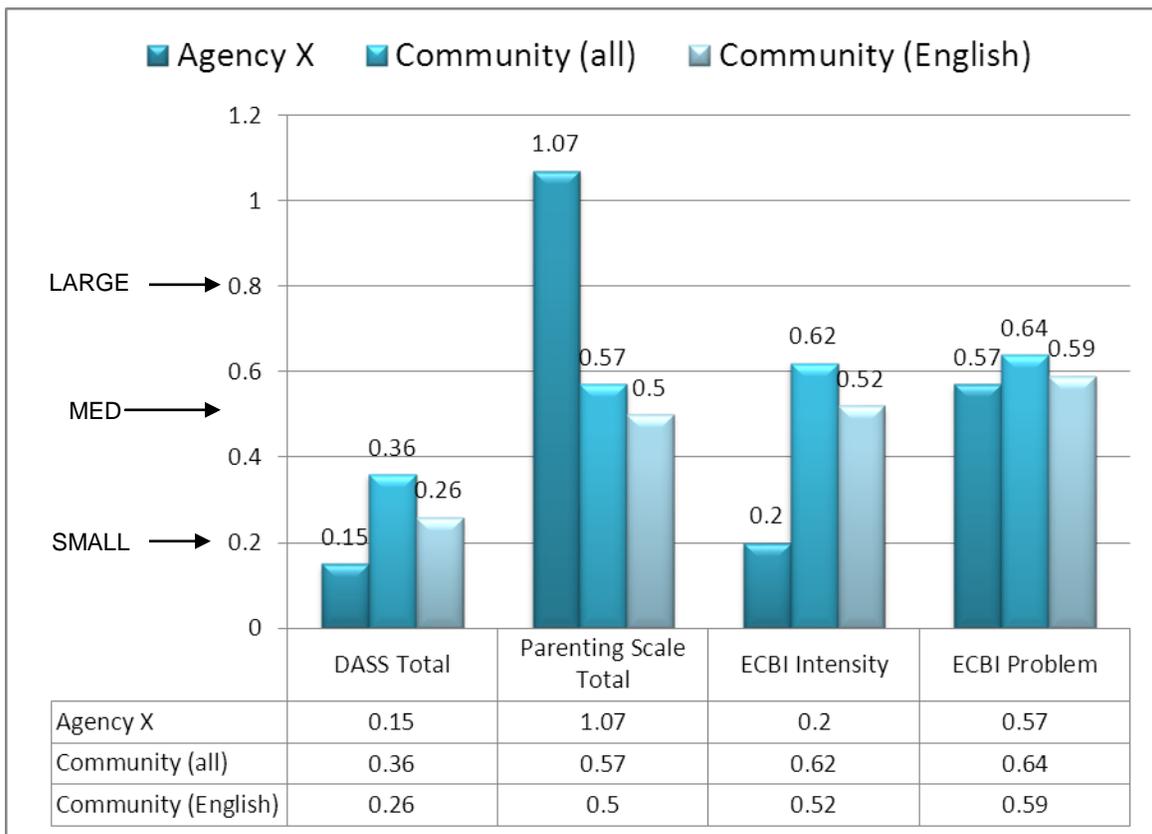
C. Caregiver Stress: The Depression, Anxiety, and Stress Scale (DASS Short Form) is a 21 item measure of caregiver-reported symptoms of depression, anxiety, and stress experienced in the previous week. Caregivers endorse the frequency of symptoms on a scale of 0 (never) to 3 (most of the time). The symptoms may or may not be related to parenting (Example: *I found it hard to wind down*). The following severity ratings have been established for each of the three domains: Normal, Mild, Moderate, Severe and Extremely Severe. The average scores in **all** domains for caregivers taking the Triple P classes at Agency x were in the Normal range at both pretest and posttest.

III. OUTCOMES (EFFECT SIZES) WITH COMMUNITY COMPARISON

Effect sizes are calculated scores that reflect the *magnitude* of change seen following an intervention. They indicate the amount of change from pretest to posttest after taking into consideration the distribution (spread) of the scores. In general, .20-.30 is considered a small effect, .50 is a medium effect, and .80 or larger is considered a large effect. For evidence-based interventions provided with fidelity in community settings, **medium effect sizes** (.50) or higher are expected on measures of the target outcomes (i.e., the Parenting Scale and Eyberg Child Behavior Inventory-ECBI).

The graph below shows the unadjusted effect sizes for each of the parent-report measures for Agency x, all community-based agencies running Triple P, and just the English-language groups.

Effect Sizes for Triple P Groups



Please contact Stephanie Romney at Stephanie.romney@sfdph.org or 415-255-3412 with any questions about this report.