

Supporting parents, children and teachers: Research and practice

Canolfan Ymyrraeth Cynnar ar Sail Tystiolaeth
Centre for Evidence Based Early Intervention

Annual Conference 2012, Cardiff



Developing and researching the Incredible Years Parent programmes in Portugal

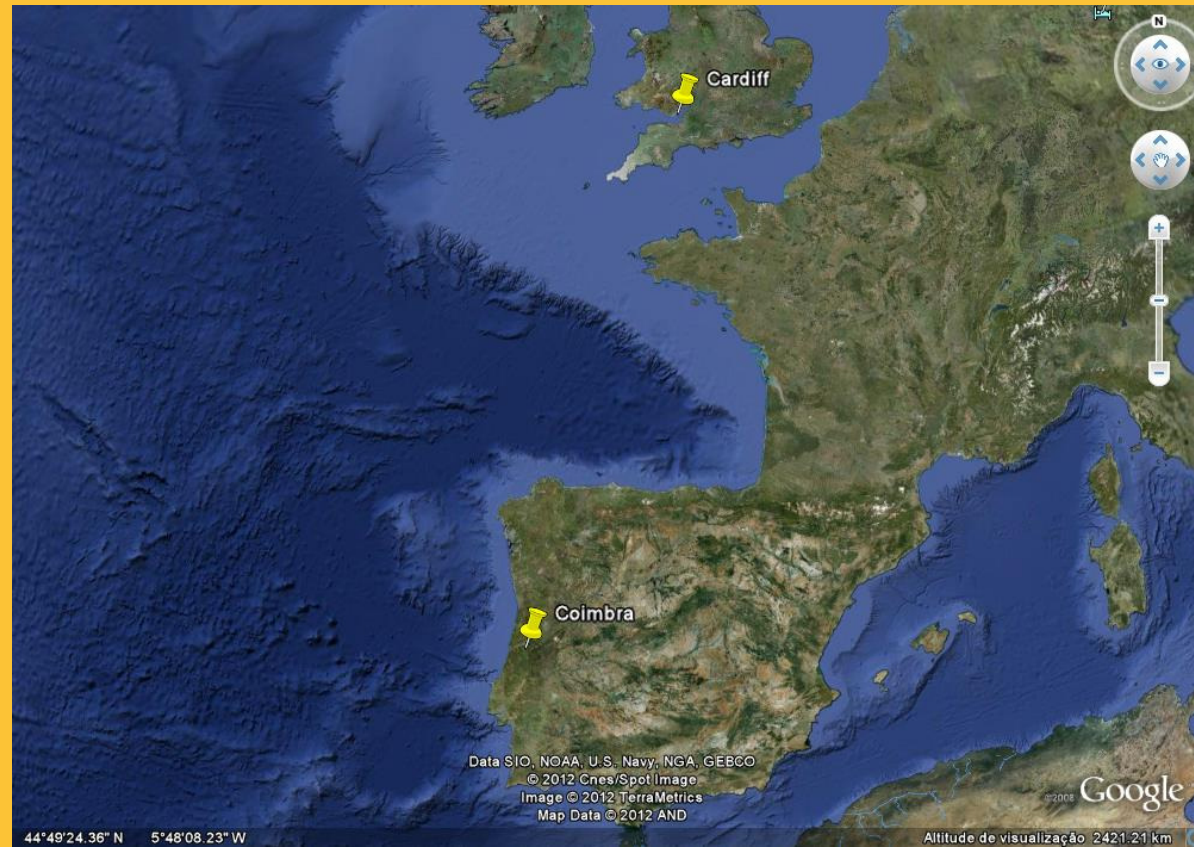


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Coimbra University, Portugal

1. Translation and adaptation of materials
2. Leader training and supervision
3. Research progress (on-going research trial that aims to study the efficacy of the Incredible Years Basic Parent programme in the early prevention of disruptive behaviour disorders)





Coimbra University

Incredible Years in Portugal



Coimbra University

Incredible Years in Portugal



Coimbra University

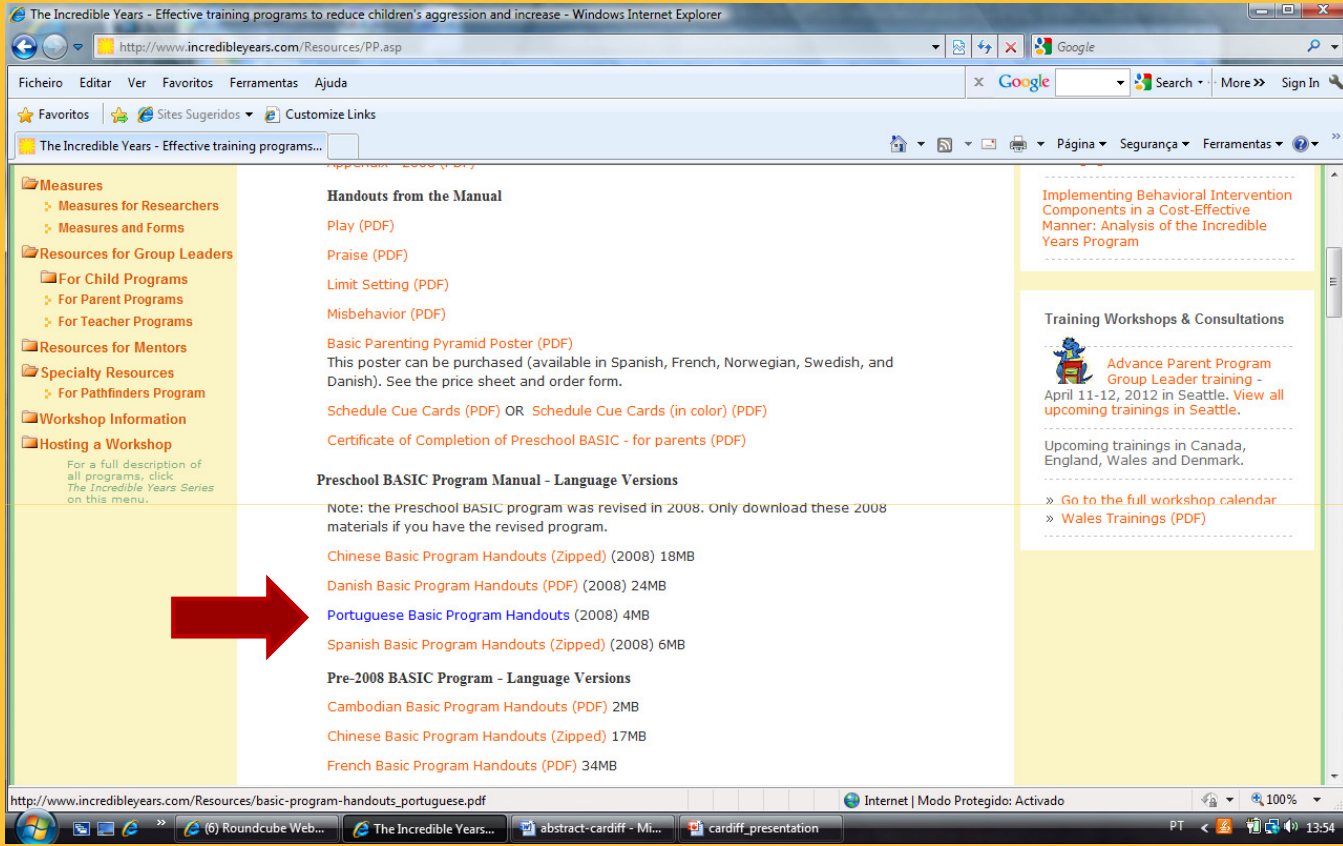
Incredible Years in Portugal

Translation and adaptation of materials

- DVD subtitling
- Handouts
- Parents' book
- Teachers' programme (on-going)







The screenshot shows a Windows Internet Explorer browser window displaying the website <http://www.incredibleyears.com/Resources/PP.asp>. The browser's address bar and menu bar are visible. The website content is organized into a sidebar on the left and a main content area on the right.

Sidebar (Left):

- Measures
 - Measures for Researchers
 - Measures and Forms
- Resources for Group Leaders
 - For Child Programs
 - For Parent Programs
 - For Teacher Programs
- Resources for Mentors
- Specialty Resources
 - For Pathfinders Program
- Workshop Information
- Hosting a Workshop

For a full description of all programs, click The Incredible Years Series on this menu.

Main Content Area (Right):

Handouts from the Manual

- [Play \(PDF\)](#)
- [Praise \(PDF\)](#)
- [Limit Setting \(PDF\)](#)
- [Misbehavior \(PDF\)](#)
- [Basic Parenting Pyramid Poster \(PDF\)](#)
This poster can be purchased (available in Spanish, French, Norwegian, Swedish, and Danish). See the price sheet and order form.
- [Schedule Cue Cards \(PDF\) OR Schedule Cue Cards \(in color\) \(PDF\)](#)
- [Certificate of Completion of Preschool BASIC - for parents \(PDF\)](#)

Preschool BASIC Program Manual - Language Versions

Note: the Preschool BASIC program was revised in 2008. Only download these 2008 materials if you have the revised program.

- [Chinese Basic Program Handouts \(Zipped\) \(2008\) 18MB](#)
- [Danish Basic Program Handouts \(PDF\) \(2008\) 24MB](#)
- [Portuguese Basic Program Handouts \(2008\) 4MB](#)
- [Spanish Basic Program Handouts \(Zipped\) \(2008\) 6MB](#)

Pre-2008 BASIC Program - Language Versions

- [Cambodian Basic Program Handouts \(PDF\) 2MB](#)
- [Chinese Basic Program Handouts \(Zipped\) 17MB](#)
- [French Basic Program Handouts \(PDF\) 34MB](#)

Right Sidebar:

Implementing Behavioral Intervention Components in a Cost-Effective Manner: Analysis of the Incredible Years Program

Training Workshops & Consultations

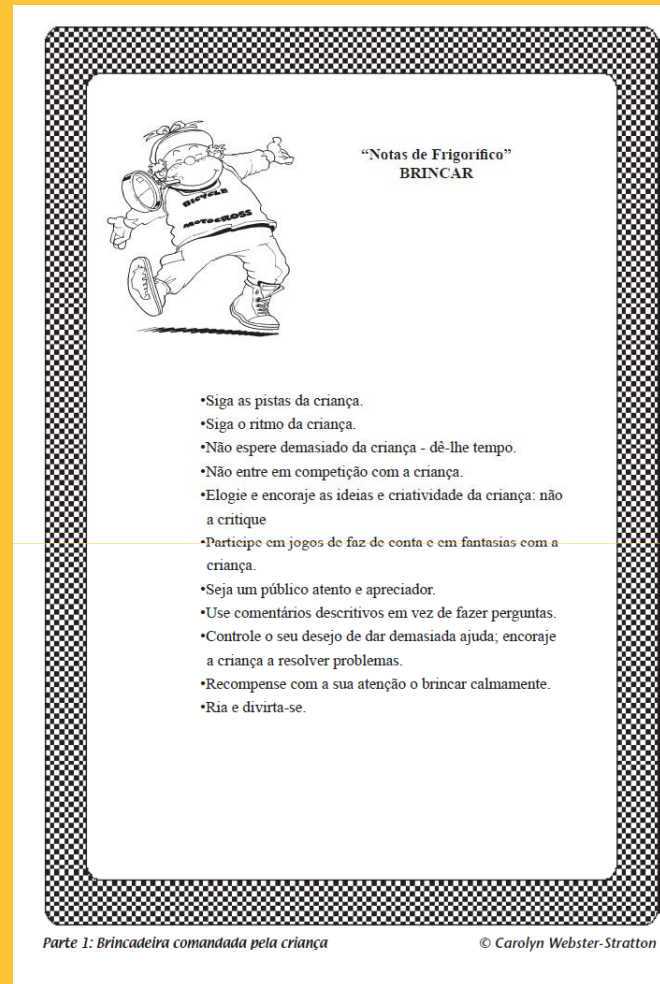
- [Advance Parent Program Group Leader training - April 11-12, 2012 in Seattle. View all upcoming trainings in Seattle.](#)
- Upcoming trainings in Canada, England, Wales and Denmark.
- [Go to the full workshop calendar](#)
- [Wales Trainings \(PDF\)](#)

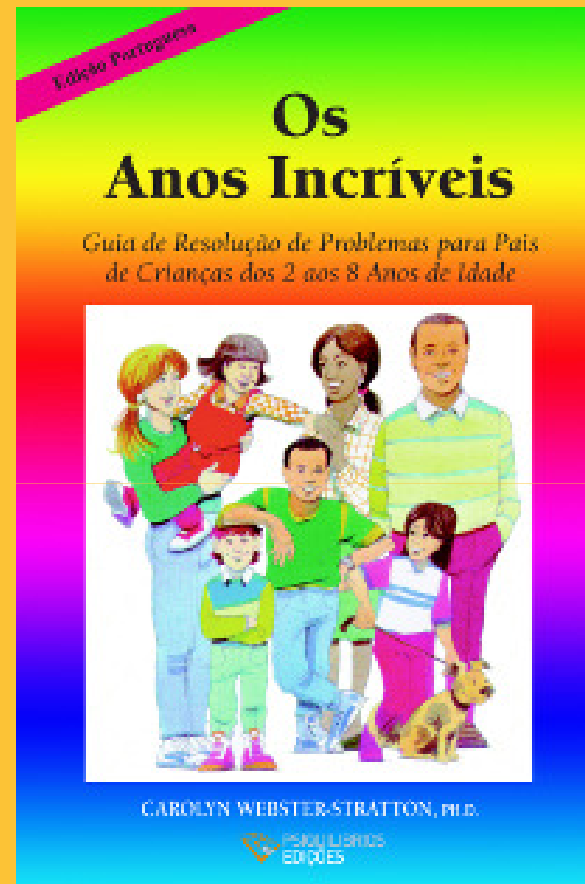
A large red arrow points from the 'Portuguese Basic Program Handouts (2008) 4MB' link in the main content area to the 'Hosting a Workshop' section in the sidebar.

Bottom Bar:

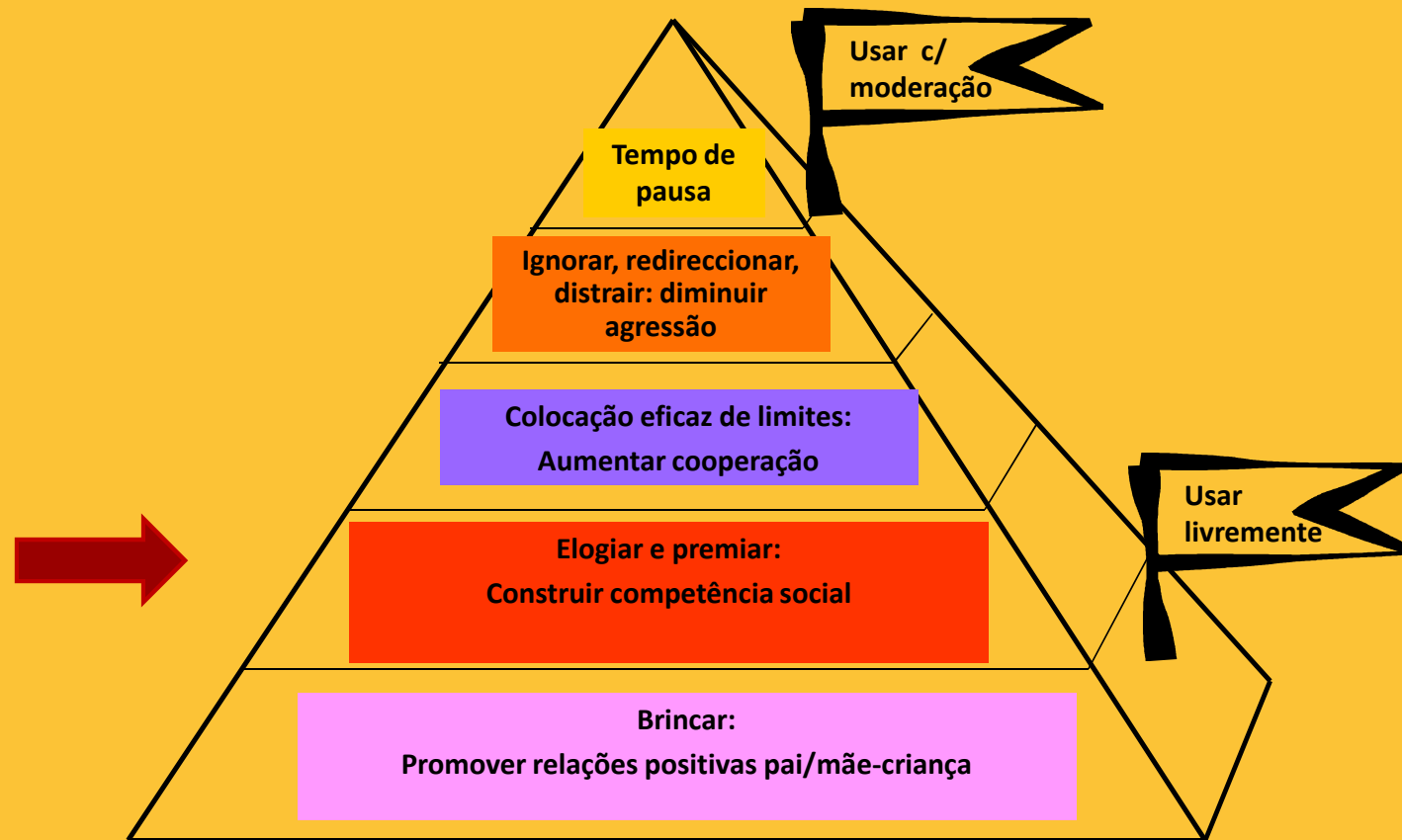
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Translation and adaptation of materials: cultural issues



Training

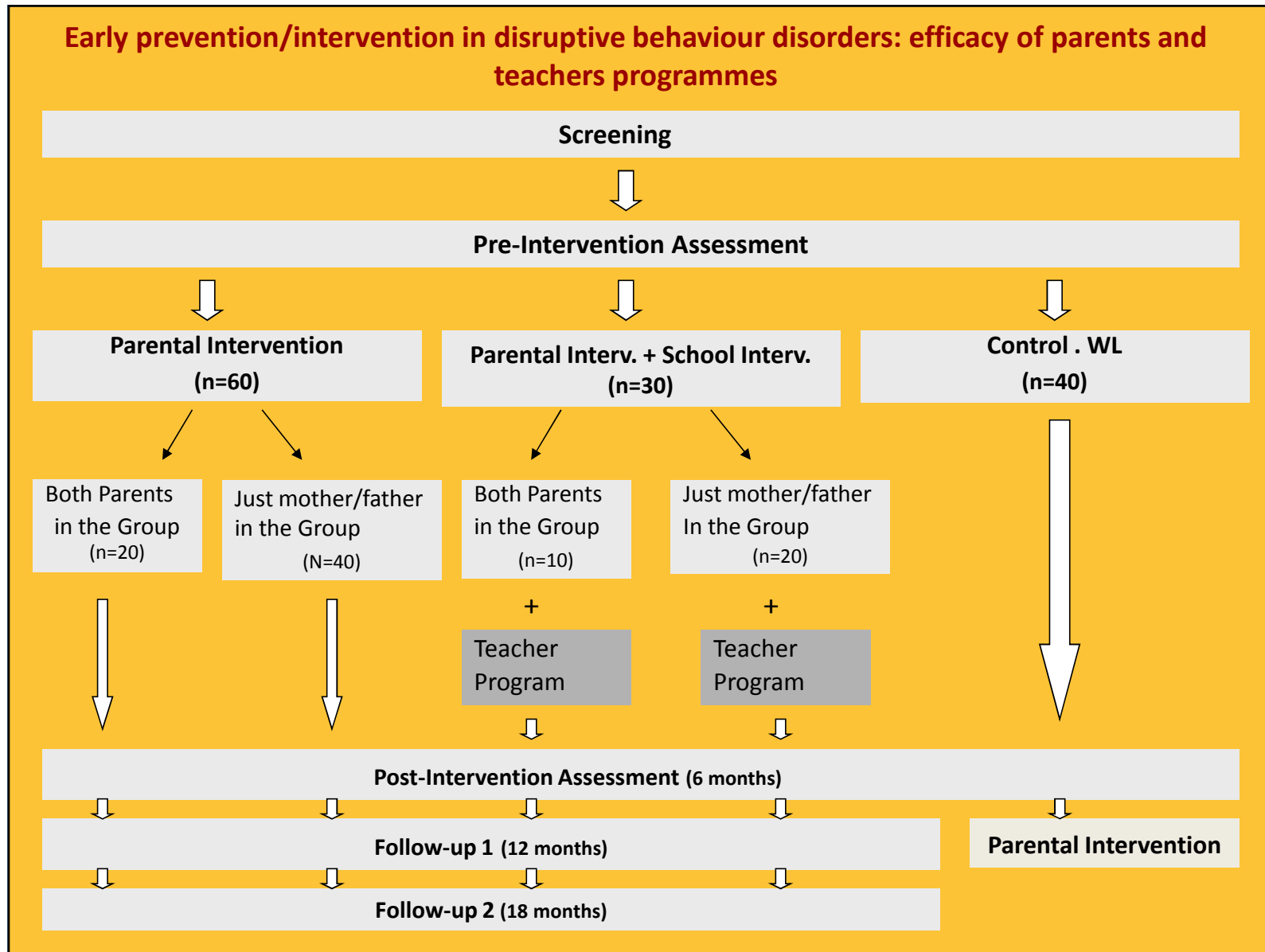
- 4 workshops, 80 trainees
 - Ted Taylor, 2003
 - Caroline White, 2008
 - Judy Hutchings, 2010, 2011
- 4 certified leaders
- 2 certified peer coaches
- other leaders in the process of certification



Research with the IY parents programmes

- Project with families at social risk (2008-09)
- 5 PhD dissertations (on-going)
- Research trial (2010-13): Early prevention/intervention in disruptive behaviour disorders: efficacy of parents and teachers programmes





Measures

Child problem behaviour reported by parents

- Strengths and Difficulties Questionnaire (SDQ; Goodman, 1997, 2004)
- Werry-Weiss-Peters Activity Scale (WWP; Routh, 1978, 2008)
- Parental Account of Child's Symptoms (PACS; Taylor et al., 1991, 2008)
- Preschool and Kindergarten Behavior Scales – 2nd Ed. (PKBS-2; Merrell, 2002, 2008)

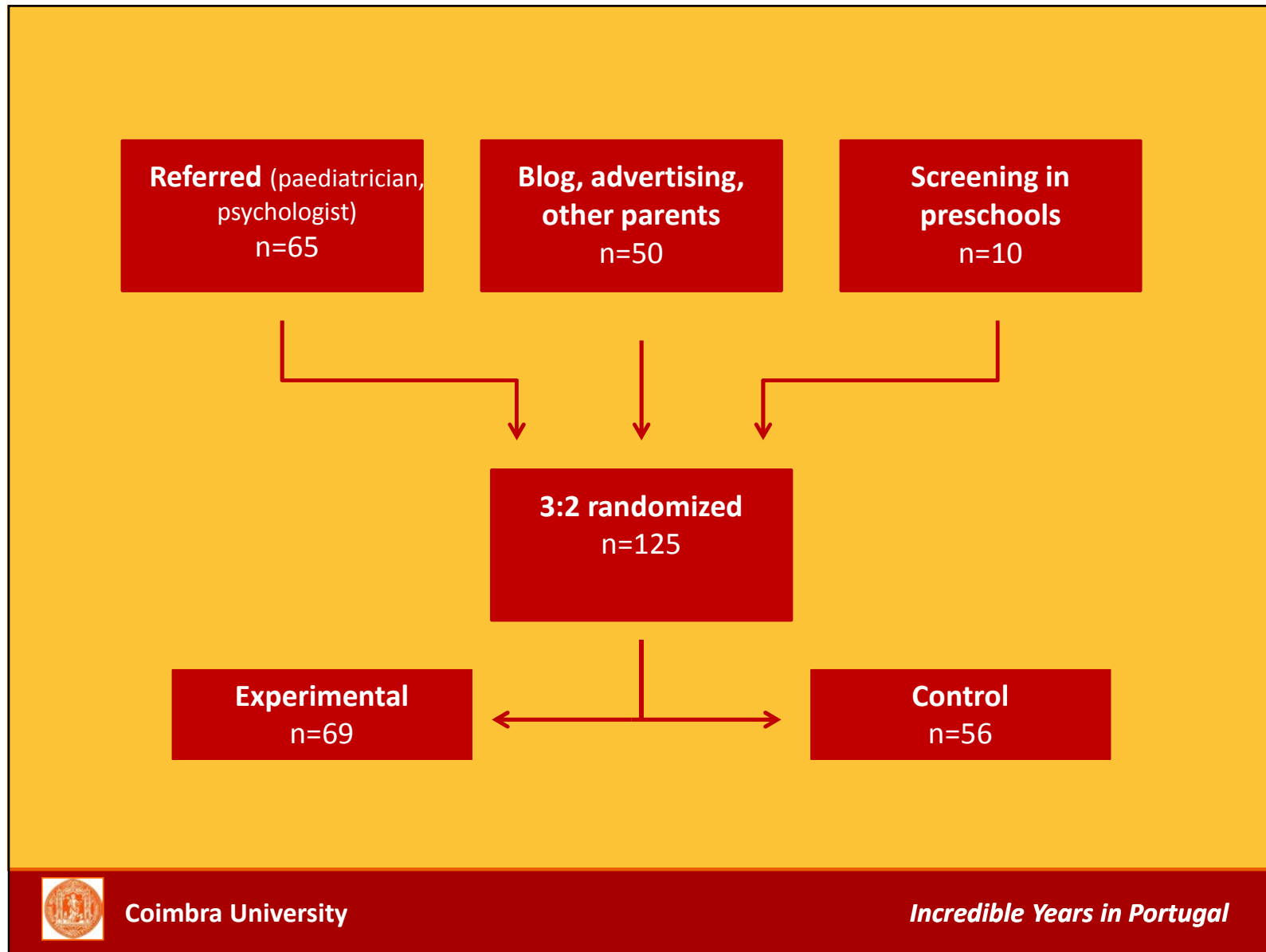
Parenting competencies and psychopathology symptoms

- Parental Sense of Competence Scale (PSOC; Johnston & Mash, 1989, 2007)
- The Parenting Scale (Arnold, O'Leary, Wolff & Acker, 1993, 2007)
- Beck Depression Inventory (Beck et al., 1961, 1973)
- Adults AD/HD Rating Scale (Barkley & Murphy, 1998, 2008)

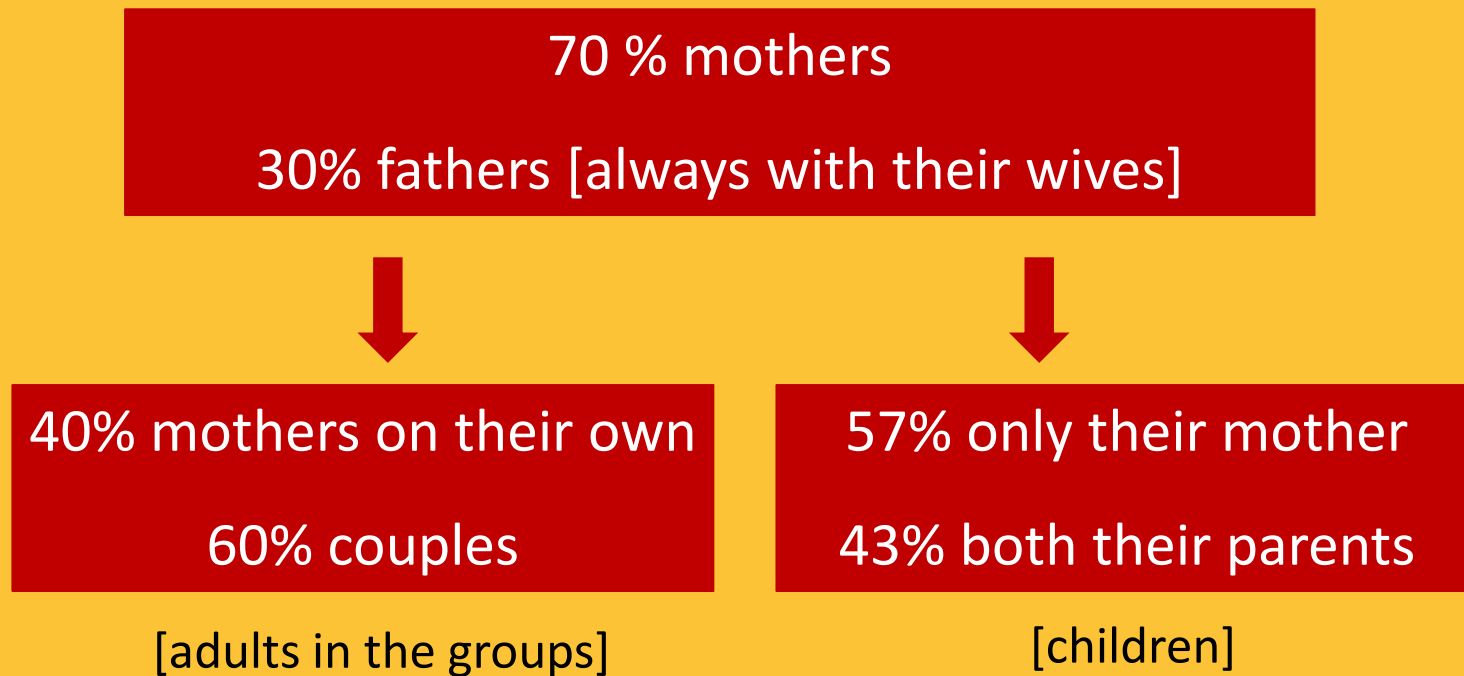
Parent-child interaction

- Dyadic Parent-Child Interaction Coding System (DPICS; Eyberg, 1981, 2008)



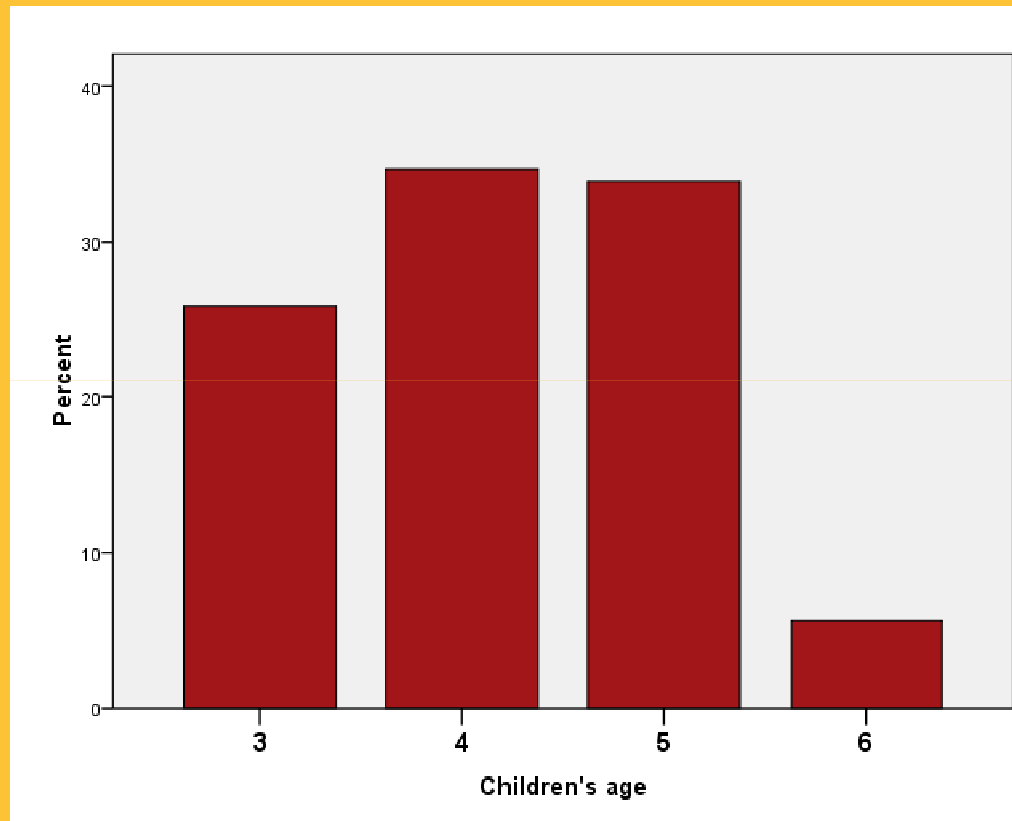


Who are the participants?

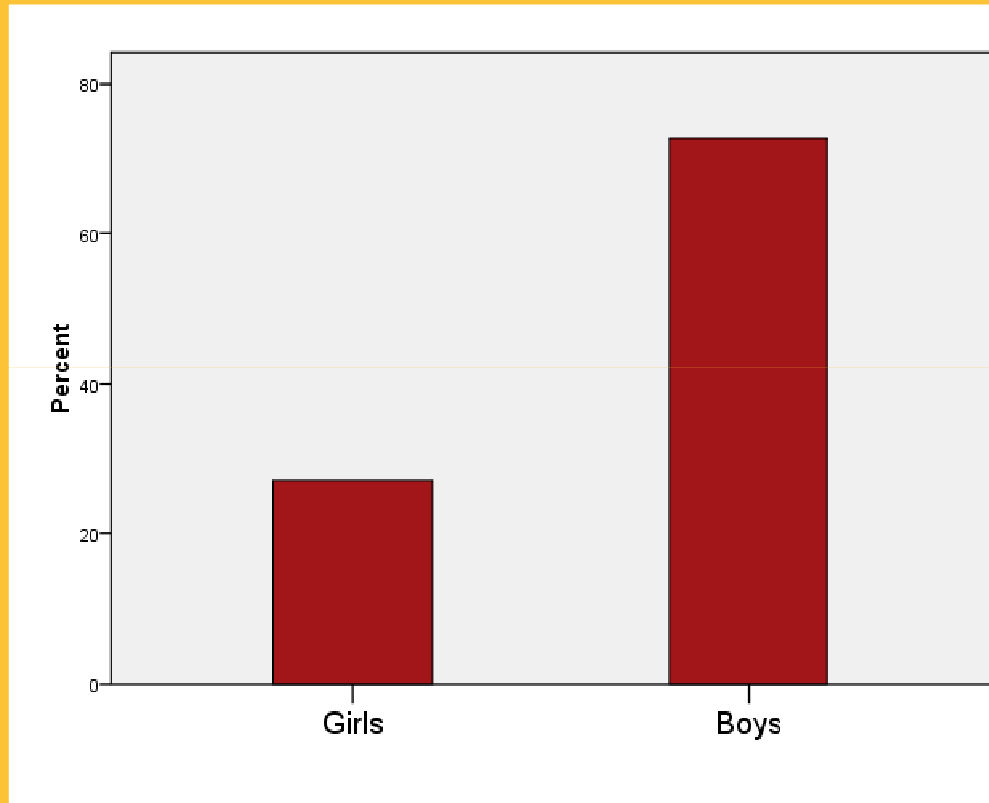


Who are the participants?

Children's characteristics – **age** (n=125)



Who are the participants? Children's characteristics - gender



Girls:Boys
1 : 2.7



Who are the participants?

Children's characteristics – SDQ and PKBS-2 at baseline

	Mean (SD)	Portuguese normative samples (Percentile)
SDQ (Total Difficulties)	18.35 (4.60)	92
PKBS-2 (Externalizing)	53.74 (12.15)	93



Who are the participants?

Parents' characteristics

Parents' age	Mean	SD
Mothers' age	35.74	6.00
Fathers' age	36.61	5.50



Who are the participants?

Parents' characteristics

Parents' years of education	Mean	SD
Mothers' years of education	13.91	3.91
Fathers' years of education*	12.24	4.92

* Experimental \neq Control



Who are the participants?

Parents' characteristics

Mothers' marital status	N	%
Married or leaving as married	97	77.8
Divorced or separated	21	17.1
Single	5	4.1



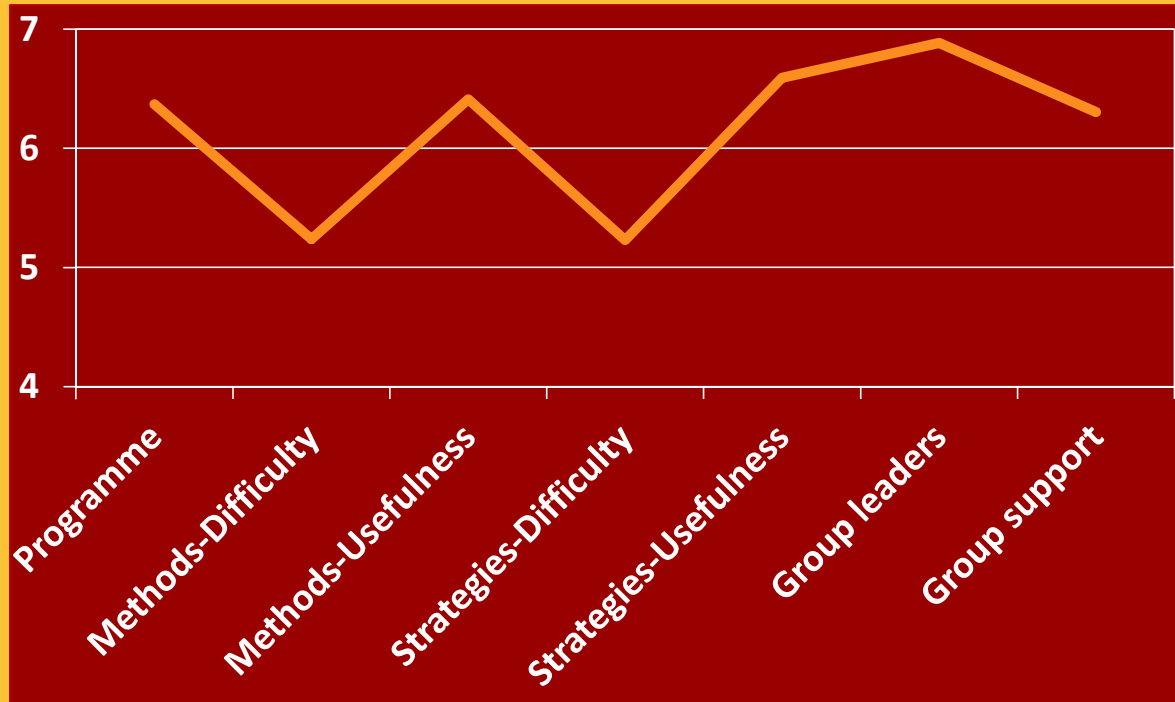
Dropouts and levels of attendance

- 5% of dropouts (only attended 1 or 2 of the first sessions)

Levels of attendance	Mean	SD
Including dropouts	10.96 / 14	3.43
Excluding dropouts	11.46 / 14	2.68



Parental evaluation of the programme



 **POSTER**



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Incredible Years in Portugal

Running the groups – what are the barriers?

- Condensed sessions
- Time required for preparation
- Material arrangements required (snacks, TV set and DVD, babysitting...)
- Training not available in Portugal / Portuguese
- Expensive
- Need for a significant public investment in research, training and implementation



Running the groups – what makes it an incredible experience?

- Evidence-based programme
- Preliminary results are very encouraging
- Sense that we're doing something that makes a difference in these families' lives
- Parents get enthusiastic very early – high levels of participation and satisfaction
- Parental involvement and positive feedback



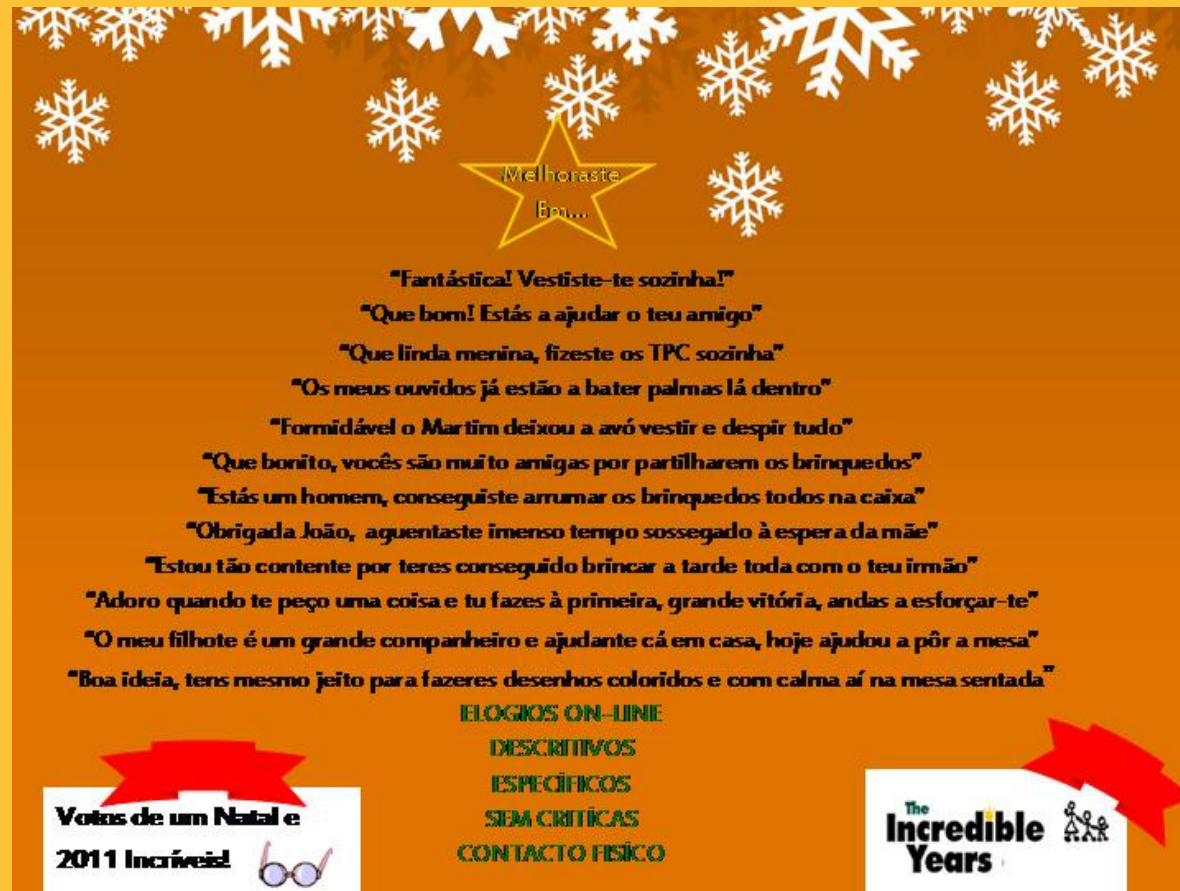












Melhoraste Bem...

"Fantástica! Vestiste-te sozinha!"

"Que bom! Estás a ajudar o teu amigo"

"Que linda menina, fizeste os TPC sozinha"

"Os meus ouvidos já estão a bater palmas lá dentro"

"Formidável o Martim deixou a avó vestir e despir tudo"

"Que bonito, vocês são muito amigas por partilharem os brinquedos"

"Estás um homem, conseguiste arrumar os brinquedos todos na caixa"

"Obrigada João, aguentaste imenso tempo sossegado à espera da mãe"

"Estou tão contente por teres conseguido brincar a tarde toda com o teu irmão"

"Adoro quando te peço uma coisa e tu fazes à primeira, grande vitória, andas a esforçar-te"

"O meu filhote é um grande companheiro e ajudante cá em casa, hoje ajudou a pôr a mesa"

"Boa ideia, tens mesmo jeito para fazeres desenhos coloridos e com calma aí na mesa sentada"

ELOGIOS ON-LINE
DESCRITIVOS
ESPECÍFICOS
SEM CRÍTICAS
CONTACTO FÍSICO

Votos de um Natal e
2011 Incrível!

The Incredible Years





Thank you



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<http://projectopaismaesincriveis.blogspot.com>



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