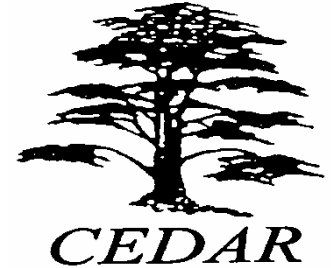


# Evaluation of the Parenting Early Intervention Programme



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*Parents Matter, London 26-27.3.09*

THE UNIVERSITY OF  
WARWICK

# The team

- Professor Geoff Lindsay, CEDAR
- Professor Hilton Davis, South London & Maudsley NHS Trust/ Kings College London
- Dr Steve Strand, CEDAR
- Dr Ray Evans, Coventry LA /CEDAR
- Professor Jane Barlow, University of Warwick Medical School
- Susan Band, Mairi Ann Cullen and Dr Stephen Cullen CEDAR
- Chris Hasluck, Institute for Employment Research, University of Warwick

# Aims of the session

- The purpose of the evaluation
- Some findings from the Pathfinder
- Cost effectiveness
- Impact on policy
  - Parenting Early Intervention Programme 2008-11
- Conclusions

# Purpose of the evaluation

- Build upon the evidence of research on effectiveness of parenting programmes
- Effectiveness of the PEIP as a national programme
  - Roll out across large number of LAs
  - Impact on parents of the group training
  - Persistence of any positive effects
- Differential effects by programme?
- Cost effectiveness
- Inform policy

# Evidence from the Pathfinder

- 3 programmes for which there is evidence of effectiveness
  - Webster-Stratton's Incredible Years
  - Triple P
  - Strengthening Families, Strengthening Communities
- 18 LAs, 6 per programme
- October 2006-March 2008
- Parents with child aged 8-13

# Aims of the Pathfinder evaluation

- To examine the effectiveness of the roll out of each programme across LAs in England
  - The effectiveness of each programme when rolled out
  - The effectiveness of this delivery model
- To identify implications for future development across the country
- Processes as well as outcomes

# 1. Did the Pathfinder target the 'right' parents?

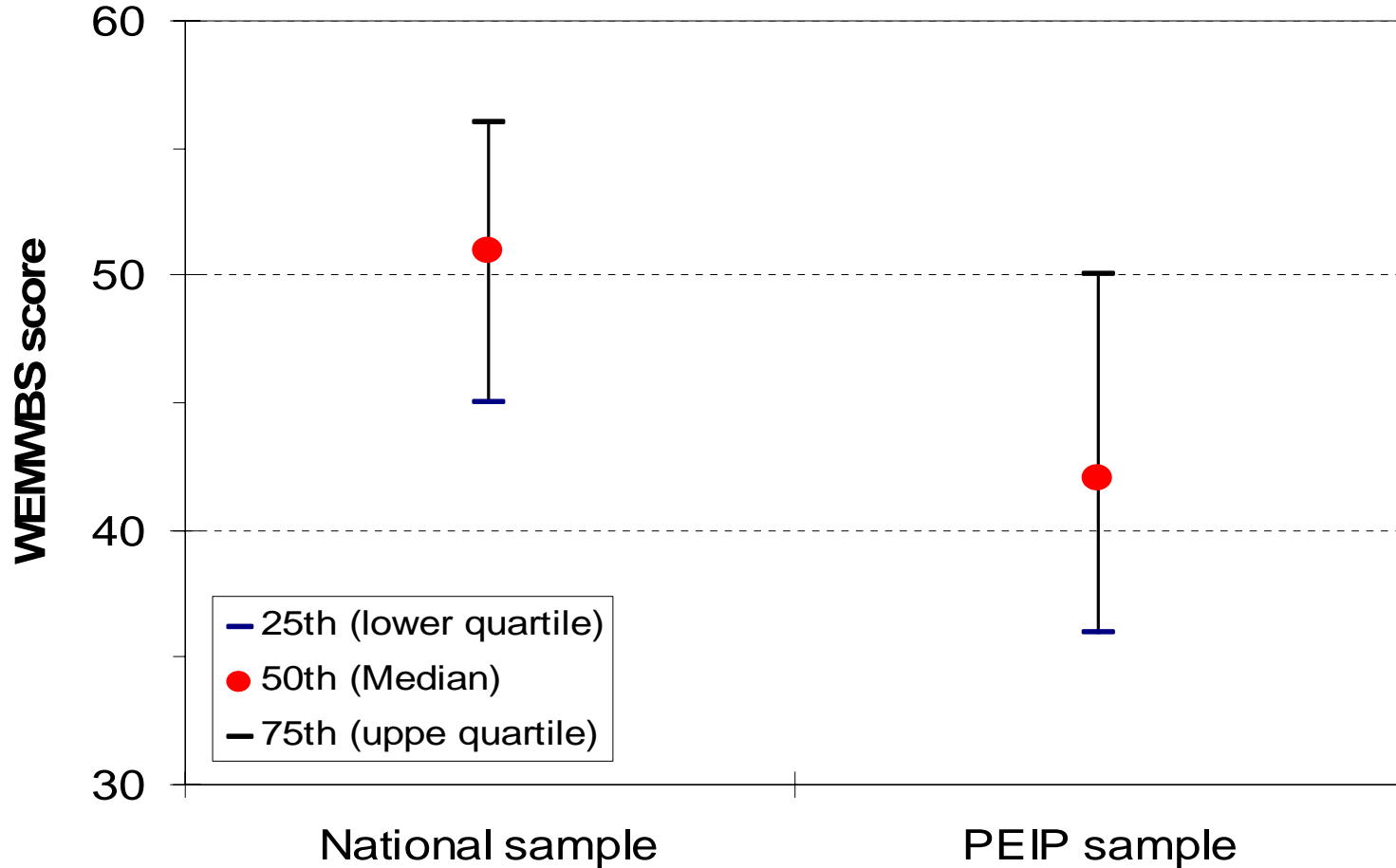
## Yes

- 88.2% were female
- Mostly biological parents to the target child
- Sample skewed to parents with low income, low educational level, high levels of support needs and children with substantial behaviour difficulties
- Wide range of ethnic backgrounds

- 47% left school at 16 or earlier
- 33% had weekly income of £150 or less
- High level of need, eg
  - 59% had seen GP in last 6 months and 20% had seen a social worker
  - Low levels of mental well-being – 75% scored below the national mean at start

# Mothers' mental well-being?

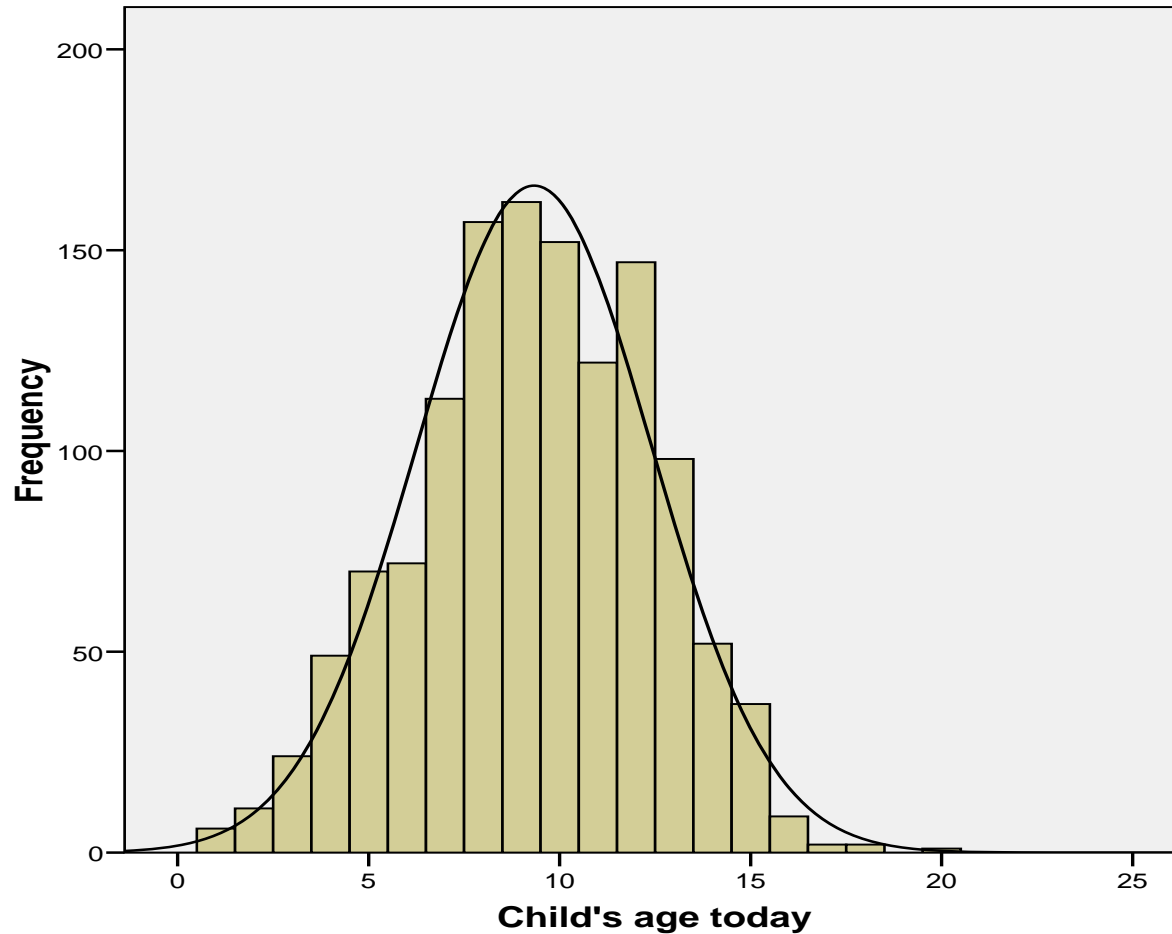
- Warwick Edinburgh Mental Well-being Scale (WEMWBS)



## 2. Did PEIP target right children?

- Mean age 9.2 years (but wide range)
- 62% boys
- 60% had additional support in school (of those parents that responded)
- About 6x as many had statements of SEN compared with the norm (17.7% v 2.8% nationally)
- High % had behavioural, emotional and social difficulties

# Children's age (8-13?)

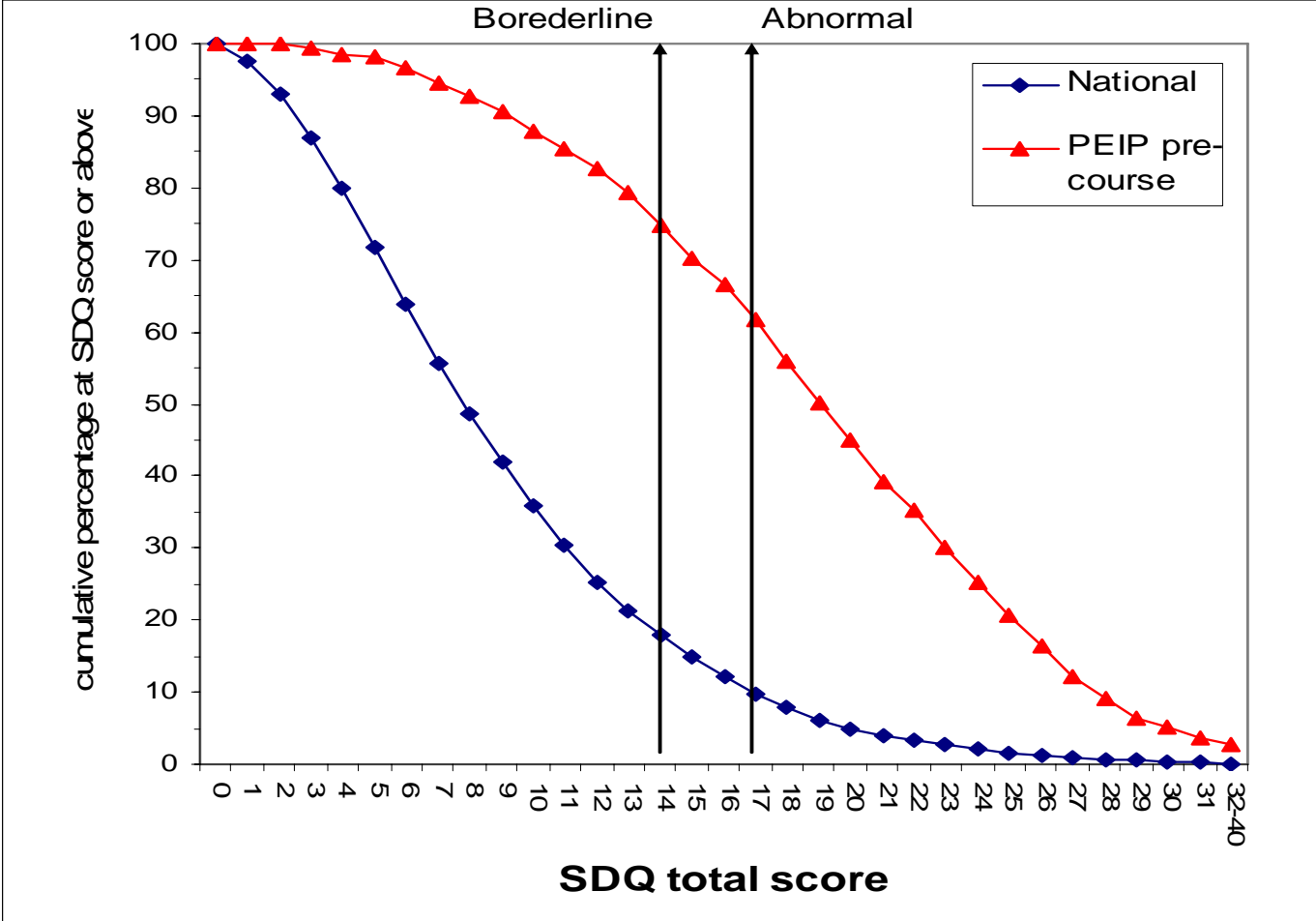


Mean =9.33  
Std. Dev. =3.089  
N =1,286

# Strengths and Difficulties Questionnaire (SDQ) scores at pre-group (%'abnormal')

	national	PEIP
Emotional symptoms	11.4	38.8
Conduct problems	12.7	62.6
Hyperactivity	14.7	47.9
Peer problems	11.7	43.8
Prosocial scale	2.3	19.4
<b>Total difficulties</b>	<b>9.8</b>	<b>58.3</b>
<b>Impact score</b>	<b>8.8</b>	<b>61.2</b>
<i>p</i> < .0001 in all cases		

# Children's behaviour?



# 3. Were programmes successful?

Yes

- Pre-v post-group comparisons
- Significant improvements on all parent and child measures
- Moderate to large effect sizes

# Did the parents improve after the groups? **YES**

	effect size
WEMWBS	0.74**
Parenting Scale Laxness	0.74***
Parenting Scale Over-reactivity	0.86***
Parenting Scale - Total	0.89***
Being a Parent Efficacy	0.74**
Being a Parent Satisfaction	0.66**
Being a Parent - Total	0.88***

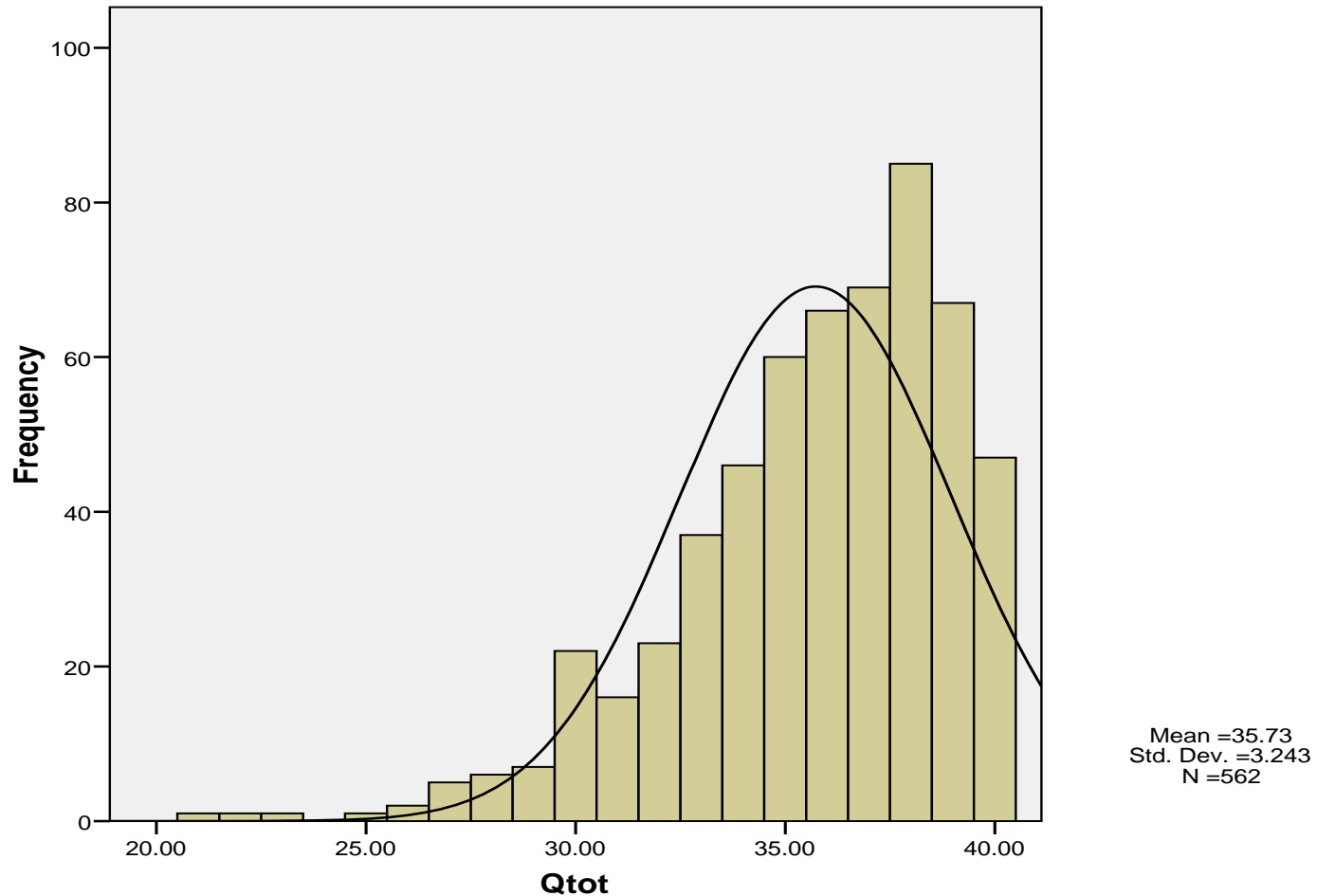
# Did the children improve after the groups? **YES**

	SDQ - % 'abnormal'		E.S
	Pre-	Post-	
Emotional symptoms	39	23	.42
Conduct problems	63	36	.55
Hyperactivity	48	28	.43
Peer problems	44	33	.24
Prosocial	19	12	.26
<b>Total difficulties</b>	<b>58</b>	<b>33</b>	<b>.57</b>
<b>Impact</b>	<b>61</b>	<b>37</b>	<b>.48<sup>16</sup></b>

# Were there different roll out effects by Programme?

- *Very few statistically significant differences in child or parent outcomes between the 3 programmes*
  - taking into account the children's pre-group SDQ total scores
  - and after controlling for parent education, income and gender

# How did parents rate the parenting group?



# Outcomes: conclusions

- The PEIP increased the pool of trained facilitators: 1100 additional trained staff.
- PEIP provided parenting training for 3575 parents on 425 courses
- Clear evidence of success of the Pathfinder:
  - Parent and child improvements across a range of important dimensions
  - Parents very positive about the group experience (those who completed)
- All programmes were successful
  - Comparable effects by Programme

# Also...

- Many lessons learned about implementation by LAs,  
*but*
- Cost effectiveness varied by programme and LA
- Research supported further funding
  - *Parenting Early Intervention Programme 2008-11*

# Evaluation of the PEIP 2008-11

## 2008-9:

- 24 new LAs
- 3 original programmes plus 2 new programmes
  - Families and Schools Together (FAST)
  - Strengthening families 10-14

## 2009-11

- remaining 108 LAs
- New programmes?

## Combination of study of

- *Process*
  - How LAs implement the PEIP
  - Parenting Strategy, Extended Schools etc
- *Outputs*
  - Groups run, parents engaged and retained
- *Outcomes*
  - Improvements in parenting skills, mental well-being
  - Children's behaviour
  - Maintenance over time – one year follow up

# conclusions

- Research informs policy
- Staged research project
- Effectiveness – need **both**:
  - Fundamental research
    - controlled, small scale
  - Roll out of policy
    - Large scale, ‘naturalistic’, less control

Lindsay, G., Davis, H., Strand, S., Band, S., Cullen, M.A., Cullen, S., Hasluck, C., Evans, R., & Stewart-Brown, S. (2008). *Parenting early intervention pathfinder evaluation DCSF-RW054*.

<http://www.dfes.gov.uk/research/data/uploadfiles/DCSF-RW054.pdf>

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