

Initial findings from Warwick University report on the 'Stop' Programme

As part of the Parenting Early Intervention Programme funding we were required to take part in the national evaluation of PEIP being undertaken by Warwick University. We chose to use PEIP funding to further enhance our provision of the 'Stop' programme and though it was not one of the recognised programmes, in negotiation with the team at Warwick University undertaking the national evaluation they agreed to evaluate 'Stop' alongside the evaluation of the other nationally recognised programmes being delivered in other areas.

This evaluation project comes to an end on 31st March this year. However, Professor Steve Strand from Warwick University has kindly provided me with an interim report on outcomes from 'Stop' to assist us in the submission of 'Stop' to Kings College who are evaluating it in relation to inclusion it in the national Parenting Toolkit.

The initial findings are very encouraging in relation to both child and parent outcomes so I felt it would be useful to circulate this to a wider audience. I will follow this up with a fuller and more detailed report when we get the final evaluation report from Warwick University.

The data that has been collected so far for this interim report is in relation to groups that have taken place in 2010. These groups ran in the following areas:

Eastbourne	2 groups
Hastings	2 groups
Bexhill	3 groups
Seaford	1 group
Hailsham	1 group
Heathfield	1 group
Total	10 groups

There is additional data to come from an Uckfield group and a Chailey group. This data has been slow to come through but will be included in the final report. We presently have 5 groups running across the county in Hastings, Eastbourne, Newhaven, Bexhill and Heathfield and I am expecting pre and post data to be sent to Warwick from these groups to be included in the final report as well.

The pre and post booklets that have been used incorporate two scientifically validated questionnaires; the Strengths and Difficulties Questionnaire (© Robert Goodman 2005) and the Parenting Scale (Behaviour Research and Therapy © 1998 Elsevier Science Ltd). It also incorporates a 'Your Well-Being' questionnaire which has been designed by Warwick and Edinburgh University but is not presently a scientifically validated questionnaire as it is a new tool they are developing.

The data collected from the SDQ's and the Parenting Scale have allowed us to measure outcomes in the following areas:

Child Outcomes:

SDQ Conduct Disorders
SDQ Impact Score
SDQ Total Score

Parent Outcomes:

Mental Well-being

Parenting Laxness

Parenting Overreactivity

The data in relation to all of these areas allows us to show the percentage of improvement and the degree of that improvement (the effect size). For example, 90% of a group may have improved but overall these improvements were only very slight as opposed to a group where 60% showed improvement but these improvements were significant.

The effect size is measured using the following scale:

0.2 - 0.5	Small change
0.5 - 0.8	Medium change
0.8 or above	Large change

In the table below I have outlined the outcomes from the 'Stop' groups we have run in East Sussex during 2010 alongside the national PEIP average.

Outcome Measure	East Sussex 'Stop' 2010		National PEIP Average	
	% cases improving	Effect Size	% cases improving	Effect Size
Child Outcomes				
SDQ Conduct Disorder	71.4	0.55	59.8	0.45
SDQ Impact Score	67.9	0.64	56.1	0.52
SDQ Total Score	70.4	0.52	69.1	0.45
Parent Outcomes				
Mental Well-being	80.8	0.71	78.9	0.79
Parenting Laxness	71.4	0.61	74.0	0.72
Parenting Overreactivity	78.2	0.67	77.1	0.85

The data presented above indicates that outcomes from 'Stop' are showing as better than the national average in a number of areas. In the two areas in relation to parenting outcomes where 'Stop' is showing as lower than the national average (mental well-being and parenting laxness) the score for 'Stop' is in the same bracket as the national average of medium level of change.

In relation to child outcomes 'Stop' is showing significantly better outcomes than the national average and in two areas is showing a medium change where the national average is a small change. In addition to this the national average for percentage of cases showing improvement is 59.8%, 56.1% and 69.1% respectively whereas locally for 'Stop' we are seeing percentage improvement of 71.4%, 67.9% and 70.4%.

Some of these nationally accredited programmes require a huge financial investment both in terms of buying in outside trainers and in terms of huge expenses on materials. 'Stop', however, does not require such a large financial investment and the costs of materials to actually deliver a 'Stop' group is significantly less (£65 for the manual). As such it is really encouraging to see that the 'Stop' programme really does hold its own when measured against these much bigger and more expensive programmes.

One to One Interventions

In addition to getting 'Stop' evaluated through the Warwick University process we have been using a pre and post intervention booklet that uses the same evaluation tools as the Warwick booklet in all of the one to one YOT Parenting Team interventions. The sample size is presently low due to the fact that a limited number of cases have been brought to a close since we have introduced using the pre and post booklet on all one to one cases. We have well in excess of 50 pre intervention booklets completed but only 13 pre and post booklets. The table below shows how the data we are getting in from the pre and post booklets from our one to one interventions is looking so far.

Outcome Measure	Parenting Team 1:1		National PEIP Average	
	% cases improving	Effect Size	% cases improving	Effect Size
Child Outcomes				
SDQ Conduct Disorder	77	1.2	59.8	0.45
SDQ Impact Score	84.6	1.4	56.1	0.52
SDQ Total Score	77	1.1	69.1	0.45
Parent Outcomes				
Mental Well-being	84.6	1.4	78.9	0.79
Parenting Laxness	61.5	0.7	74.0	0.72
Parenting Overreactivity	77	1.0	77.1	0.85

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