



Evidence-Based Parenting Education Programs

Literature Search
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Research suggests improving fundamental parenting practices will reduce the likelihood of problem behaviors in children. One way to enhance the parent-child relationship is through parent training and family strengthening programs. Evidence-based parenting education programs are those that have been studied in both controlled, clinical trials and community settings and have demonstrated specific, expected outcomes. However, the effectiveness of any parent training program will be dependent upon selecting a model that is appropriate for the given population and implemented with fidelity. It is important to note that many programs which lack a formal or “confirmed” evidence base may still produce desired outcomes and improvements for its participants.

The following literature search has been compiled in table format. *Evidence-Based Parenting Education 2005* is a compilation of information gathered regarding the parenting education programs with the strongest evidence base nationwide. This information has been summarized in table format to highlight critical elements and allow for ease of comparison.

Definitions for the categories in the table follow:

Program: Program name and name of program developer.

Target Audience: Designates any specific characteristics of the audience. Please note the term “parent” is used in the document for ease of reading but is meant to represent guardians and other primary caretakers of children and adolescents.

Goals/Outcomes: Identifies primary intended goals and objectives of the program.

Curriculum Details: Includes specific information such as program format, criteria for group leaders, and required materials.

Evidence Base: Summary of known research supporting utilization of the program.

- **Blueprints for Violence Prevention:** The Blueprints Initiative sets a gold standard for implementing exemplary, research-based violence and drug programs and for implementing these programs with fidelity to the models. Blueprints considers several important criteria when reviewing program effectiveness. Three of these criteria are given greater weight: evidence of deterrent effect with a strong research design, sustained effect, and multiple site replication. **Model Programs** must meet all three of these criteria while **Promising Programs** must meet only the first criterion.
- **National Registry of Evidence-based Programs and Practices (NREPP):** Programs reviews by the Substance Abuse and Mental Health Services Administration (SAMHSA). **Model Programs** are well-implemented, well-evaluated programs based rigorous standards of research. These programs are ready for dissemination and offer technical assistance from program developers. **Effective Programs** meet the same criteria as model programs however program developers are not currently working with SAMHSA to support broad based dissemination. **Promising Programs** have been implemented and evaluated sufficiently and are considered to be scientifically defensible however, they have not yet been shown to have sufficient rigor and/or consistently positive outcomes required for Effective Program status.
- **Office of Juvenile Justice and Delinquency Prevention (OJJDP) Model Programs:** **Exemplary Programs** demonstrate robust empirical findings using a reputable conceptual

framework and an evaluation design of the highest quality (experimental or quasi-experimental). **Effective Programs** demonstrate adequate empirical findings using a sound conceptual framework and an evaluation design of the highest quality (experimental or quasi-experimental). **Promising Programs** demonstrate promising (perhaps inconsistent) empirical findings using a reasonable conceptual framework and a limited evaluation design (single group pre- post-test) that requires causal confirmation using more appropriate experimental techniques.

Associated Costs: Includes the cost of training trainers and materials to implement the training. Ongoing program costs including staff time, refreshments, etc. are not included.

Contact Information: A primary contact person is listed for each program in order to obtain more detailed program information.

The information included in the table provides baseline information on the current evidence-based approaches in the parent education/training area. This literature search is intended to be the first step in supporting decision-making with respect to parent education programming. The literature review coupled with the other data sources, such as functional improvements and consumer satisfaction outcomes, should assist in determining the most appropriate programming for a particular locality. This may include adopting evidence-based approaches in exchange for local programs and/or beginning to develop the evidence base for local program offerings.

**Evidence-Based Parenting Education
2005**

Program	Target Audience	Goals/Outcomes	Curriculum Details	Evidence Base	Associated Costs	Contact Information
<p>The Incredible Years: Parents and Children Training Series</p> <p>Carolyn Webster-Stratton, Ph.D.</p>	<ul style="list-style-type: none"> Parents of children 3-12 years of age Teacher component available Child component available 	<ul style="list-style-type: none"> Strengthen competencies in positive communication, child-directed play skills, consistent & clear limit setting, and nonviolent discipline strategies How to teach children to problem solve, manage anger Promote positive parent-teacher partnership 	<ul style="list-style-type: none"> Conducted by at least one certified leader, co-leader recommended Groups meet 11 – 14 weeks (2 hrs, 1x weekly) Two versions of BASIC program for ages 2-7 and 5-12 Advanced Parent training program available (additional 14 weeks) Training books, posters and videotapes Audiotapes of parent book available BASIC program available in Spanish 	<ul style="list-style-type: none"> Blueprints Model Program Model Program NREPP Exemplary Program OJJDP <p>6 randomized control group evaluations indicate:</p> <ul style="list-style-type: none"> Increase in parent positive affect, effective limit-setting, monitoring of children Reduction in parent depression Increase in positive family communication and problem-solving Reduced conduct problems in children’s interactions with parent 	<ul style="list-style-type: none"> \$1,300 for training 3-day workshop and travel costs Material costs BASIC: \$1,300 Advanced: \$775 Transportation, day care and food recommended particularly when working with low income families 	<p>University of Washington 1411 8th Avenue West Seattle, WA 98119 (206) 285-7565 (888) 506-3562 incredibleyears@seanet.com www.incredibleyears.com</p>
<p>The Strengthening Families Program: For Parents and Youth 10-14</p> <p>Virginia Molgaard-Ph.D.</p> <p>Richard Spoth, Ph.D.</p>	<ul style="list-style-type: none"> Parents of children 10-14 years of age Youth 10-14 years of age 	<ul style="list-style-type: none"> Reduce substance use and behavior problems during adolescence Improve parental nurturing and limit-setting skills Improve communication skills for both parents and youth Strengthen youth pro-social skills 	<ul style="list-style-type: none"> Conducted by 3 trained facilitators 7 sessions (2 hrs each) 4 booster sessions Parents & youth meet separately for 1st hour and meet jointly during 2nd hour Sessions include didactic presentations, role-plays, group discussions, games & skill-building activities 	<ul style="list-style-type: none"> Blueprints Promising Program Model program NREPP Exemplary Program OJJDP <p>At post-test SFP participants showed:</p> <ul style="list-style-type: none"> Improved child management practices Increased parent-child communication More child involvement in family activities & decision <p>At 1-2 year follow up participating adolescents had:</p> <ul style="list-style-type: none"> Lower rate of alcohol initiation 30-60% reduction in alcohol use 	<ul style="list-style-type: none"> 9 videos: \$250 Teaching package: \$775 The 8 hour intro training: \$1600 12 hour basic facilitator training: \$2000 16 hour in-depth Facilitator Training: \$2500 Travel & lodging for trainer 	<p>Iowa State University Institute for Social and Behavioral Research 2625 North Loop Drive, Suite 500 Ames, IA 50010 (515)294-8762 (515)294-9752 vmolgaar@iastate.edu www.exnet.iastate.edu/pages/families/strength.html</p>

Program	Target Audience	Goals/Outcomes	Curriculum Details	Evidence Base	Associated Costs	Contact Information
Parenting Wisely Donald A. Gordon, Ph.D.	Parents of children 9 to 18 years of age who are identified as delinquent or are at risk for becoming delinquent or substance users. Focus is on families who do not usually seek out or complete mental health or parent education treatment for child problem behaviors.	<ul style="list-style-type: none"> Enhance family relationships Decrease family conflict Enhance child adjustment Reduce delinquency, substance abuse, involvement with juvenile justice system Build parental confidence in parenting skills Improve communication Improve school attendance Improve grades Reduce disciplinary interactions 	<ul style="list-style-type: none"> This is a self-administered, self-paced CD-ROM program Parents view video scenes of common problems then choose a solution Video program available The program takes 1-2 sessions lasting 3 hours. Spanish version available Printed program written at 5th grade level Text can be read aloud by computer 	<ul style="list-style-type: none"> Model Program NREPP Exemplary Program OJJDP Program has had 13 controlled evaluations. Results showed: <ul style="list-style-type: none"> Increased knowledge & use of good parenting skills A decrease in child behavior problems Improved problem solving Reduced spousal violence & violence toward their children Program completion rates for parents ranged from 83% - 91%. 	<ul style="list-style-type: none"> Parent workbooks (\$6 - \$8 each) \$900 CD-Rom includes: <ul style="list-style-type: none"> Manual for community implementation 5 parent workbooks Program completion certificates Program brochures Referral cards Evaluation forms Optional 3 videos for \$150 or \$250 without CD-ROM 	Donald A. Gordon, Ph.D. FamilyWorks, Inc. 340 W. State Street Room 135B, Unit 19 Athens, OH 45701 (740) 593-9505, Toll Free: 1-866-234-WISE familyworks@familyworksinc.com www.parentingwisely.com
Helping the Noncompliant Child Robert J. McMahon, Ph.D.	<ul style="list-style-type: none"> Parents of children 3 - 8 Children 3 - 8 with non-compliance or other conduct problems This program has been used with high risk populations 	<ul style="list-style-type: none"> Improve parenting skills Disrupt coercive styles of parent-child interactions Establish prosocial interaction patterns Increase child prosocial behaviors Decrease conduct problem behaviors 	<ul style="list-style-type: none"> Sessions are conducted with individual families (1 x week, 60 – 90 minutes) The average number of sessions is 10 Program consists of a series of parenting skills which are taught using demonstration, role plays and direct practice with the child in the training setting and at home. A single trainer per family is required to conduct the program 	<ul style="list-style-type: none"> Effective Program NREPP Exemplary Program OJJDP More than 40 studies have demonstrated: <ul style="list-style-type: none"> Short-term effectiveness & generalization Long-term maintenance (2 month to 14 year follow up) 	<ul style="list-style-type: none"> The trainers manual is \$33.50 Videotape \$29.95 A supplemental self-help book for parents \$12.95 Two days of training is necessary. The training costs for one trainer is \$2000 plus travel expenses 	Robert J. McMahon, Ph.D. University of Washington Department of Psychology Box 351525 Seattle, WA 98195 (206) 543-5136 mcmahon@u.washington.edu

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<p>The Adolescent Transitions Program</p> <p>Thomas Dishion, Ph.D.</p> <p>Kate Kavanaugh</p>	<ul style="list-style-type: none"> Parents of children 11 to 18 years of age 	<ul style="list-style-type: none"> Prevent the development of teen antisocial behaviors and drug experimentation Improve parent/family management Improve communication skills 	<ul style="list-style-type: none"> Includes 12 parent group meetings (90 minutes, 1x week) and 4 individual family meetings Monthly booster sessions Program includes: group exercises, discussion, role-plays, home practice activities, and videotapes The group is led by 1-2 leaders (masters or bachelors in education or psychology) and a parent consultant 	<ul style="list-style-type: none"> Exemplary Program OJJDP <p>Randomized control study of 220 parents showed:</p> <ul style="list-style-type: none"> A reduction in negative parent-child interactions Decreases in antisocial behaviors at school Reduction in youth smoking 	<ul style="list-style-type: none"> On site training costs include \$1000 per day plus travel expenses The leader's guide and work books are additional Costs for training conducted at the University is negotiated on an individual basis 	<p>Ann Simas Child and Family Center 195 West 12th Avenue University of Oregon Eugene, OR 97401-3408 Phone: 541.346.1983 Fax: 541.346.4858 Email: asimas@uoregon.edu</p>
<p>Nurturing Parenting Program</p> <p>Stephen Bavolek, Ph.D.</p>	<ul style="list-style-type: none"> Parents of children 1 - 18 years of age Children 1 - 18 years of age The program is designed for families at risk for abuse and neglect. 	<ul style="list-style-type: none"> Stopping the generational cycle of child abuse Building nurturing parenting skills Reducing the rate of recidivism Reducing the rate of juvenile delinquency Reducing the rate of alcohol abuse Lower the rate of teenage pregnancies 	<ul style="list-style-type: none"> 13 different programs options are available. Programs can be administered in group or home sites. Group based sessions run from 2 - 3 hours 1 x week for 12 - 45 weeks. <p>The program includes:</p> <ul style="list-style-type: none"> Parenting skills Self nurturing activities Home practice exercises <ul style="list-style-type: none"> The program has been adapted for Hmong, Hispanic and African American families 2 facilitators are required for parents' and children's groups 	<ul style="list-style-type: none"> Promising Program NREPP Effective Program OJJDP <p>Field tested with families identified or at risk for abuse and neglect. Results indicate:</p> <ul style="list-style-type: none"> Significant pre-post changes in parenting attitudes and child rearing practices Increases in family cohesion, family expressiveness & family independence 	<ul style="list-style-type: none"> Implementation costs range from \$1000 to \$2000 Facilitating Activities Manuals \$25 ea. 10 videos: \$300 Training fees are negotiated 	<p>Stephen Bavolek, Ph.D. Nurturing Parenting Program P.O. Box 2530 Hendersonville, NC 28793 (828) 681-8120 Fax: (828) 698-7610 Email: fdr@nurturingparenting.com</p>