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Undersøgelse af forældres og gruppelederes vurdering af forældreprogrammet, *Basic i De Utrolige År*

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Abstract

Objective

This study examined the program satisfaction of the Incredible Years parenting program, *Basic* implemented and used in four Danish municipalities: Holstebro, Herning, Ikast-Brande and Aalborg. Since spring 2006 the parenting program has been a preventive service or treatment for parents with a child with conduct problems.

Method

Questionnaires for each parent participating in the program and the group leader running the sessions are used to measure the program satisfaction. Included are two parent questionnaires: 'Parent Group Weekly Evaluation' and 'Parent Program Satisfaction Questionnaire', and one questionnaire for the group leader: 'Collaborative Parent Group Leader Process - Peer and Self-Evaluation Form'. The parent questionnaires are included as a part of the parenting program therefore all parents have completed the first questionnaire after each session and the second questionnaire at the end of the program.

This study includes parent questionnaires for all parent programs in the given period from spring 2006 to summer 2007. Questionnaires from 11-12 groups out of 25 possible were sent to the research group, and are included in the study. That means a total of 1,244 questionnaires about the group sessions, and 107 questionnaires about the program satisfaction. Group leaders have used the questionnaire since spring 2007, and 4 out of 7 possible groups are included (14 questionnaires) in the study.

Results

The parents are very satisfied with the parent program:

- The parents have very optimistic expectations at the beginning of the program (70%, N=95) and they are very positive at the end of the program (97%, N=96). They see the program as very helpful to handle or solve the main problems they have with their child (88%, N=96)
- The most improvements (improved / greatly improved) are seen in the child's problems which the parents have tried to change using the methods presented in the program (90%, N=86), comparing to problems they have tried to change without using the methods (52%, N=96)

- The program can both help (helped or helped very much) parents with problems directly and not directly related to their child (e.g. problems in marriage) (97% and 66% respectively, N=96)
- At the end of the program parents feel confident that they can manage current and future behaviour problems on their own (about 85%, N=96)
- The parents would recommend the program to others (97%, N=95)
- All together the females (mostly mothers) are often more satisfied or positive compared to males (mostly fathers). The reason could be that the females have the most problems with the child

One of the program parts that the parents find helpful/very helpful in managing the problems they have with the child are group discussions of parenting skills (95%, N=1.240). The reason why could be that they very quickly feel confident with the other group members, and they have the courage to tell about their family problems to the other group members. The content of the session and the group leader's teaching and leadership skills are also parts the parents found helpful/very helpful, respectively (98%, N=1,242) and average/above average (97%, N=1.242). One of the parts in the program that the parents find difficult are the role plays, and only 83% (N=1,188) of the parents found the DVD/videotape vignettes helpful/very helpful in managing their problems. They think the videos are too rehearsed and too American compared to Danish culture. One recommendation could be to produce Danish videos in connection with some parts of the program.

Many of the parents found it difficult (somewhat difficult, difficult or very difficult) to understand and do their home activities e.g. practice skills, phone the other parents in the group ('buddy calls'), reading chapters from the book or fill out checklists (17-20%, N=106). Even though the home activities are difficult the parents finds the home activities very useful to managing the child's problems. It is therefore very important that group leaders in the future help and support the parents in doing the home activities. Some parents would like more time between the sessions to do the home activities.

The parents are satisfied/extremely satisfied with the teaching, the interest and concern from the group leaders. They also find the specific parenting techniques useful/extremely useful, and think these techniques have been the most useful part of the program in managing their child's problems. Parents find the following techniques extremely useful/useful/slightly useful in improving their interaction with

their child: *rewards* (95%), *play* (95%), *logical consequences (?)* (91%) and *positive commands* (90%) (N=93). Conversely they find the following techniques extremely useless/useless/slightly useless *ignoring* (4%), *attends/commenting* (3%) and *time out* (3%) (N=93).

Conclusion

Some of the data are from the first round of the parent programs, starting in spring 2006, at the same time as translation and implementing the program began, and all the data in the study are parent programs lead by non-certificated group leaders. Under these conditions it is even more positive that the data shows a high satisfaction. It is important to have focus on the method integrity of the group leaders to ensure a continuous high quality of the parent program. It is also important to continue looking at the program satisfaction in the future to ensure high quality and to identify possible parts that could need further development or changes either because of error in implementing the program or in the program because of cultural differences in the Danish and American context.