

To: Sam McCoy, First 5 Ventura County
From: Mika Clark, Social Policy Research Associates
Date: November 1, 2018
Subject: Analysis of Parenting and Family Adjustment Scales

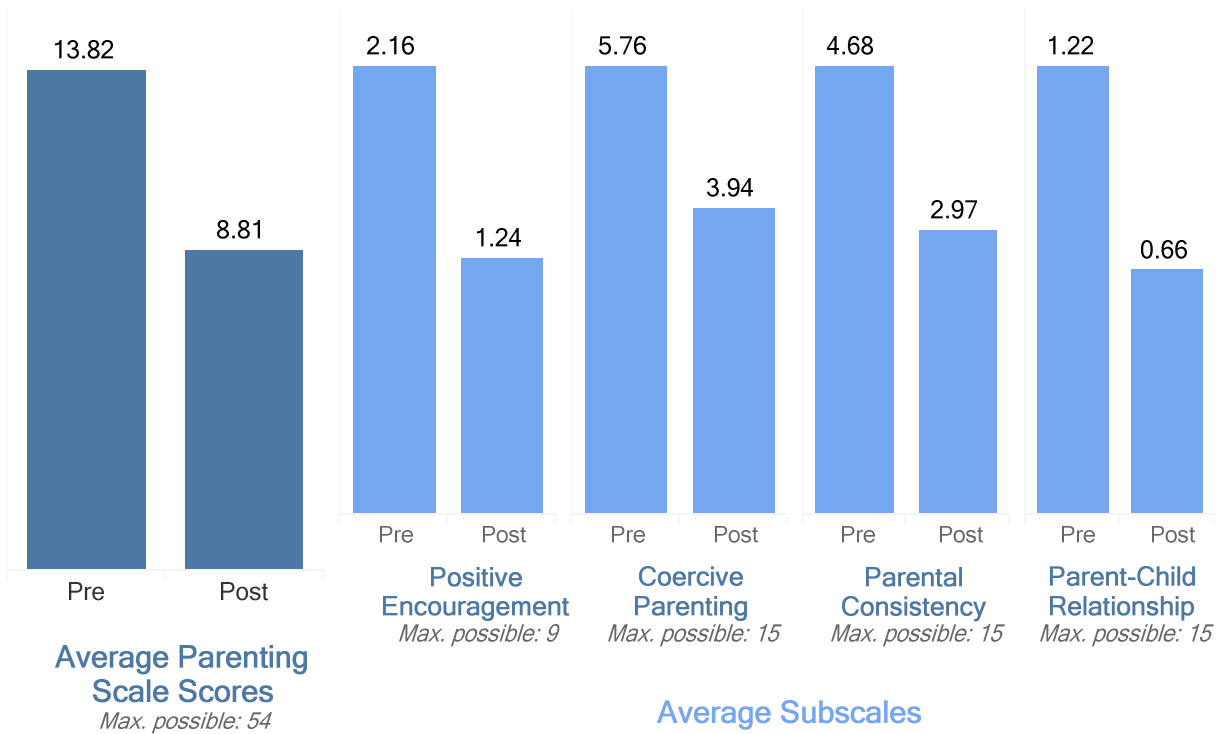
In Fall 2018, First 5 Ventura County contracted with Social Policy Research Associates (SPR) to conduct an analysis of pre- and post-assessments completed by parents who participate in Level 4 and Level 5 Triple P services. This memo presents our findings, including an analysis of finding by gender, ethnicity, contractor, and hours of participation.

Background: In FY2017-2018, First 5 Ventura County asked programs implementing Level 4 and Level 5 Triple P services to administer pre- and post-assessments of their participants using the Parenting and Family Adjustment Scales (PAFAS). PAFAS was designed to measure changes in parenting practices and parental adjustment in the evaluation of parenting interventions. The tool includes a *Parenting Scale*, measuring parenting practices and quality of parent-child relationship, and a *Family Adjustment Scale*, measuring parental emotional adjustment and partner and family support in parenting. The *Parenting Scale* includes four subscales (*Parental Consistency*, *Coercive Parenting*, *Positive Encouragement*, and *Parent-Child Relationships*) and the *Family Adjustment Scale* includes three subscales (*Parental Teamwork*, *Parental Adjustment*, and *Family Relationships*). Of the 628 parents/caregivers who received Level 4 and Level 5 Triple P services, 41% completed both a pre- and a post-assessment (n=258); the average time between assessments was nine weeks. Appendix 1 describes the demographic background of participants who completed both assessments. We did not find any significant difference in the demographic background of Triple P participants who completed pre- and post-assessments and those that did not.

Finding 1: Participants reported consistent positive changes in parenting practices and parent-child relationships. As shown below, average scores decreased for the overall *Parenting Scale*, as well as all four subscales, demonstrating an improvement in parenting practices. (Somewhat counterintuitively, lower scores on the PAFAS scales demonstrates stronger parenting practices and adjustment.¹) The improvement was the most consistent in the *Coercive Parenting* subscale.

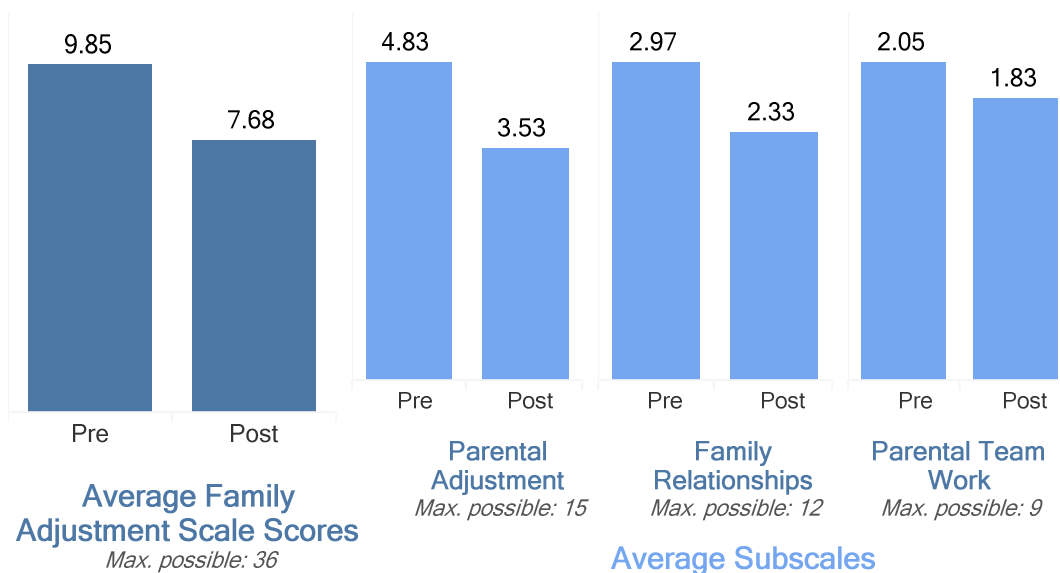
¹ Scale items are scored on a Likert scale from 0 to 3. After reverse scoring items as indicated in the PAFAS scoring key, we summed the Total Score for each subscale. Because the number of items in each subscale was not uniform, the possible range of Total Scores varied across the subscales. For example, *Parental Consistency* has a possible range from 0 to 15 and the *Positive Encouragement* scale has a possible range from 0 to 9.

Exhibit 1: Average Parenting Scale Scores Suggest Improved Parenting Practices



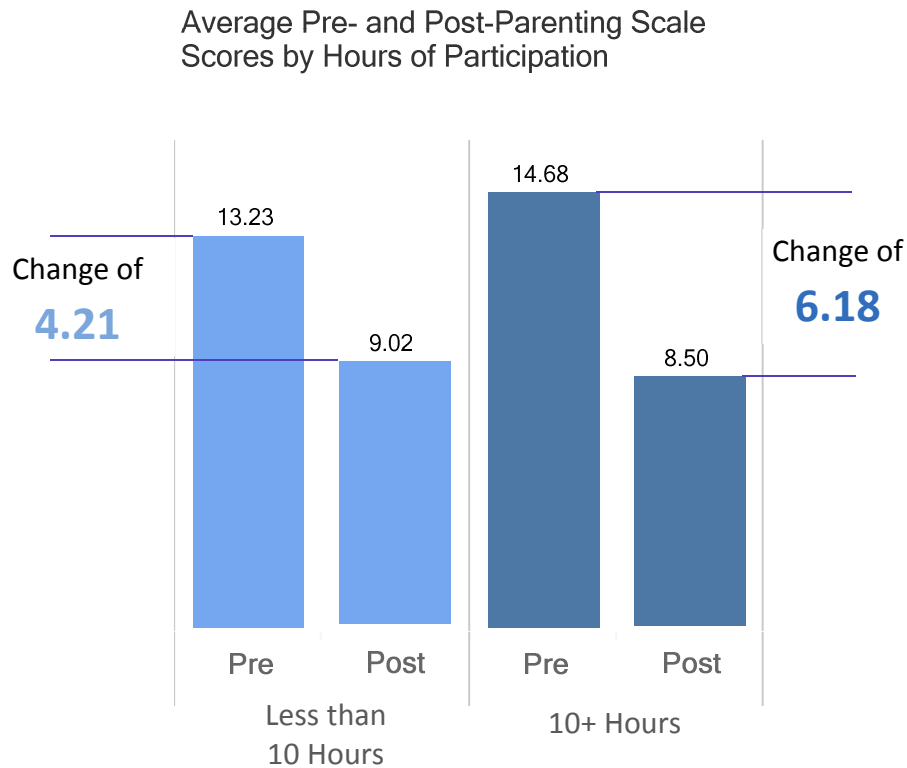
Finding 2: Changes in the *Family Adjustment Scale* were positive, especially in the *Family Relationships* and *Parental Adjustment* subscales. Average scores for both *Family Relationships* and *Parental Adjustment* decreased, demonstrating positive change in family adjustment. Although scores decreased in the *Parental Team Work* subscale as well, the change was not statistically significant.

Exhibit 2: Average Family Adjustment Scale Scores Suggest Improved Family Dynamics



Finding 3: Parents who participated in Level 4 or Level 5 Triple P programming for at least 10 hours reported greater improvement in parenting skills. Specifically, these parents reported greater improvements in the *Parenting Scale* and in all subscales except *Encouragement*.² As shown below, parents who received at least 10 hours of service reported weaker parenting practices than their peers in the pre-assessment, as demonstrated by the higher PAFAS scores (14.68 versus 13.23). However, after participating in the program, their post-assessment scores decreased by an average of more than 6 points, compared to a change of four points among parents who participated less in Triple P Level 5 and 5. Notably, the difference was the strongest and most consistent in the *Coercive Parenting* subscale.

Exhibit 3: Parents with at least 10 Hours of Service Reported Stronger Growth in Parenting



² 40% of participants who completed both a pre- and post-assessment attended Level 4 or Level 5 Triple P programming for at least ten hours.

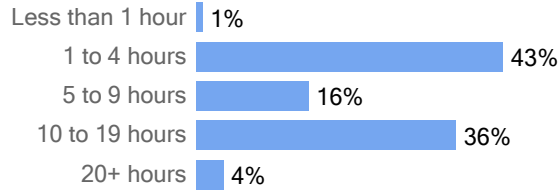
Finding 4: Gender, contractor, and ethnicity were not consistently associated with differences in growth between pre- and post-assessments. Neither a parent's gender nor the contractor who they received services from were associated with differences in scores across any of the scales or subscales. Hispanic/Latino parents reported more positive change in Parental Consistency, while White/Caucasian parents reported more positive change in Positive Encouragement.

Conclusion

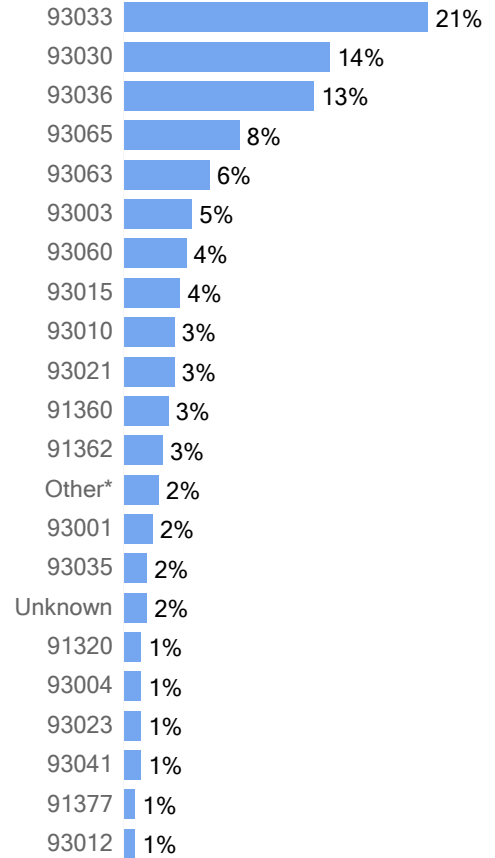
Participants' PAFAS scores suggest improved parenting practices, parent-child relationships, family adjustment, and family relationships over the course of their participation in Triple P Level 4 and 5 programming. Notably, the difference between pre- and post-assessment scores varied by the amount of Triple P services received by the participants, with those participating in at least ten hours of Triple P Level 4 and 5 services showing the greatest improvement in PAFAS scores.

Appendix 1-Background of Parents Completing Pre- and Post-Assessments (n=258)

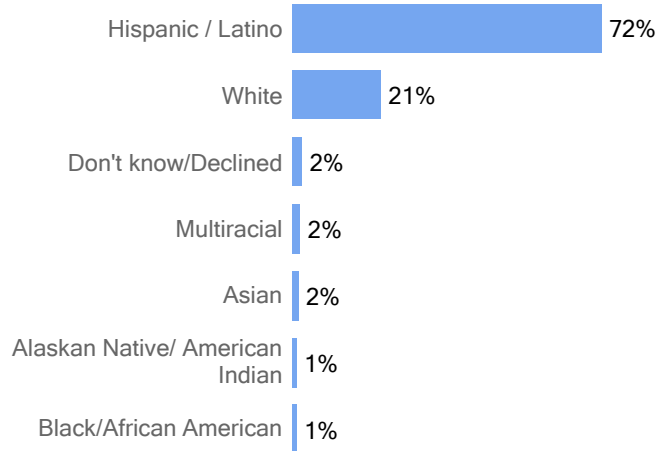
Hours of Triple P Level 4/5 Service



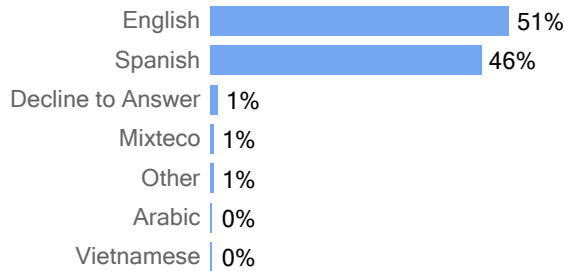
Zipcode of Residence



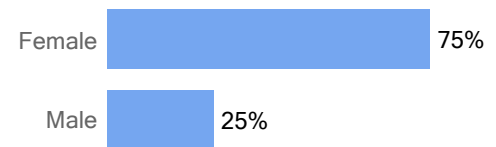
Ethnicity



Language



Gender



*Less than 1% resided in the following zip codes: 93016, 93022, 93031, 93032, and 93040.

Appendix 2: Average Scale and Subscale Scores by Contractor

	Interface Triple P			NDC		
	<i>Pre</i>	<i>Post</i>	<i>Change</i>	<i>Pre</i>	<i>Post</i>	<i>Change</i>
Parent Scale	13.46	8.51	4.94* <i>p</i> <.001	13.94	8.96	4.99* <i>p</i> <.001
Parental Consistency	5.54	3.8	1.74* <i>p</i> <.001	5.85	4.02	1.83* <i>p</i> <.001
Coercive Parenting	4.36	2.7	1.65* <i>p</i> <.001	4.85	3.15	1.7* <i>p</i> <.001
Positive Encouragement	2.29	1.31	0.98* <i>p</i> <.001	2.08	1.17	0.91* <i>p</i> <.001
Parent-Child Relationships	1.27	0.7	0.56* <i>p</i> =.001	1.17	0.62	0.54* <i>p</i> <.001
Family Adjustment Scale	9.87	7.59	2.28* <i>p</i> <.001	9.87	7.72	2.15* <i>p</i> <.001
Family Relationships	2.96	2.2	0.76* <i>p</i> =.002	2.99	2.38	0.61* <i>p</i> =.003
Parental Adjustment	4.91	3.62	1.29* <i>p</i> <.001	4.78	3.45	1.33* <i>p</i> <.001
Parental Team Work	2	1.77	0.23 <i>p</i> =.399	2.1	1.89	0.21* <i>p</i> =.134

* Statistically significant at *p*< .01