The Incredible Years Parent & Child Intervention Programs

Program developed by Carolyn Webster-Stratton, Ph. D., Professor and Director of the Parenting Clinic at the University of Washington.

Program Components

- IYS BASIC Parent Program Treatment (20-22 Weeks)
- IYS Dina Small Group Treatment (20-22 Weeks)

Targets

- Decrease Risk Factors
- Increase Protective Factors

Proximal (Short-term) Outcomes

- Improved Parenting Interactions and Relationships

Distal (Long-term) Outcomes

- Reduced Youth School Drop Out
- Increased Academic Achievement
- Reduced Youth Conduct Disorder
- Reduced Youth Drug and Alcohol Problems

Logic Model created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University and Carolyn Webster-Stratton, Professor, University of Washington

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**Program Description**

**Training**
Facilitators attend 3 day training in order to implement with fidelity

**Reach**
Parent and child group sessions delivered concurrently. 6 children (ages 4-8) and their parents can be served per group.

**Research**
Frequency and Duration (Dose)
Weekly Sessions 2 Hours in Length Weekly Homework

**Goals**
Enhance positive parenting interactions
Enhance attachment with children
Enhance proactive discipline

**Program Modalities**
Specific strategies, methods, and techniques are used to accomplish the program goals.

- Goal Setting & Self-Monitoring
- Video Modeling
- Role Play & Behavioral Practice
- Group Support, Discussion & Problem Solving
- Cognitive Emotional-Regulation Training
- Take home Practice and Reading Assignments
- Family Meal & Day Care
- Parent-Teacher Collaboration

**PAYS Risk Factors**

**BASIC Parent:**
- Poor Family Management
- Family Conflict
- Family History of Antisocial Behavior

**DINA Small Group Therapy:**
- Poor Academic Performance
- Favorable Attitudes Towards Antisocial Behavior
- Peer Rewards for Antisocial Behavior

**PAYS Protective Factors**

**BASIC Parent program:**
- Family Attachment
- Family Opportunities for Prosocial Involvement
- Family Rewards for Prosocial Involvement

**DINA Small Group Therapy:**
- School Opportunities for Prosocial Involvement
- School Rewards for Prosocial Involvement

**Proximal (Short-term) Outcomes**
Targeted outcomes that the program has been shown in research to impact immediately following program completion.

- Reduced Antisocial Behavior:
  - Increased conduct problems
  - Increased oppositional behavior

- Improved Parenting and Interpersonal Skills:
  - Increased parent positive interactions with child (e.g. nurturing, praise, coaching, and attachment)
  - Increased effective parental limit-setting, replacing spanking and harsh discipline with non-violent, proactive discipline
  - Increased monitoring of children, predictable routines & safety proofing households
  - Reductions in parental depression & anger
  - Increased parent support systems
  - Increased positive family communication & problem solving & collaboration with teachers

- Improved child behavior at home:
  - Reduced behavior problems in child interactions with parents
  - Increases in emotional regulation, social competence, problem solving and compliance with parents

- Improved child behavior at school:
  - Increased social and emotional competence with peers in classroom
  - Increased problem solving
  - Reduced behavior problems
  - Increased academic readiness, affect, social competence and compliance

**Distal (Long-term) Outcomes**
Outcomes that the program has been shown in research to impact at long term follow-up.

- Reduced Conduct Problems and Oppositional Behavior at One Year Follow Up
- Improved School Readiness:
  - Reduced Hyperactivity and Inattention at One Year Follow Up