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Ayanda Chakawa
Children's Mercy Hospital

Briana Woods-Jaeger
Children's Mercy Hospital

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Recommended Citation

Chakawa, Ayanda and Woods-Jaeger, Briana, "Incredible Years (IY) Parents & Babies Well-Baby Program: Expanding the Reach through Cultural Adaptation" (2018). *Posters*. 11.
<https://scholarlyexchange.childrensmercy.org/posters/11>

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Incredible Years (IY) Parents & Babies Well-Baby Program: Expanding the Reach through Cultural Adaptation

Ayanda Chakawa, MS & Briana Woods-Jaeger, PhD | Division of Developmental and Behavioral Sciences

Children's Mercy Kansas City, Kansas City, Mo.

Introduction

- The IY Well-Baby Program was developed to support parents in nurturing and fostering healthy infant social and emotional development during well-child visits (Pidano & Allen, 2015)
- A broad goal of IY programs is "to ensure that the intervention is sensitive to individual cultural differences and tailored to individual family needs and goals" (Webster-Stratton, 2005)
- However, the IY Well-Baby Program has not yet been widely disseminated among African American parents from low socioeconomic backgrounds
- Research is needed to determine how to optimally engage African American families in the IY Well-Baby Program accounting for social determinants of health that may impact engagement

Research Questions

1. What does engagement (attendance, satisfaction, and in-session participation) in the IY Well-Baby Program look like over time among low-income African American parent-child dyads?
2. Are social determinants of health (employment status, education level, community violence exposure, and experiences of racism) associated with IY Well-Baby Program engagement?

Participants

- 10 mothers of children ≤ 9 months of age
- All children received pediatric services at a community-based primary care clinic
- 80% of mothers had completed a high school degree/GED or less, 60% were unemployed, and 90% endorsed being single
- Participants provided informed consent to participate in the IY Well-Baby pilot study

Key Variables and Measures

- Parent Engagement
 - Attendance** (program records): 0 = "not present," 1 = "present"
 - Satisfaction** (IY Well-Baby Session Satisfaction Questionnaire): 1 = "not helpful" to 4 = "very helpful"
 - Participation** (behavioral indicators of in-session parent participation [Haine-Schlagel & Walsh, 2015])
- Social Determinants of Health
 - Employment Status** (Demographic Questionnaire): 0 = "not employed," 1 = "employed"
 - Level of Education** (Demographic Questionnaire): 1 = "8th grade or less" to 7 = "advanced/graduate degree"
 - Community violence exposure** (Expanded ACE Questionnaire): 1 = "many times" to 4 = "never"
 - Experience of racism** (Expanded ACES Questionnaire): 1 = "very often true" to 5 = "never true"

Data Analyses

- Descriptive statistics were used to explore rates of attendance and visit satisfaction across sessions
- A behavioral coding scheme was used to examine in-session participation
- Bivariate correlations were used to examine trends in the relationship between the quantitative parent engagement and social determinants of health variables

Results

1. What does engagement in the IY Well-Baby Program look like over time?
 - Attendance was low to moderate ($M = 2.27[.24]$, Range = 1 – 4)
 - 25% to 80% of eligible sessions were attended
 - Average satisfaction was relatively high across sessions (Satisfaction with Session Content $M = 3.63[.48]$, Range = 2.5 - 4; Satisfaction with Session Videos $M = 3.54[.36]$, Range = 2.5 - 4)

Results

- Progress notes indicated that parents were engaged overall
 - Parents primarily engaged through *sharing opinions* and through *providing one's point of view on a problem or solution*
 - Parents seemed more likely to *follow through with suggested at-home activities or techniques* that were linked to discussed problems versus general recommendations/strategies
 - Asking questions and engaging in therapeutic activities such as games and role plays* was rarely noted in progress notes
 - However, parents were typically noted as engaged in watching video vignettes
- 2. Are social determinants of health associated with IY Well-Baby Program engagement?**
- Higher rates of attendance were significantly associated with lower levels of education.

	Employment	Education	Violence	Racism
Attendance	.236	-.868**	-.101	.079
Satisfaction – Content	-.254	-.643	.520	.477
Satisfaction – Videos	-.097	-.567	-.082	-.547

** $p \leq .01$

Conclusions

- Although attendance rates were low to moderate, parents endorsed being satisfied with the program information and viewed it as helpful
- Our results indicate that African American parents with less formal education may be more likely to engage in the IY Well-Baby program possibly due to less exposure/knowledge of content covered
- Providing opportunities for open discussion of current problems and/or successes and tailoring intervention content to these factors enhances parent engagement
- Limitations of the current study include small sample size and unstructured documentation of parent participation within progress notes