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

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## 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 ACE 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)

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.

## 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

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**p ≤ .01