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 ACES 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).

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.

**p ≤ .01