Webster-Stratton’s Incredible Years Program

OVERVIEW
Incredible Years is a training program for parents that aims to improve their knowledge and skills about parenting, which covers play/positive interactions, praise and rewards, limit-setting, and handling misbehavior. Program sessions demonstrated desirable and undesirable parenting in the form of discussions, role-playing, and videotapes. This program was offered to fathers with children enrolled in Head Start programs in the New York metro area.

See OPRE Report 2011-20 Catalog of Research: Programs for Low-Income Fathers (December 2011) for more information.

Focus
Responsible Fatherhood

PROGRAM DESCRIPTION

Target Population
Married or cohabitating fathers with a 3-5 year old child enrolled in a Head Start Center

Service Delivery Unit
Individual

Curriculum
Four topics were covered: (1) positive interactions, (2) praise, (3) limit-setting, and (4) managing misbehavior. Sessions included discussions, role-playing, and videos of parenting behaviors.

Dosage
Eight-week session

Setting
Head Start centers

Location
New York City metro area

Adapted and/or Created for Hispanic Population
- Offered in English and Spanish
- Bilingual advertisements were also distributed

Demographics of Population Served
- Males (85% Latino)
- 90% of respondents reported income of less than $35,000
PROGRAM EVALUATION

Evaluated Population

- From a group of 39 fathers who were recruited and screened into the study, 23 were randomly assigned to participate in Incredible Years and 16 to be in a no-treatment comparison group.
- African American: 11 percent Hispanic/Latino: 85 percent

Study Design

Randomized Control Trial (RCT) experimental evaluation

Outcomes

Father’s involvement with children; Parenting skills; Relationship status and quality; Child outcomes

Results

- Father’s involvement
  - No significant differences were found between the treatment and comparison groups in any of the measurements in both the mothers’ and fathers’ reports.
- Parenting skills
  - No significant differences were found between the treatment and comparison groups in any of the measurements.
- Relationship status and quality
  - No significant differences were found between the treatment and comparison groups in any of the measurements in both the mothers’ and fathers’ reports.
- Child outcomes
  - No significant differences were found between the treatment and comparison groups in any of the measurements in both the mothers’ and fathers’ reports.

Results for Hispanic Subgroups

None reported

Evaluation Contact Info:

Elana D. Helfenbaum-Kun PhD
260 Montauk Highway
Bay Shore, NY 11706
Phone: 631-647-9011

Program Contact Info:

The Incredible Years
1411 8th Avenue West
Seattle, WA 98119 USA
206-285-7565
incredibleyears@incredibleyears.com