



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

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