

Triple P Report

In Fall 2021, First 5 Ventura County contracted with Social Policy Research Associates (SPR) to conduct an analysis of pre- and post-assessments completed by parents/caregivers who participated in Level 4 and Level 5 Triple P (Positive Parenting Program) services during the 2020-2021 fiscal year. This memo presents our findings, including an analysis of findings by gender, ethnicity, contractor, type of service, and hours of participation.

Key Findings

- Level 4 and Level 5 Triple P participants reported **positive changes in parenting practices**, as demonstrated by improved PAFAS scores in the *Parenting Practices* scale.
- Parents/caregivers who received less than ten hours of service demonstrated worse perceptions of **parental teamwork** on their post-assessment, compared to their pre-assessment scores.
- The type of service (individual versus group), gender, primary language, contractor, and race/ethnicity were **not consistently associated with differences** in improvement.

Background: First 5 Ventura County asks programs implementing Level 4 and Level 5 Triple P services to administer pre- and post-assessments of their participants using the Parenting and Family Adjustment Scales (PAFAS). PAFAS was designed to measure changes in parenting and family practices in the evaluation of parenting interventions. The tool includes four scales: *Parenting Practices, Parental Adjustment, Family Relationships, and Parental Teamwork*.

Of the 188 parents/caregivers who received Level 4 and/or Level 5 Triple P services between July 2020 and June 2021, 24% completed both a pre- and a post-assessment (n=46). Among parents/caregivers with both a pre- and post-assessment, the average time between assessments was 5.3 weeks, and participants received, on average, 9.0 hours of service. In comparison, parents/caregivers who did not complete both assessments received 4.7 hours of service on average. See Appendix 1 for complete demographic and participation details of parents/caregivers who completed both assessments for each fiscal year.

Two programs provided Triple P services between July 2020 and June 2021: Interface Children and Family Services and New Dawn Counseling. Although New Dawn served the most participants overall (125 - 66%), Interface Triple P served the most participants who completed a pre- and post-assessment (31 - 67%). Appendix 3 describes pre- and post-assessment scores by contractor for each year.

Finding 1: Participants reported consistent, positive changes in parenting practices. As shown below (Exhibit 1), 78% of parents who completed both a pre- and post-assessment demonstrated improvement in parenting practices. As demonstrated in Exhibit 2, the change in average scores for

Parenting Practices was statistically significant. (Somewhat counterintuitively, lower scores on the PAFAS scales demonstrate stronger practices and relationships).¹ Scores for the *Parental Adjustment* scale also decreased for 52% of parents, demonstrating an improvement in this area, but the change was not statistically significant, nor was the average increase in scores in the *Parental Teamwork* scale.

Exhibit 1: Most parents (84%) Demonstrated Growth in Parenting Practices

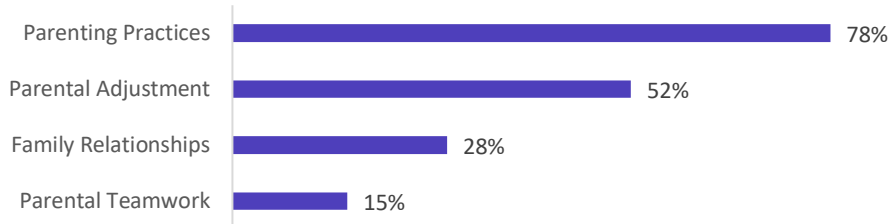
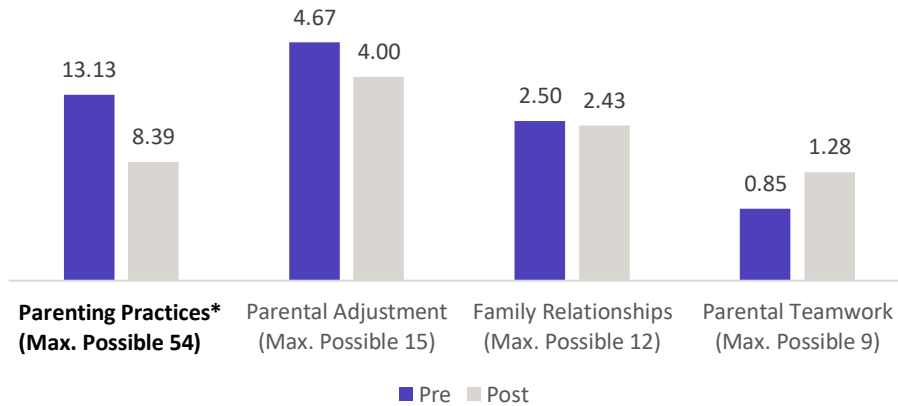


Exhibit 2: Average Score Changes Demonstrated Growth in Parenting Practices
(Decrease in Score between Pre- and Post-Assessment Represents Growth)



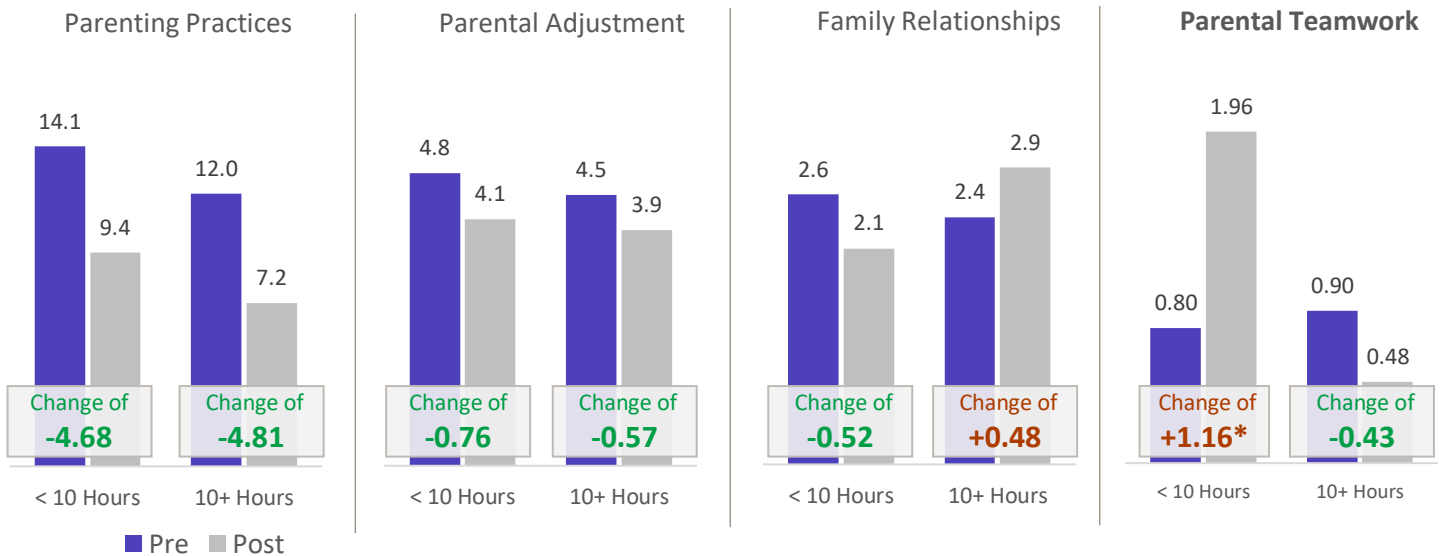
**Statistically significant decrease in scores from pre- to post-assessments (p<0.01).*

¹ Scale items are scored on a Likert scale from 0 to 3. After reverse scoring items as indicated in the PAFAS scoring key, we summed the Total Score for each scale. Because the number of items in each scale was not uniform, the possible range of Total Scores varied across the four scales. For example, *Parental Adjustment* has a possible range from 0 to 15 and *Parental Teamwork* has a possible range from 0 to 9. The graph is scaled to reflect the number of question in each scale.

Finding 2: Parents/Caregivers who received less than ten hours of Triple P services demonstrated lower perceptions of parental teamwork on their post-assessment than their pre-assessment.

Parents/caregivers who received less than ten hours of service scored, on average, higher in the *Parental Teamwork* scale on their post-assessment, demonstrating that their perception of parental teamwork worsened between pre- and post-assessments. The difference in how much the scores on the *Parental Teamwork* scale changed for parents who received at least ten hours of service versus those who received less was statistically significant. There were no other statistically significant differences in growth between pre- and post-assessments in the other scales (*Parenting Practices*, *Parental Adjustment*, and *Family Relationships*) for parents/caregivers who received at least ten hours of services compared to those who received less.

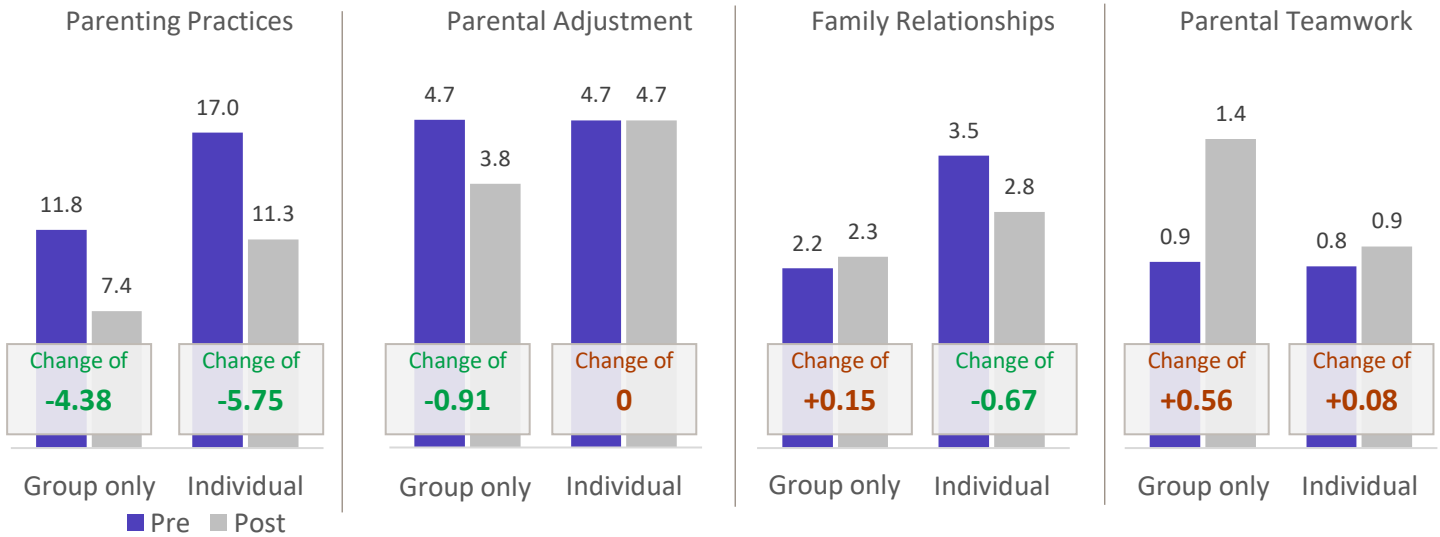
Exhibit 4. Growth between Pre- and Post-Assessments by Hours of Service
(Decrease in Score between Pre- and Post-Assessment Represents Growth)



**Difference in improvement between pre- and post-assessments is statistically significant (p<0.05).*

Finding 3: There were no observable differences in growth between pre- and post-assessments for parents/caregivers who received individual services versus those who only participated in group services. Among participants who completed both a pre- and post-assessment, 35 (76%) participated only in Level 4 Group Services and 12 (26%) received Level 4 and 5 Individual Services. One parent/caregiver participated in both group and individual services. The small sample size may make it difficult to assess differences in growth between the two groups.

Exhibit 3. Growth between Pre- and Post-Assessments by Type of Service
(Decrease in Score between Pre- and Post-Assessment Represents Growth)



Finding 4: Gender, primary language, contractor, and race/ethnicity were not consistently associated with differences in growth between pre- and post-assessments. Neither a participant’s gender, race/ethnicity, nor primary language was associated with higher or lower changes in scores across any of the scales. Participants with both contractors demonstrated similar growth patterns between pre- and post-assessments.

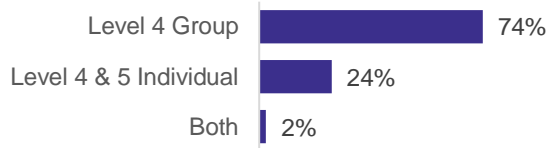
Conclusion

Participants’ PAFAS scores suggest improved *parenting practices* over the course of their participation in Triple P Level 4 and 5 programming. Notably, the sample size in this analysis was relatively small (n=46), limiting our ability to detect statistically significant growth in scale scores and differences in growth between subgroups. Despite these limitations, the analysis demonstrated that there were some differences in growth for families who received at least ten hours of services (compared to those who received less).

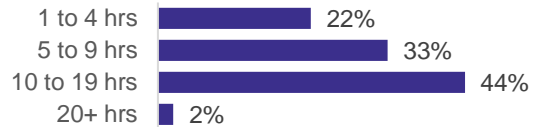
Appendix 1-Participation and Demographics of Parents/Caregivers Completing Pre- and Post-Assessments

In FY20-21, 24% of the 188 parents/caregivers who received Level 4 and/or Level 5 Triple P services completed both a pre- and a post-assessment (n=46). Demographic and participation information for these parents/caergivers is displayed below.

Type of Triple P Level 4/5 Service



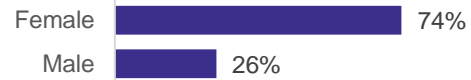
Hours of Triple P Level 4/5 Service



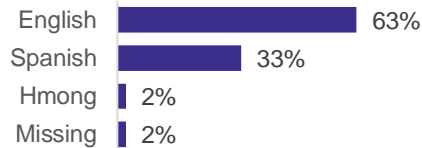
Participants by Contractor



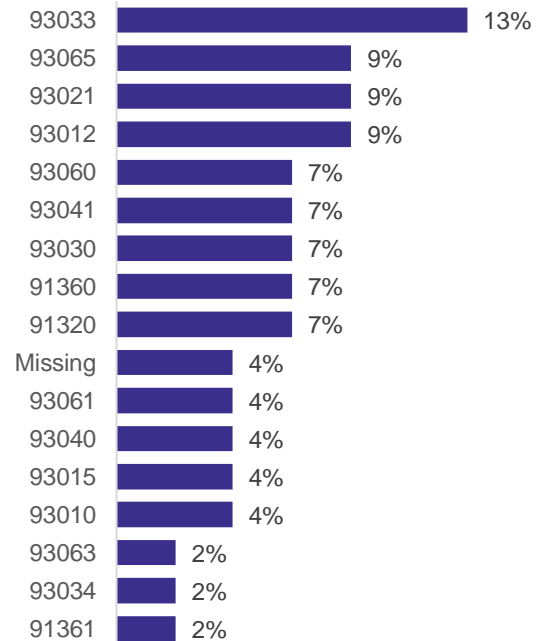
Gender



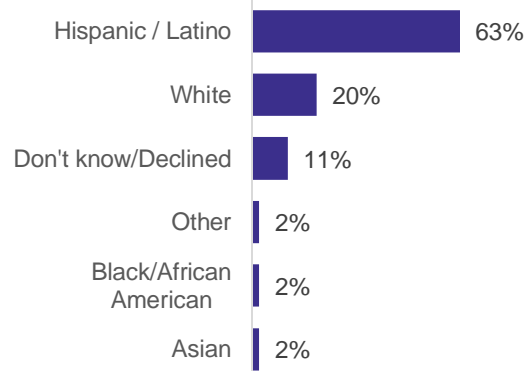
Language



Zip Code of Residence*



Race/Ethnicity



Appendix 2-Average Scale Scores by Contractor

	Interface Triple P (n=31—49% of participants)			New Dawn (n=15—12% of participants)		
	Pre	Post	Change	Pre	Post	Change
Parenting Practices	12.19	7.55	-4.65 <i>p=0.00</i>	15.07	10.13	-4.93 <i>p=0.01</i>
Parental Adjustment	4.87	4.16	-0.71 <i>p=0.14</i>	4.27	3.67	-0.6 <i>p=0.51</i>
Family Relationships	2.26	2.29	0.03 <i>p=0.94</i>	3	2.73	-0.27 <i>p=0.84</i>
Parental Teamwork	0.71	1.1	0.39 <i>p=0.45</i>	1.13	1.67	0.53 <i>p=0.10</i>