


Incredible Years® ASD / Language Delays Programme for Parents


Emerging Evidence from NI
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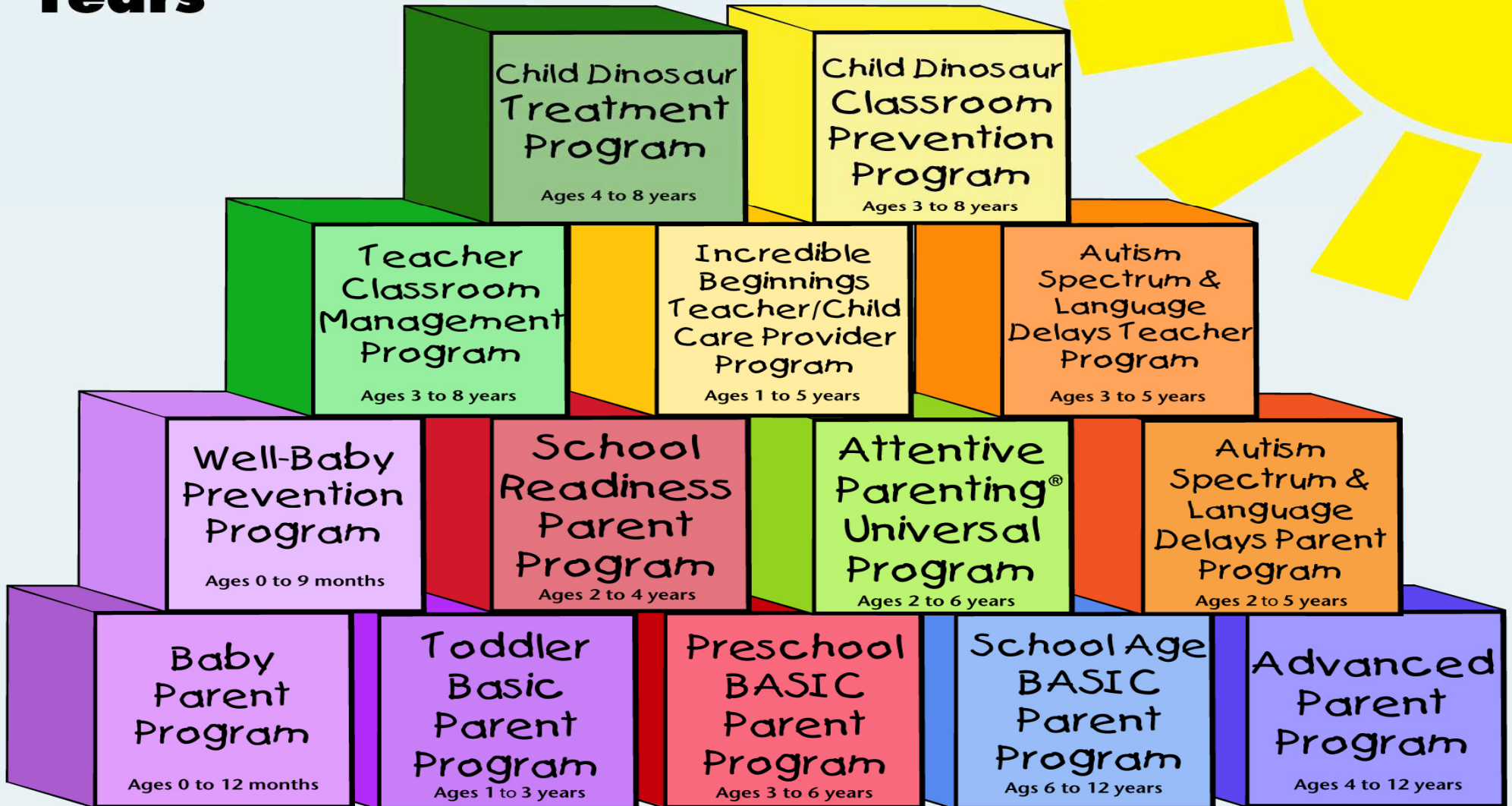
NI context

Source: NI School Census
(DoH publication 2019, I. Waugh)


- ▶ Estimated prevalence: 3.3% of school aged children in 2018/19 identified with Autism (1.2% in 2008/9)
 - ▶ Males are 3 times more likely to be autistic than females
 - ▶ Prevalence rate in males up from 1.9% to 5.1% in 2018/19, female rate up from 0.4 to 1.5%
 - ▶ 58% at Stage 5 of COP (down from 74%)
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Aims

- ▶ What is the IY ASLD programme? *Content*
 - ▶ What did we do (in partnership with NHSCCT?) *Delivery*
 - ▶ What did we find out? *Outcomes*
 - ▶ What worked? *Reflections*
 - ▶ What next? *Future plans*
 - ▶ Why bother? *Parents' experiences of the IY-ASLD programme*
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Implementation Science

- ▶ Length? 14–16 week program
 - ▶ Who for? Parents of children aged 1–7
 - ▶ Number in group? 9–12 parents, of 7–8 children
 - ▶ Who delivers? Group leaders with experience (ASD / accredited) and sufficient time within role
 - ▶ Level of need? Tailored to meet needs of individual children on the Autism spectrum
 - ▶ Approach : Delivered in ‘topics’ rather than ‘sessions’
 - ▶ Importance of Supervision for group leaders
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Getting into the child's attention spotlight

- ▶ Child-Directed Narrated Play
- ▶ Pre-academic and persistence coaching
- ▶ Social coaching promotes friendship skills
- ▶ Emotion coaching for emotional literacy
- ▶ Pretend Play & puppetry for Empathy, social skills
- ▶ Promoting Self-regulation skills
- ▶ Praise and rewards to motivate children
- ▶ Effective Limit Setting, Behaviour Management

Visual aids

ABCs

Sensory likes

Imitation



What did we do?

Mixed Methods design for all programmes

Quantitative

- ▶ Paired t tests used to compare pre/post results across 4 measures: AIM; APSI; Eyberg; and SDQ

Statistically significant results found on:

- ▶ all 4 measures when data from 3 programmes combined

Qualitative

Focus Group interviews, built-in IY evaluation questionnaires, and video evaluation



What did we find out? *Outcomes*

Measure	Mean Pre	Mean Post	P value	Effect size
AIM 1 Freq	57.88	51.04	.005	Large
AIM 1 Impact	52.52	39.48	.000	Very large
AIM 2 Freq*	22.80	24.69	.036	Medium
AIM 2 Impact	21.52	15.08	.001	Large
APSI	29.88	17.60	.000	Very large
Eyberg Freq*	154.00	129.12	.034	Medium
Eyberg Probs	21.46	15.15	.000	Very large
SDQ TD*	24.44	19.04	.000	Very large

What worked? *Reflections*

Group Leader skill level
and access to
Supervision

Group Leader knowledge
of Autism and
associated difficulties

High Level
Outcomes

Investment of Time
(intro night / screening /
relationship building)

Programme Specifics
(numbers / location
childcare)

TAKE AWAY MENU

What Next?

