



**NATIONAL  
CHILDREN'S  
BUREAU**



**Public Health  
Agency**

4 March 2020

# **Incredible Years® in Northern Ireland**

[ncb.org.uk](http://ncb.org.uk)

# The Incredible Years® Autism Spectrum & Language Delay Parent Programme

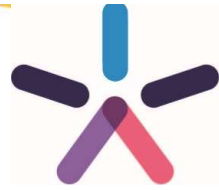
Early Findings from  
Implementation in Northern  
Ireland

... a 20 minute



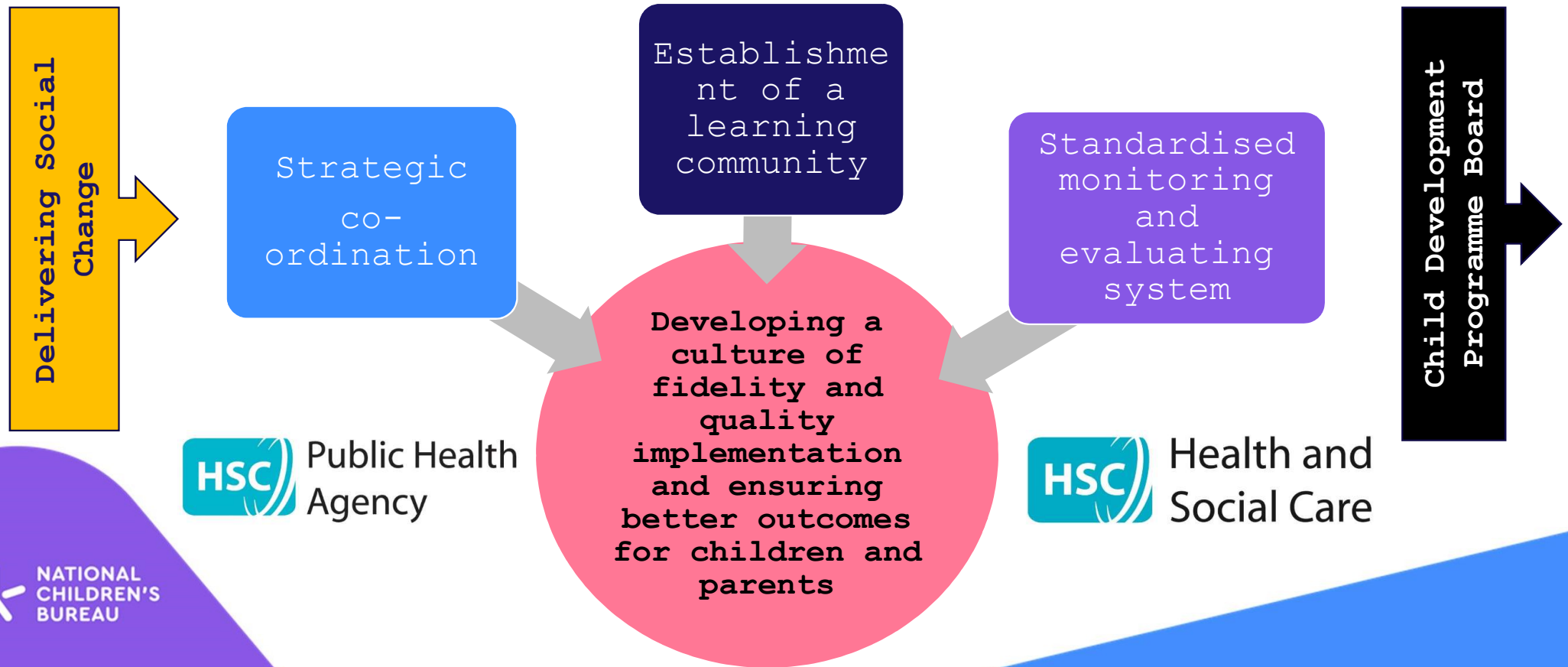
summary!  
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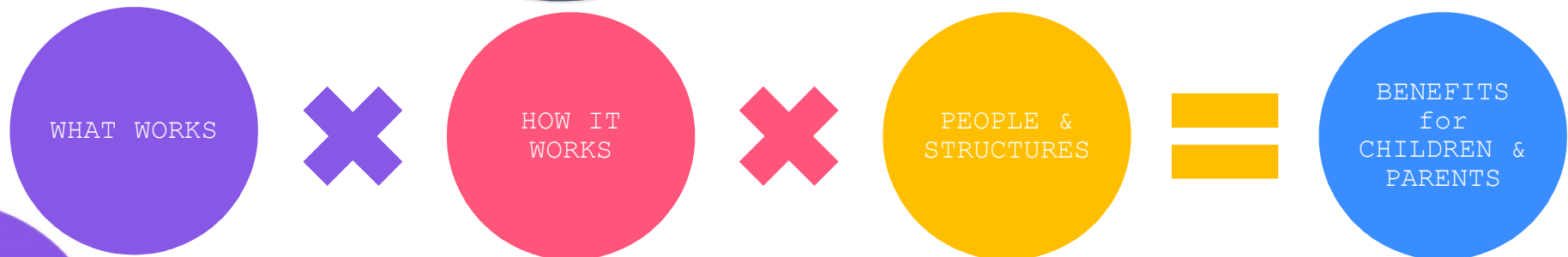
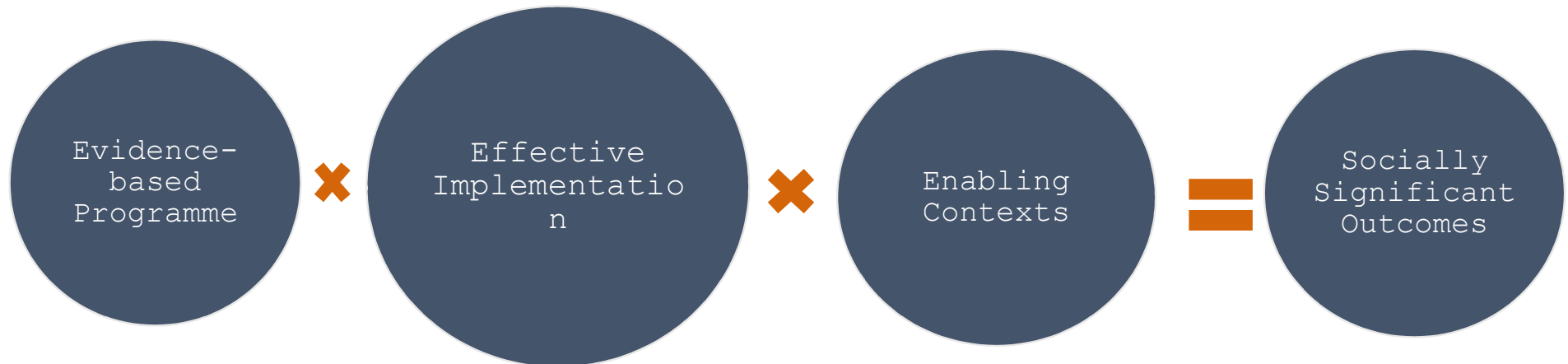


NATIONAL CHILDREN'S BUREAU

# Incredible Years® Co-ordination Project (IYNI)

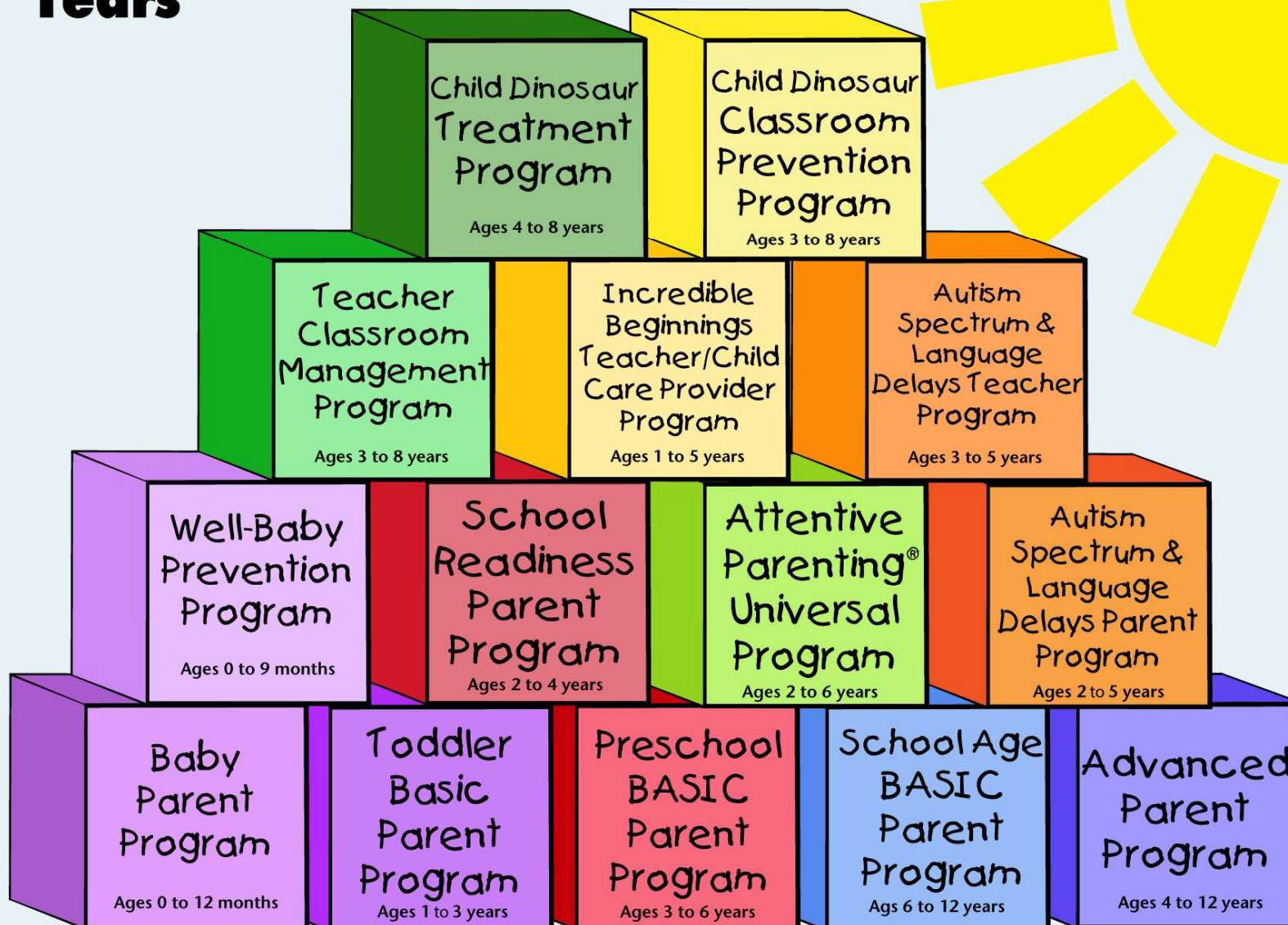


# From evidence to impact



# The Incredible Years®

- **Evidence-based** programme series for **parents, children and teachers** based on social-learning theory
- **Prevention & treatment** protocols for 0-12yrs
- Supported by over 30 years (developer & independent) **research, replication and new programme development**
- **Recommended by NICE guidelines** for prevention/reduction of conduct disorders
- Cited by **World Health Organisation** for prevention of behaviour problems (2013) and **prevention of child maltreatment** (2020)

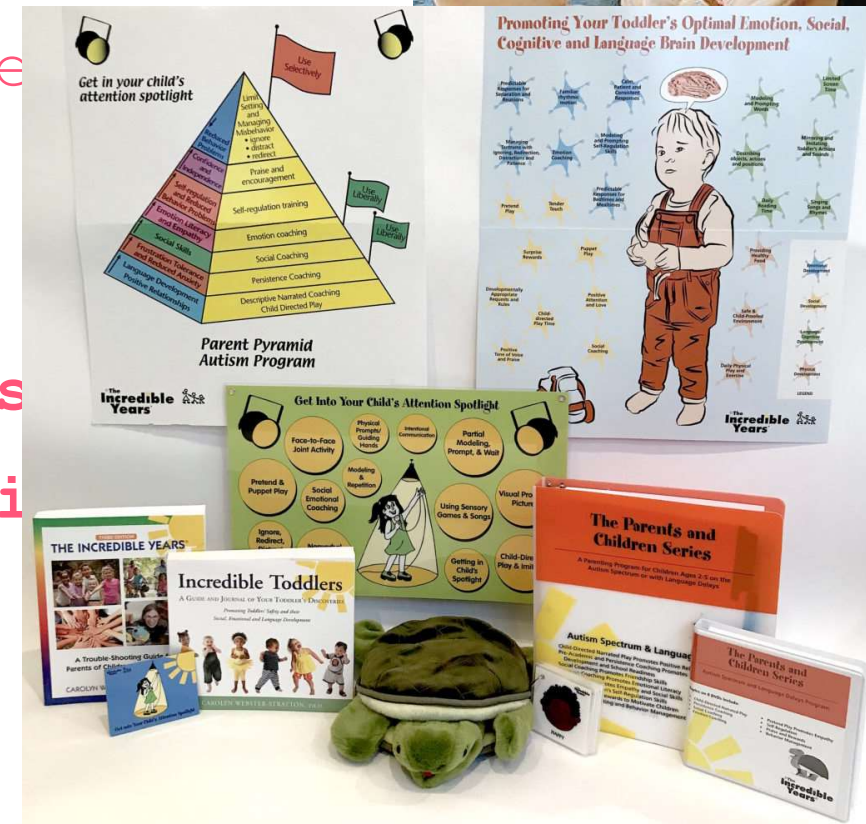


# The Incredible Years® Programme Series

- **Consistent:** same theoretical underpinnings; based on developmental milestones for each age stage;
- Can be used independently but research suggests **additive effects when used in combination** for diagnosed children and high-risk families;
- **Manualised,** with clear and detailed **fidelity measures,** but not licensed;
- **Widely implemented** (15 countries+); programme developers retain control over approved training, certification and resources.

# IY Programme Modalities

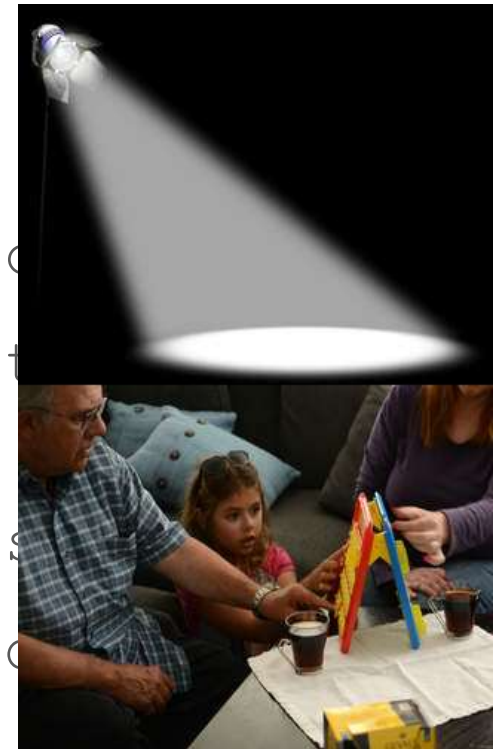
- Goal setting & self-reflective learning
- Video Modelling
- Practising all skills during sessions
- Group support
- Take home parent activities
- Use of Visuals, Puppets & Songs
- Exploring sensory likes & dislikes





# Implementation

- 14-16 week programme
- Delivered in 'topics' rather than 'sessions'
- Parents of children aged 2-5 (implementation: 8)
- 6-8 parents (implementation: 9-12 parents)
- Group leaders with experience (ASD/accred)
- Access to supervision



# 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 promotes Empathy and social skills
- Promoting Self-regulation skills
- Praise and rewards to motivate children
- Effective Limit Setting, Behaviour Management

# IY ASLD Parent Programme

## Outcomes

### Parent:

- ↑ Parental confidence and positive interactions with child
- ↑ Effective parental limit-setting, and use of non-violent, proactive discipline
- ↓ Parental stress, depression & anger

### Child:

- ↑ Self-regulation, social and emotional competence
- ↑ Interactions and relationships at home and at school
- ↑ Problem solving
- ↓ Behaviour problems



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### A pilot trial of the Incredible Years Autism Spectrum and Language Delays Programme

...the **autism** spectrum (Dababnah and Parish, 2016). Since this study a new IY parenting programme, specifically targeting parents of children on the **autism** spectrum and/or with communication difficulties, has been...

[Read more](#) ▶

### The Incredible Years<sup>®</sup> Autism Spectrum and Language Delays (IY-ASLD) Programme for Parents delivered for Northern Health and Social Care Trust (NHSCT)

McAleese, M., & Nesbitt, A. (2018). The Incredible Years<sup>®</sup> **Autism** Spectrum and Language Delays (IY-ASLD) Programme for Parents delivered for Northern Health and Social Care Trust (NHSCT). Northern Health and...

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# Delivery for NHSCT

Screening process guided by IY group leaders

Selection and recruitment by NHSCT staff

## **Inclusion Criteria:**

- Parents/ caregivers of children recently diagnosed with ASD or awaiting assessment at diagnostic clinics;
- Children aged 2 - 5yrs (extension to 7 yrs to account for developmental delays);
- Parents' with access to childcare for 13 weeks on a Tuesday evening from 6-8.30pm

Number of parents/caregivers/caregivers who commenced the programme	9
Number of parents who completed the programme	8
Number of female participants	6
Number of male participants	2
Number of couples attending together	2
Number of targeted children with ASD diagnoses	7
Number of children awaiting ASD assessment	2
Total number of children	11
Overall attendance rate over 12 weeks	82%
Percentage of participants who had 100% attendance over 12 weeks	50%

# Research Questions

## Research Question 1:

Does the IY-ASLD programme show improvements on parental ratings of autism impact, parental stress levels, and children's behavioural difficulties at home?

## Research Question 2:

What are the participants' views and experiences of receiving this intervention, and what are the facilitators views?

# NI Research: McAleese, M. & Nesbitt, A. (2018)

## Mixed Method Design

### Quantitative

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

### Qualitative

- Focus Group interviews
- IY evaluation questionnaires
- Video evaluation

Statistically significant results found on all 4 measures when data from 3 programmes combined

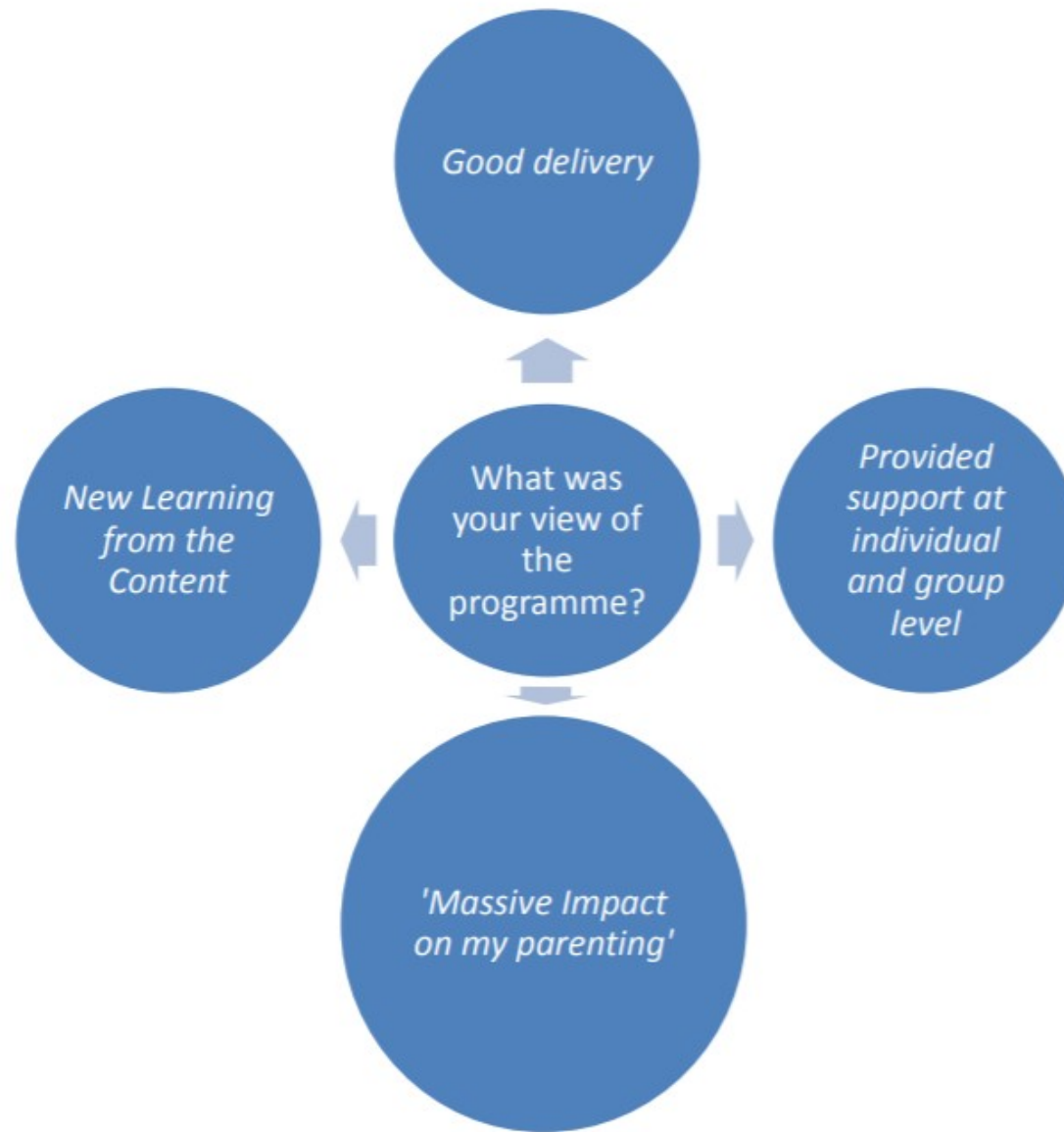


# Findings

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

# Participant Views & Experiences

Programme Domain	Very Helpful/Helpful
Vignettes & Content	48%/51%
Group Leader Skill	83%/17%
Group Discussion & Interaction	72%/28%
Use of Practice Exercises	47%/49%
Home Activities &	51%/46%



# Facilitator Views & Experiences

Group Leader  
Knowledge, Skill and  
Supervision

Group Leader knowledge  
of Autism and  
associated  
difficulties

High Level  
Outcomes

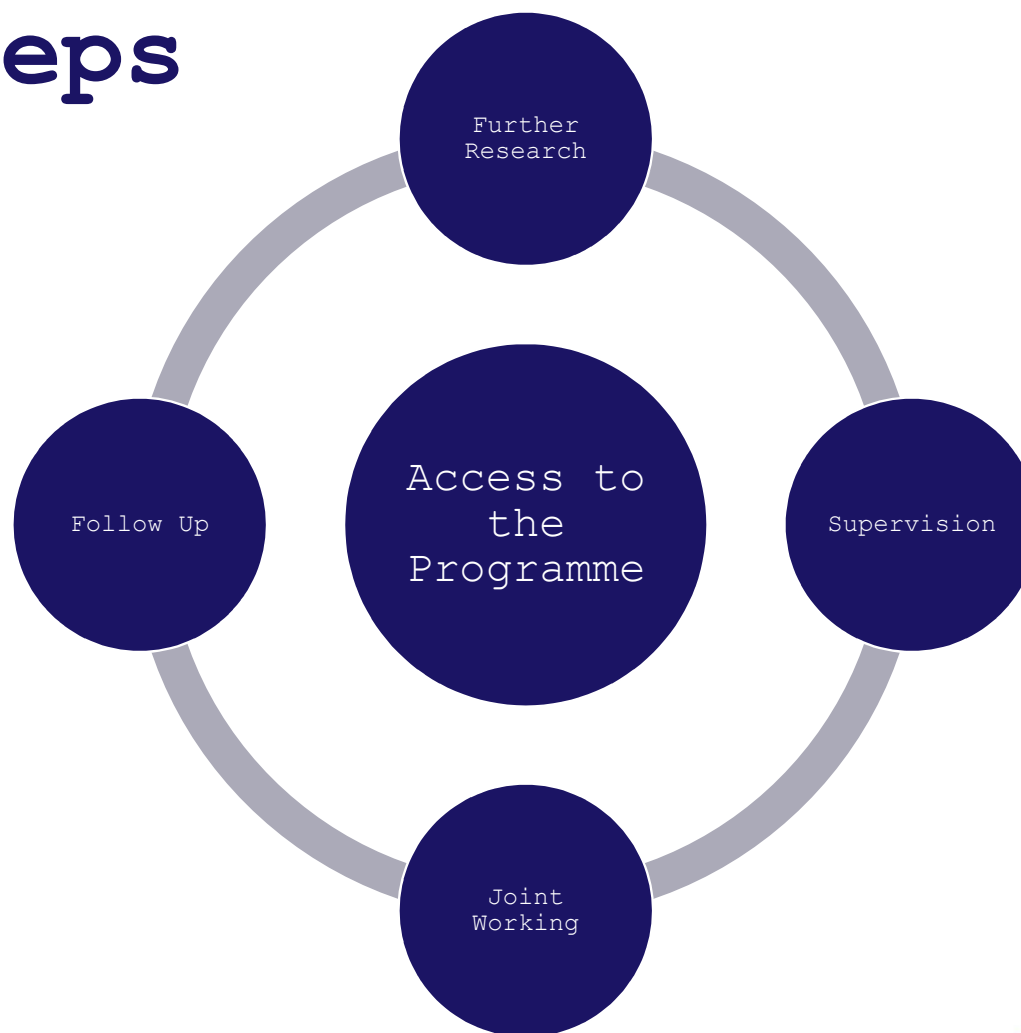
Time!  
(intro night  
/screening /  
relationship building)

Programme Specifics  
(numbers / location  
childcare)

# Limitations of the Study

1. **Small sample size** for the quantitative measures affecting the results and evaluation of such results.
2. **Short term timescale** for the project limits potential for follow up work to be completed to assess the long term impact of the programme;
3. Future research of the programme should try to **limit biases** such as social desirability bias and response-shift bias which can be at play using these research methods.

# Next Steps



# Useful Contacts & Links

[mariamcaleese2@gmail.com](mailto:mariamcaleese2@gmail.com)

<http://www.incredibleyears.com/wp-content/uploads/IY-ASLD-Programme-Report-MMcAleese-ANesbitt-May-2018.pdf>

[dmcaliskey@ncb.org.uk](mailto:dmcaliskey@ncb.org.uk)

<https://www.ncb.org.uk/northern-ireland/evidence-and-impact/incredible-years>

