# Reduction and prevention of aggression and behavioural problems in disadvantaged preschool children: implementation and effectiveness of the Incredible Years Programme, Luton, UK

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
23/02/2018	No longer recruiting	☐ Protocol
Registration date	Overall study status	Statistical analysis plan
05/03/2018	Completed	☐ Results
Last Edited	Condition category	Individual participant data
07/06/2018	Mental and Behavioural Disorders	☐ Record updated in last year

## Plain English summary of protocol

Background and study aims

The Incredible Years preschool course is for parents with children aged 3-5 years who have behavioural problems. It helps parents to adopt a positive approach incorporating praise, play, use of incentives, predictable routines, boundaries and strategies to manage challenging behaviour. Parents learn how to prepare their children for school, working more closely with early years professionals to develop emotional regulation and social skills. The aim of this study is to find out whether the Incredible Years Programme is effective for families.

## Who can participate?

Parents/carers with children aged 0-5 years who have attended the Incredible Years Programme, Incredible Years trained practitioners/Family Support Workers, Incredible Years operational and project leads, and Local Authority commissioners

## What does the study involve?

Parents/carers attend 14 weekly sessions of 2.5 hours duration with childcare provided in local children's centres. Incredible Years facilitators work with parents to improve emotional and social functioning and address, reduce and prevent aggression and behavioural problems. The course uses video clips depicting real life scenarios to encourage group discussion, problem solving and sharing of ideas and experiences. Parents receive manuals and group materials throughout the course in addition to home assignments. Interviews are also conducted with parents after the Programme to understand the extent to which they feel they have been helped. Incredible Years group facilitators, managers and local authority commissioners are interviewed regarding the implementation of Incredible Years.

What are the possible benefits and risks of participating?

Previous research suggests that Incredible Years helps parents to make positive changes in their

family relationships. The interviews allow participants to give their views on Incredible Years. There are no anticipated risks, but there is a protocol in place to signpost parents to additional support/advice if required, and the researcher is available afterwards for debriefing if necessary.

Where is the study run from?

- 1. University of Bedfordshire (UK)
- 2. Flying Start (UK)

When is the study starting and how long is it expected to run for? February 2016 to November 2018

Who is funding the study?

- 1. University of Bedfordshire (UK)
- 2. Flying Start (UK)

Who is the main contact?
Dr Rosemary Davidson
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## Contact information

#### Type(s)

Scientific

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## Additional identifiers

#### Protocol serial number

FS\_IY

# Study information

#### Scientific Title

Reduction and prevention of aggression and behavioural problems in disadvantaged pre-school children: a Process and Outcome Evaluation of the Incredible Years Programme, Luton, UK

#### Acronym

ΙY

#### **Study objectives**

Incredible Years aims to improve parent-child relationships through positive interaction. The Programme has been shown to prevent, reduce and treat aggression and emotional problems in other countries.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

University Research Ethics Committee, University of Bedfordshire, 07/06/2017, ref: UREC107

## Study design

Process and outcome evaluation of a single-centre targeted intervention

## Primary study design

Interventional

## Study type(s)

Prevention

## Health condition(s) or problem(s) studied

Prevention, reduction and treatment of aggression and emotional problems in pre-school children

#### Interventions

The Incredible Years pre-school course is designed for families living in disadvantaged areas with children aged 3-5 years who are showing early onset behaviour problems. The programme consists of 14 weekly sessions of 2.5 hours duration with childcare provided. Incredible Years facilitators work with parents to improve emotional and social functioning and address, reduce and prevent aggression and behavioural problems. The course uses video clips depicting everyday scenarios to encourage group discussion, problem solving and sharing of ideas and experiences. Parents receive manuals and group materials throughout the course in addition to home assignments. Programme fidelity is maintained with a standardized training process involving peer review, videotape feedback and consultation.

The study design is a process and outcome evaluation using a mixed method approach. The process evaluation aims to understand how and why the intervention was adopted, drivers and barriers to implementation and the role of context. With respect to Incredible Years, this will involve semi-structured interviews with families, staff and stakeholders throughout the delivery of Incredible Years.

The outcome evaluation will measure the progress of families who attend the Incredible Years Programme. Pre and post Programme measures are: Children's behaviour (Strengths and Difficulties questionnaire); Emotional well-being (Adult well-being scale); Parenting skills (Parenting Daily Hassles scale); Parental self-efficacy (TOPSE tool).

#### **Intervention Type**

Behavioural

#### Primary outcome(s)

Measured pre and post Programme (14 weeks):

- 1. Children's behaviour, assessed using the Strengths and Difficulties questionnaire
- 2. Emotional well-being, assessed using the Adult well-being scale
- 3. Parenting skills, assessed using the Parenting Daily Hassles scale
- 4. Parental self-efficacy, assessed using the TOPSE tool
- 5. Parent attendance, monitored by facilitators over the 14 week duration of the course and reasons for absence noted where possible

## Key secondary outcome(s))

- 1. Positive and negative aspects, ways they can improve, group dynamics, and group reactions /responses, reviewed by Group Facilitators after each session
- 2. Overall impressions of Incredible Years including changes observed in parents and any challenges identified, reviewed by Facilitators at the end of the Programme
- 3. Parental feedback, collected with an anonymous appraisal at the end of the Programme

## Completion date

01/11/2018

## **Eligibility**

## Key inclusion criteria

- 1. Parents/carers with children 0-5 years who have attended the Incredible Years Programme
- 2. Incredible Years trained practitioners/Family Support Workers
- 3. Incredible Years operational and project leads
- 4. Local Authority commissioners

## Participant type(s)

Mixed

## Healthy volunteers allowed

No

#### Age group

Mixed

#### Sex

All

## Key exclusion criteria

- 1. Persons with no experience of Incredible Years
- 2. Persons with no experience of working in the early years sector

#### Date of first enrolment

01/03/2018

#### Date of final enrolment

01/07/2018

## Locations

#### Countries of recruitment

**United Kingdom** 

England

# Study participating centre Institute for Health Research

University of Bedfordshire University Square Luton United Kingdom LU1 3JU

# Study participating centre

## Flying Start

The TOKKO Building 7 Gordon Street Luton United Kingdom LU1 2PQ

# Sponsor information

#### Organisation

Institute for Health Research

#### Organisation

Flying Start Luton

## Organisation

National Institute for Health Research

#### **ROR**

https://ror.org/0187kwz08

# Funder(s)

## Funder type

University/education

#### Funder Name

University of Bedfordshire

## Alternative Name(s)

## **Funding Body Type**

Private sector organisation

## **Funding Body Subtype**

Universities (academic only)

#### Location

**United Kingdom** 

#### **Funder Name**

Flying Start Luton

## **Results and Publications**

## Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

## IPD sharing plan summary

Data sharing statement to be made available at a later date

## **Study outputs**

Output type Details Date created Date added Peer reviewed? Patient-facing?

Participant information sheet 11/11/2025 No Yes