

Outcomes-based Evaluation Comparison of Mindful Parenting Education Intervention

Jennifer K. Crawford, Gitanjali Strestha, & Laura G. Hill

Overview

Study Purpose

- This presentation aims to demonstrate and compare outcomes of an intervention that combines parent education with yoga and mindfulness instruction among two populations:

Incarcerated fathers and Parents who are in treatment for drugs and alcohol.



Program:

- Classes meet on location 2-4/times a week for a 1-2 hour/sessions totaling 16-22 hours/series.
- The program combines a parenting curriculum (Fit 2 be Fathers) with mindfulness and yoga instruction. Six core parenting topic modules -- combined with yoga -- aim to improve participants' emotional balance; ability to tolerate feelings of distress; and sense of connection to family members.

Rationale

- Parental resilience** --- defined as the ability to manage stress both by decreasing stress and by improving the ability to effectively solve problems, build healthy relations with others, and bounce back in the face of challenges --- is recognized as a protective factor in child abuse prevention.

Protective Factors

- ✓ **Nurturing & Attachment;**
- ✓ **Knowledge of Parenting & Child Development;**
- ✓ **Parental Resilience;**
- ✓ **Social Connections;**
- ✓ **Concrete Support for families;**
- ✓ **Children's Social Emotional Competence**

Assumptions

- Mindfulness and yoga promote parental resilience** by promoting positive change and positive stress management inter-personally and intra-personally.
- Although emotional** regulation is mostly learned in early stages of life, even high-risk adults can learn and cultivate these skills.



Method

- Participants completed pre/post tests on site, first and last sessions
- We used four scales to assess changes in physical and emotional regulation:

Self Compassion Scale (SCS) (Neff, 2003)

Whole Person Survey (WPS) modified short form based on yoga therapy (Le Page, IYT 2001)

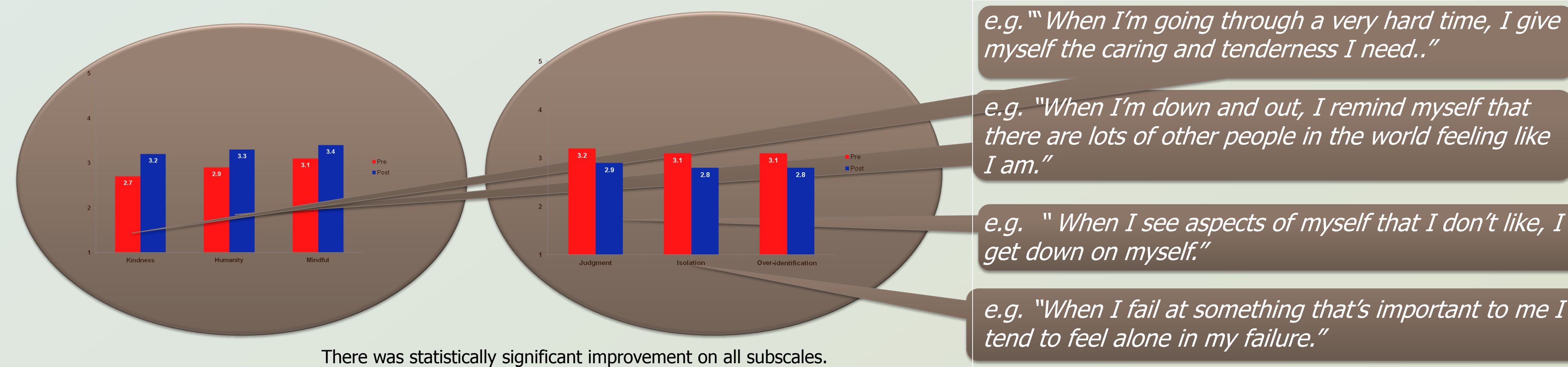
Fit 2B Fathers (F2bF) program scale (Maiorano, 2001)

Distress Tolerance Scale (DTS) (Simons & Gaher, 2005)

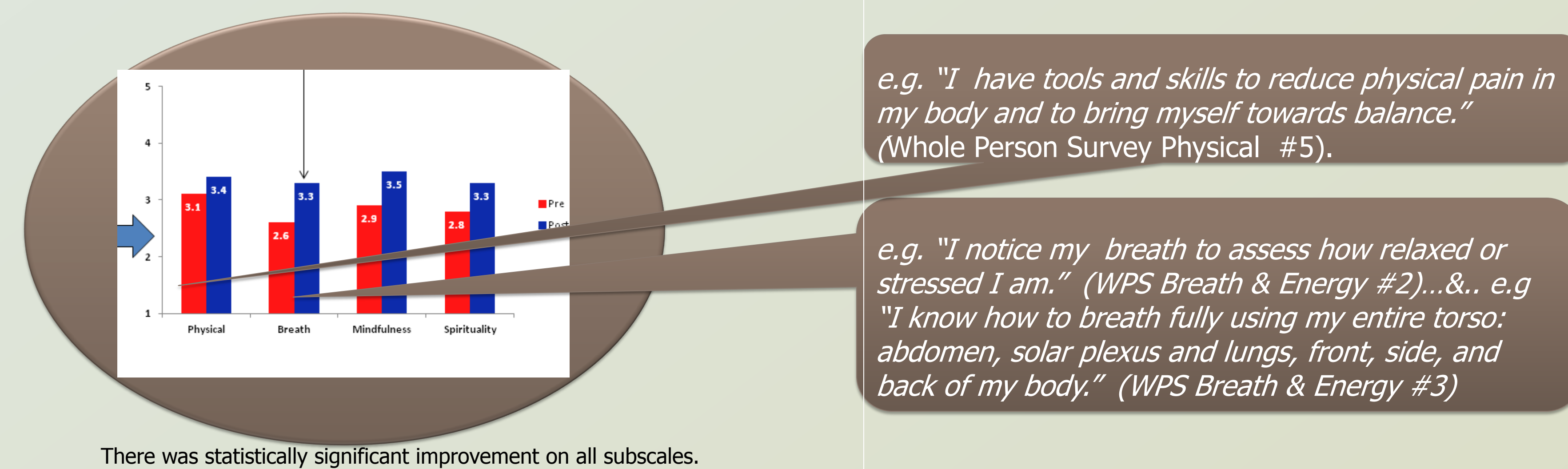
- Total participants who filled out pre/posttest (N) = 125** Total participants in **Jail** who filled out pre/posttest (**n**) = 56 Total participants in **Center** who filled out pre/posttest (**n**) = 69

Outcomes & Indicators

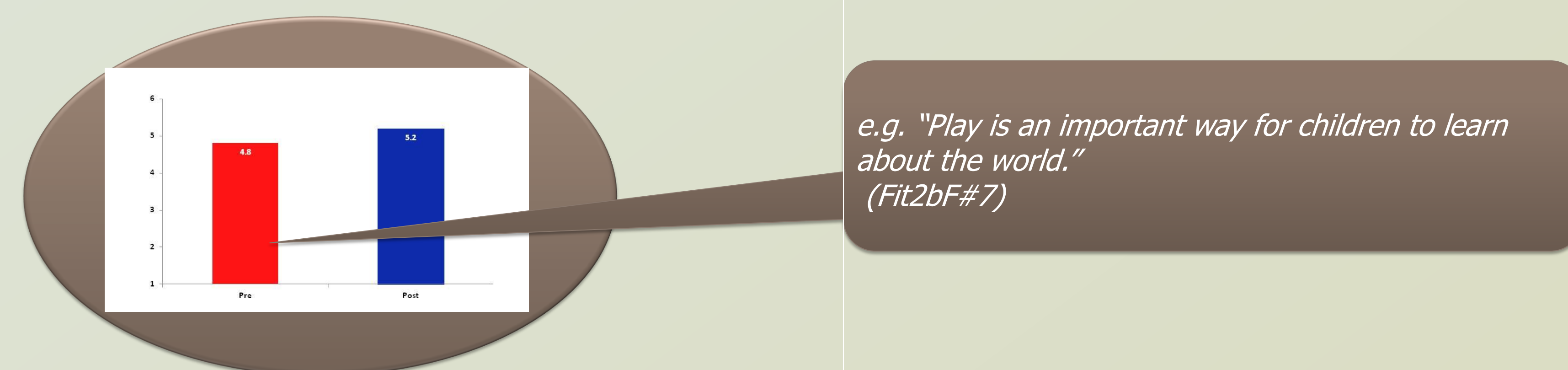
Self-Compassion Scale Pre-Post Changes: Increased Compassion Towards Self



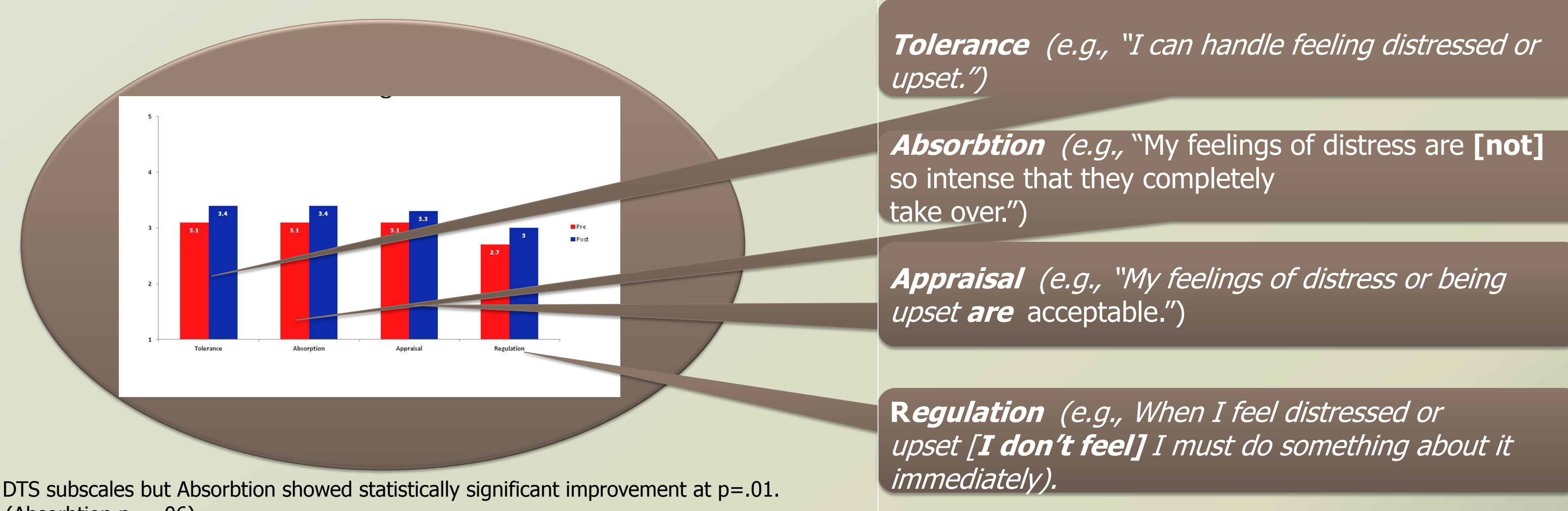
Whole Person Survey Pre-Post Changes in Overall Wellness: Increased Skills for Managing Stress



Fit 2B Fathers Pre-Post Knowledge Changes: Increased Parenting Knowledge



Distress Tolerance Scale Pre-Post Changes: Increased Ability to Tolerate Emotional Distress



Summary of Results

1) a) Statistically significant positive changes across all four overall aggregate scales suggest that program content and delivery is helping participants to be resilient, better able to respond to their children's needs.

b) All subscales except for one (DTS Absorption) were statistically significant.

2) Comparing the two population groups (jail & treatment center), **there were no statistically-significant differences on any of the scales.**

Implications

- Data makes a promising case to further apply and to study parent education, mindfulness, and yoga -- as underutilized motivations for change & as interventions to build parental resilience among **criminal justice, mental health, substance abuse treatment populations, and general populations.**
- Suggested follow up studies include more rigorous analyses to control for other factors (e.g. age, number of program hours, parent/non parent). (One current study will address eight specific outcome areas for parental resilience that includes more specific indicators).