



Nurturing Insights • Proving Outcomes
KEYS TO INTERACTIVE PARENTING SCALE

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KIPS Longitudinal Study with Kentucky HANDS (2007-2009)

SBIR Grant #1 R44 HD048135-03 funded by NICHD

Marilee Comfort and Phil Gordon, Comfort Consults, LLC

Study Goal:

Determine if the Keys to Interactive Parenting Scale (KIPS) is sufficiently sensitive to detect changes in parenting quality resulting from parenting intervention in a home visiting program.

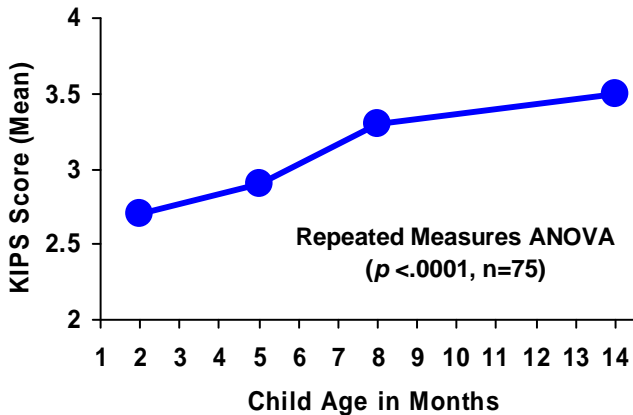
Who Participated?

The **Kentucky HANDS** program was invited to participate in this study because of their investment in promoting quality parenting skills, their use of a parent-child interaction curriculum and interest in outcome evaluation. In addition, HANDS has established effective statewide training, supervision and quality assurance systems.

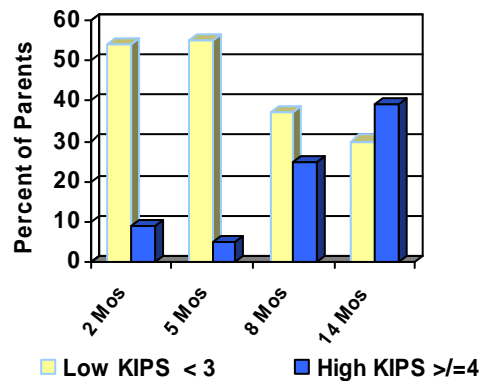
- **3 HANDS Districts in Central and Eastern Kentucky**
Cumberland Valley District Health Department
Gateway District Health Department
Lexington Family Care Center
- **30 Home Visitors and 5 local Research Coordinators**
- **107 Parents and their Children enrolled in HANDS** services agreed to participate in this 12-month longitudinal study starting when babies were approximately 2 months old.

What Are the Key Findings?

Quality of Parenting



Shift From Low to High Quality Parenting



What Do These Results Mean?

KIPS scores showed significant changes in the quality of parenting over one year of HANDS services. This suggests that KIPS is sufficiently sensitive to detect the changes in parenting resulting from services provided by the HANDS home visiting program. Many HANDS families participating in the KIPS Study shifted from low to high quality parenting. In addition, predictive analysis showed that early KIPS scores predict later quality of parenting and toddler social behavior during play.

The HANDS Home Visitors were not informed of the KIPS scores of their families during the study. If KIPS results were known, and used to tailor family services to parents' individual strengths and needs, we would expect to find an even greater change in the quality of nurturing parenting among HANDS families.

What Did We Do in the Study?

- Each family received Study Visits when babies were 2, 5, 8, and 14 months old.
- HANDS Staff videotaped Parent and Child playing together at home or familiar place.
- Parents completed brief Family Info form to describe family characteristics.
- HANDS Staff rated Caregiver's engagement in home visits during past 3 months.
- HANDS Staff copied recent ASQs and ASQ:SEs from files.
- HANDS Staff copied Child and Family Rating Scale at entry and rated it at 14 months.
- Project Staff scored play videos with KIPS and the Scale of Child's Behavior.

Family Participants and Services:

Parents at 1st Study Visit (n=107)	%/Mean
• Moms	90%
• Dads	10%
• Average Parent Age (range 14-49yrs.)	22 yrs
• Less than High School	32%
• High School Grad	43%
• Single Parents	57%
• Caucasians	80%
• African Americans	8%
• Latinas	8%
• Not Employed	60%
• Employed Part or Full Time	26%
• In School	12%
• Income less than \$25,000 per year	83%

Children at 1st Study Visit (n=100)	%/Mean
• Average Child Age (range 2-6 mos at 1 st study visit)	2.7 mos.
• Females	54%
• Number of Children in Family (range 1-4)	1.2

Home Visiting Services

	2 Mo	5 Mo	8 Mo	14 Mo Visit
• Completed Visit Rate (past 3 months)	81%	85%	81%	80%
• Weekly Visits	88%	86%	78%	45%
• Biweekly Visits	6%	9%	14%	39%
• Monthly Visits or Less	7%	6%	7%	14%

Special Thanks To:

HANDS Program Administrator, Brenda English, Study Coordinators, Renee Knight, Diana Cornett, Cheryl Miller, Renee Hembree, Karen Hacker and all participating HANDS Staff and Families!!

See Comfort, M., Gordon, P.R., English, B., Hacker, K., Hembree, R., Knight, R., & Miller, C. (2010). Keys to Interactive Parenting Scale: KIPS Shows How Parents Grow, *Zero to Three Journal*, 30(4), 33-39.



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KIPS Validation Study with Healthy Families Virginia (2007-2008)

SBIR Grant #1 R44 HD048135-02 funded by NICHD
Marilee Comfort and Phil Gordon, Comfort Consults, LLC

Study Goals:

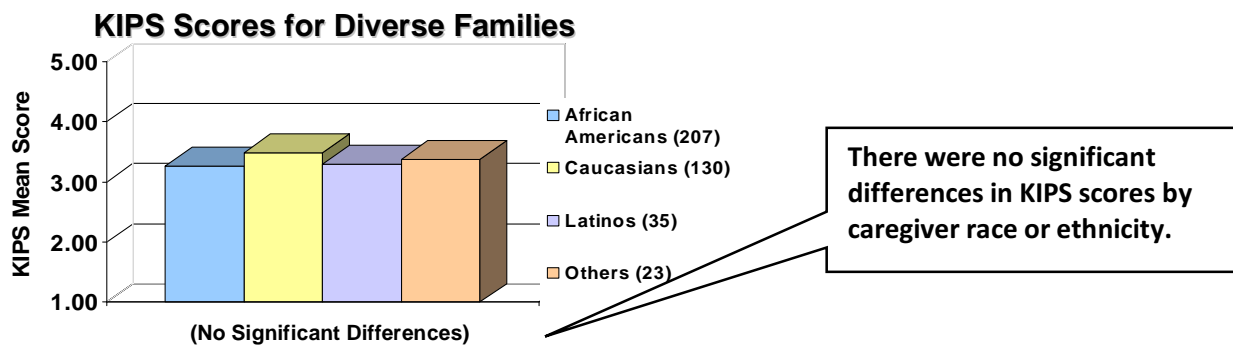
- To further validate KIPS with diverse families
- To assess KIPS' correspondence with other widely established measures

Who Participated?

- 11 Healthy Family Virginia Sites
- 67 Family Support Workers
- 397 Families, randomly selected from staff caseloads

What Are the Key Findings?

Average KIPS score = 3.4 (397 families, sd=.7, range = 1.3 to 5.0)



Significant Correlations of KIPS with Other Assessments

NCAST Teaching Scale (130 families)

- Caregiver Total ($r=.35, p = .0001$)
- CG Response to Distress ($r=.38, p < .0001$)
- CG Soc-Emo Growth Fostering ($r=.29, p = .001$)
- CG Cognitive Growth Fostering ($r=.19, p < .05$)

HOME Infant/Toddler Scale (138 families)

- CG Acceptance ($r=.25, p < .01$)
- CG Responsivity ($r=.19, p < .05$)

Engagement in Services (Staff rating, 395 families, $r=.22, p < .0001$)

Knowledge of Child Development (Parent's report, 395 families, $r=.19, p < .0001$)

Significant Associations of KIPS with Caregiver Characteristics (388 families)

Results showed significant differences on KIPS for Caregiver Age (<18yrs. vs. Older, $p = .03$), Marital Status (Single vs. Ever Married, $p = .008$), Education (Less than HS or HS/GED vs. Any College, $p = .003$). There were no significant associations with Child characteristics (e.g., age, gender, number of children), nor with Home Visit factors (e.g., months enrolled in program, frequency of visits, home visit rate).

What Do These Results Mean?

No significant differences in parenting were found for caregiver gender or race/ethnicity, suggesting that KIPS can be used with diverse families. Like other studies, KIPS showed significantly lower quality of parenting for adolescent and single parents, and higher quality as education and income increased.

KIPS correlations with NCAST and HOME suggest that this brief, user-friendly tool can provide valuable information about parent-child interaction for staff and families. Parents engaged in services showed higher quality parenting according to KIPS.

What Did We Do?

- HFV Staff videotaped Parent and Child playing together at home.
- Caregivers completed questionnaires on Family Info and Beliefs About Young Children.
- HFV Staff rated Caregiver's engagement in home visits during past 6 months.
- HFV Staff copied Family Stress Assessment and recent ASQ from files.
- Project Staff scored play videos with KIPS.
- HFV Staff from some Sites completed HOME Inventory.
- HFV Staff from some Sites videotaped Caregiver teaching Child a task.
- Project Staff scored teaching videos with NCAST Teaching Scale.

Family Participants and Services:

Caregivers

- | | |
|---------------------------------------|--------|
| • Moms | 94% |
| • Average Caregiver Age (range 16-69) | 25 yrs |
| • High School Grad | 42% |
| • Some College, College Grad | 35% |
| • Single Parents | 69% |
| • Support Caring for Child | 77% |
| • African Americans | 52% |
| • Caucasians | 33% |
| • Latinos | 9% |
| • Multi-Race/Ethnicity & Other | 6% |
| • Employed Part or Full Time | 53% |
| • Income <\$10,000-\$25,000 | 76% |
| • Income \$25,000-\$50,000 or more | 24% |

Children

- | | |
|--|--------|
| • Average Child Age (range 2-65) | 21 mos |
| • Females | 51% |
| • Number of Children in Family (range 1-6) | 1.7 |
| • Typical Development (via ASQ) | 86% |

Home Visiting Services

- | | |
|---|----------------|
| • Average Months Receiving Services (range) | 23 mos (1-107) |
| • Completed Visit Rate (past 6 mo) | 92% |
| • Weekly Visits | 38% |
| • Biweekly Visits | 34% |
| • Monthly Visits | 24% |

Special Thanks to Denise Naples, Study Coordinator; Maria Brown, HFV Director; and HFV Staff and Families! See Comfort, M., Gordon, P.R. & Naples, D. (2011). KIPS: An Evidence-Based Tool for Assessing Parenting Strengths and Needs in Diverse Families. *Infants & Young Children*, 24(1), 56-74.



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KIPS Field Test with Parents as Teachers Delaware and Early Head Start - Health Federation of Philadelphia (2005)

SBIR Grant 1 R43 HD048135-01A1 funded by NICHD

Marilee Comfort and Phil Gordon, Comfort Consults, LLC

Study Goal:

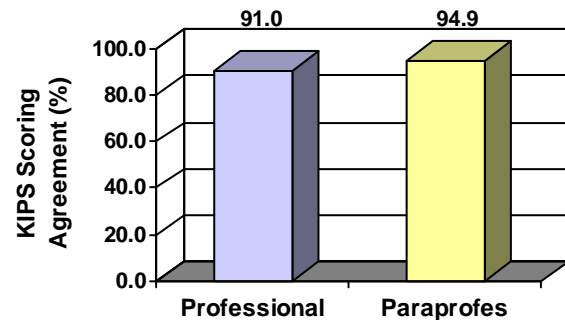
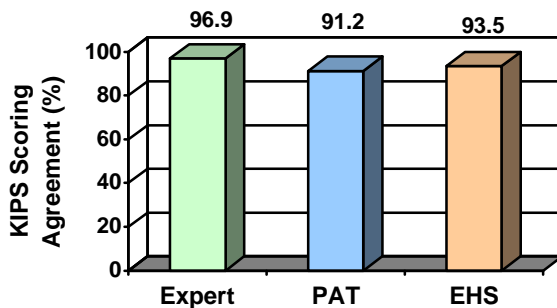
Determine if service providers can reliably assess parenting behavior in the families they serve using the Keys to Interactive Parenting Scale (KIPS).

Participants:

Twenty family service providers (FSPs) (10 Parents as Teachers-Delaware, and 10 Early Head Start Program/Health Federation of Philadelphia) were recruited for the study. The Program Coordinators randomly recruited **100 families** from FSP case loads to represent a diverse set of families.

Key Findings: KIPS Field Test Reliability

FSPs showed high agreement with Experts when scoring KIPS. Professionals, those with college degrees, and paraprofessionals, those with less than college degrees, showed equivalent reliability. This suggests that KIPS is a reliable tool when used by FSPs assessing the families they serve. An observational parenting assessment tool that can be used reliably by frontline staff has value for family services and program evaluation.



Procedures:

- FSPs trained to score KIPS reliably and film parent-child play.
- FSPs filmed 20 minutes of parent-child play during home visits.
- Parents completed Family Info, Maternal Self-Efficacy Scale, Survey of Parenting Practices.
- FSPs scored play videos with KIPS and rated Caregiver Engagement in services.
- Research Staff scored play videos with KIPS (parent's behavior) and the Test of Playfulness (child's behavior).
- FSPs completed Feedback Survey and participated in Focus Group.

Significant Pooled Within Group Correlations of KIPS with Caregiver Characteristics:

- Caregiver Age ($r = .28, p = .007$)
- Education ($r = .23, p = .024$)
- Employment ($r = .31, p = .007$)
- Marital status ($r = .25, p = .028$)

As commonly found, parenting scores were significantly correlated with caregiver demographics (e.g., age, education), but not with child demographics (e.g., gender).

Significant Pooled Within Group Correlations of KIPS with Other Measures:

- Staff Ratings of Caregiver Engagement in services ($r = .39, p < .0001$)
- Test of Child Playfulness [Extent ($r = .49, p < .0001$) and Intensity ($r = .51, p < .0001$)]

KIPS scores were not related to the two parent self-report measures of parental efficacy and parenting knowledge, confidence, and practices, demonstrating the importance of observational assessment, in addition to survey instruments.

KIPS Feedback Survey and Focus Group Results

FSPs agreed that KIPS provided useful information for working with families on parenting skills.

“You have these specific items on specific behaviors, so when you are writing up your visit record you can identify strengths and areas you want to work on.”

KIPS provided FSPs new and valuable information.

“I was surprised. I saw things in the families I didn’t realize. It made me change my whole lesson plan.”

Many FSPs expressed surprise by what the KIPS scores revealed.

“The ones that I thought were going to score low really surprised me. My mouth was open when I saw the scores, and this was both ways, both high and low.”

<u>Survey Item</u>	<u>Percent FSP Agreement</u>
1. KIPS provides useful information to assess parenting behavior.	94.5%
2. The information I gained is valuable enough to make it worth the time and effort needed.	94.5%
3. I became comfortable with videotaped observations.	94.5%
4. I found KIPS helpful in talking to families about parenting.	93.8%
5. I would like to continue using KIPS in my daily work.	88.9%

Conclusions

This Field Test showed that FSPs could reliably use KIPS with the families they served and highly valued the information obtained. The results also showed high provider-researcher agreement in scoring, internal consistency and validity. Both professionals and paraprofessionals scored KIPS reliably when assessing families they served. KIPS scores were significantly correlated with observed child playfulness and Staff Ratings of Caregiver Engagement in services. However, KIPS scores were not related to two parent self-report measures of parental efficacy and parenting knowledge, confidence, and skills. As found in other studies, the result that parenting self-perceptions did not correlate highly with an objective assessment reinforces the importance of using observational measures to aid service programs in identifying parenting strengths and needs, monitoring parenting progress and evaluating parenting outcomes. This study showed that FSPs can use KIPS reliably with the families they serve. This suggests that KIPS can be incorporated directly into services, providing valuable information for staff to plan services, as well as document program outcomes.

Special Thanks to Participating
PAT and EHS Coordinators, Staff and Families!!

See Comfort, M., Gordon, P.R. & Unger, D.G. (2006). Keys to Interactive Parenting Scale: A Window Into Many Facets of Parenting. *Journal of Zero to Three*, 26(5), 37-44.

KIPS Field Test-PAT & EHS