



Parenting Journey Outcomes Scale

To measure the Parenting Journey's effectiveness, we have developed the Parenting Journey Outcomes Scale. The scale examines seven domains which have been shown to contribute to positive parenting practices. **For those interested in utilizing our scale, we are pleased to offer an opportunity to purchase a License that includes use of the Scale and evaluation tools for one year.**

Licensing Requirements

1. Group Facilitator(s) must have run Parenting Journey a minimum of once prior to introducing the Scale.
2. Pre-Group Survey must be completed prior to the start of Session 1.
3. Post-Group Survey must be completed after completion of Session 12.
4. Parenting Journey program must be run with fidelity to the model. Fidelity is outlined as such 12 sessions – 2 hours per session – each held in a private meeting space; materials are Parenting Journey-approved (Curriculum, Parent Workbooks, Buttons, Session Posters), a meal is provided for all participants and their children, and free, accessible childcare is available to participants (if needed)

The Parenting Journey Scale – What We Measure

To measure the Parenting Journey's effectiveness, the Parenting Journey Scale incorporates both validated and self-designed sub-scales. **The Parenting Journey Scale measures seven domains, all of which have been shown to contribute to positive parenting practices:**

- | | |
|-------------------------------|-----------------------|
| 1. Hope and Optimism | 5. Ability to Nurture |
| 2. Insight | 6. Self-Awareness |
| 3. Identifying Personal Goals | 7. Social Networks |
| 4. Self-Efficacy | |

IMPACT: *The Parenting Journey has demonstrated statistically significant improvements in participants' scores for all seven of the parenting domains we measure.*

The Parenting Journey Scale consists of an intake interview form used to gather basic demographic data; a baseline quantitative survey instrument; and a post-intervention survey with both quantitative and qualitative measures. The pre- and post-group surveys contain 40+ items each. The Parenting Journey Scale is licensed to agencies interested in demonstrating their fidelity to the model and the outcomes of their Parenting Journey groups.

Qualitative Impact

Qualitative data on participant experience is obtained through two mechanisms:

1. Three open-ended questions at the end of the post-intervention survey
 2. A series of questions posed during the final session of a Parenting Journey group
- The Parenting Journey conducts a qualitative review as a way to confirm and inform the quantitative data.

Licensing Fees

Sample Size <30 Participants

Quality Improvement Report Options:

- Construct Outcomes only: \$650
- Construct Outcomes + Attendance or Demographics: \$750
- Construct Outcomes + Attendance + Demographics: \$850

Descriptive analyses will be conducted and reported for Parenting Journey constructs (sample size, means, and standard deviations) with comparisons to norms generated from the cumulative PJ dataset.

The report will contain language related to the context of the results, how to interpret results given the small sample size, and how to use the results to improve program delivery. Depending upon report options chosen, the report may also include descriptive analyses of attendance and demographic data. Summary tables and charts will be included.

Sample Size >30 Participants

Aggregate Outcomes Report Costs:

- Construct Outcomes only: \$750
- Construct Outcomes + Attendance or Demographics: \$850
- Construct Outcomes + Attendance + Demographics: \$1000

Individual groups included in the dataset will be examined separately in preliminary analyses to ensure data quality prior to aggregate outcomes analyses. Groups identified as outliers may be excluded from aggregate outcomes analyses at the discretion of the ICH Epidemiologist. A summary table of these QI checks will be included in the report.

In aggregate, descriptive analyses will be conducted and reported for Parenting Journey constructs (sample size, means, standard deviations) with comparisons to norms generated from the cumulative PJ dataset. Significance testing will also be conducted using paired-samples t-tests to determine if changes in construct scores from pre- to post- reach the level of statistical significance ($P < 0.05$).

The report will contain language related to the context of the results, how to interpret results, and how to make use of the results as evidence of program impact. Depending upon report options chosen, the report may also include descriptive analyses of attendance and demographic data. Summary tables and charts will be included. **Questions? Contact Hannah Collins, Research Manager, at hcollins@parentingjourney.org or (617) 628-8815.**