

The Impact of Program Service on the Parent-Child Interaction and Hope

EXECUTIVE SUMMARY 2011

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The purpose of this report is to present preliminary findings from The Parent Child Center of Tulsa's (PCCT) global assessment of the impact of PCCT services on parent-child relationship quality as well as the formation of hope.

Hope is defined as having a goal, a pathway (strategy) to that goal, and agency (motivation) to pursue that goal in the face of barriers. Hope is fundamental to positive behavior change.

METHOD:

- 200 surveys were distributed throughout the various departments within PCCT and administered to clients by PCCT staff. There was a 78% response rate.
- The survey consisted of 86 questions that measured hope, self-esteem, positive affect, negative affect, perceived service effectiveness, parent-child relationship quality and parenting stress. In particular, the Parenting Stress Index-Short Form (PSI-SF) is meant to identify potentially dysfunctional parent-child systems.
- Subsequently, we asked PCCT staff to rate the client in terms of readiness to change and progress. These scores were obtained independent of the survey completed by the client.

RESULTS:

- Parenting stress is negatively related to parent-child relationship quality.
- Parenting stress is also associated with lower quality of life and poor affect balance as reported by the clients.
- PCCT Service Effectiveness is a significant predictor of client hope and is associated with higher parent-child relationship quality.
- PCCT Service Effectiveness is the best predictor of parent-child relationship quality and mediates the effect of parent stress on relationship quality.
- Change reported by client families surveyed included:
 - 90.9% I have become a better parent.
 - 94.7% I am more confident that I can do things to help my children.
 - 94.8% I am able to make better decisions for my children.
 - 94.1% I have better understanding of how to care for my children.
 - 90.7% I have changed the way I care for my children.
- Of those INDEPENDENTLY RATED by PCCT staff as making *POSITIVE* progress, 90.3% of the clients reported moderate to high *HOPE*.

- Of those INDEPENDENTLY RATED by PCCT staff as being in the *ACTION* stage of readiness to change, *91.2% of the clients* reported moderate to high *HOPE*.

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