

A pre, post and follow-up evaluation of the 'Understanding your child's behaviour' (UYCB) group: a parenting group intervention based on the Solihull Approach.

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Introduction: Understanding Your Child's Behaviour (UYCB) is a 10-week relationship-focussed parenting programme based on the Solihull Approach, a theoretical model integrating the concepts of containment, reciprocity and behaviour management, from psychoanalysis, child development research and learning theory respectively. UYCB has previously shown positive outcomes in the areas of child behaviour and parental well being. The current study measures changes in child behaviour, parental well-being, and child-parent relationships, and incorporates a three-month post intervention follow-up.



Method: A repeated measures design was used that incorporated a 3-month follow-up. Parents of children (0-14yrs), recruited from two research sites, completed questionnaires assessing child behaviour (SDQ), parental well-being (DASS-21) and child-parent relationship (CPRS), at pre-group, post-group and 3-month follow-up time points.

Results: 160 parents completed pre-group questionnaires, 119 post-group and 35 parents completed follow-up questionnaires. Short-term (pre- to post-group) outcomes showed statistically significant improvements in:

- child behavior
- child emotional functioning
- parental well-being
- the child-parent relationship

The analysis of data for those parents who completed questionnaires at the follow-up time-point showed maintenance of gains over time.

Conclusions: Parents who have attended an UYCB group report improvements for their children, themselves, and in the child-parent relationship at the completion of the group. The maintenance of gains over three months showed positive and encouraging results, but further research is required to explore longer-term effects and mechanisms of change.

