

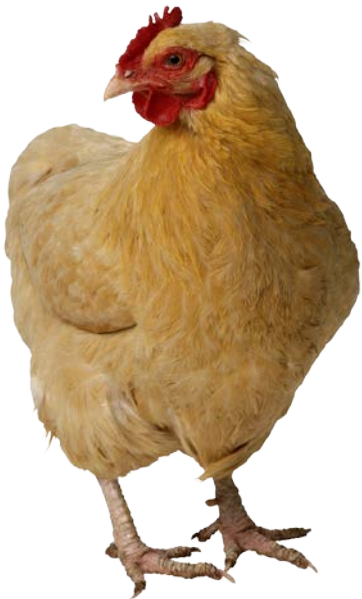
Translating Research to Practice

PCIT Research Updates

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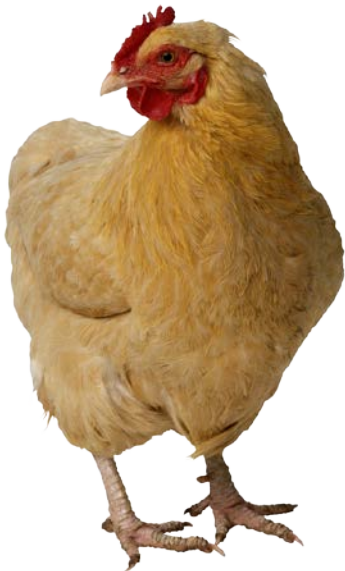
Research & Practice

- PCIT has “core components”
- Are rules or no rules in CDI critical to PCIT effectiveness?
- So far, we have opinions based on our perceptions about how things work but little evidence
- Understanding how things work gives us new ideas about how to better serve children and families.



NOW FOR SOME NEW AND EXCITING UPDATES....

....of our study of the usefulness of
Rules vs. No Rules in the
Relationship Enhancement
Phase of PCIT!!



RULES VS. NO RULES: A Brief Description

INCLUDE

DIDACTIC

- PRIDE skills, selective attention

TOY CHOICE & PLACEMENT

- 3 different toys placed on table or shelf

OMIT

- Rules for special playtime
- When-then statements
- Prompting during active ignore

- Any instructions to clean toys up



RULES VS. NO RULES: A Brief Description

INCLUDE

OMIT

SITTING AT THE TABLE

- Place chairs & booster seats at the table

- Rules for sitting at the table

5-MINUTE CODING

- Tell Cgvr you are going to stay quiet for 5 minutes and code as Cgvr plays with the child

- Rules for Special Playtime



RULES VS. NO RULES: A Brief Description

INCLUDE

COACHING

- PRIDE skills, selective attention using redirection, enthusiastic play with toys to elicit child's interest in playing appropriately

WRAP UP

- Warn the caregiver when it is close to the end of special playtime.

OMIT

- When-then or if-then statements to elicit appropriate behavior
- Prompting during active ignore
- Any instructions to clean toys up



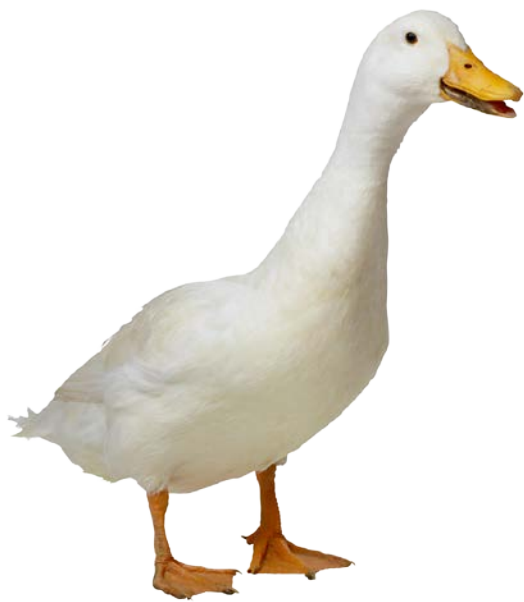
Procedure

- Randomly assigned all new PCIT cases at the CAARE Center to Rules or No Rules.
- Cases (families) were assigned to their PCIT condition before the CDI didactic.
- The study would last for 7 sessions. At the 7th session, we collected the following information:
 - Weekly check-in (special questions)
 - ECBI
 - 5-minute coding- coded parent verbalizations and parent-child emotional availability (EA).

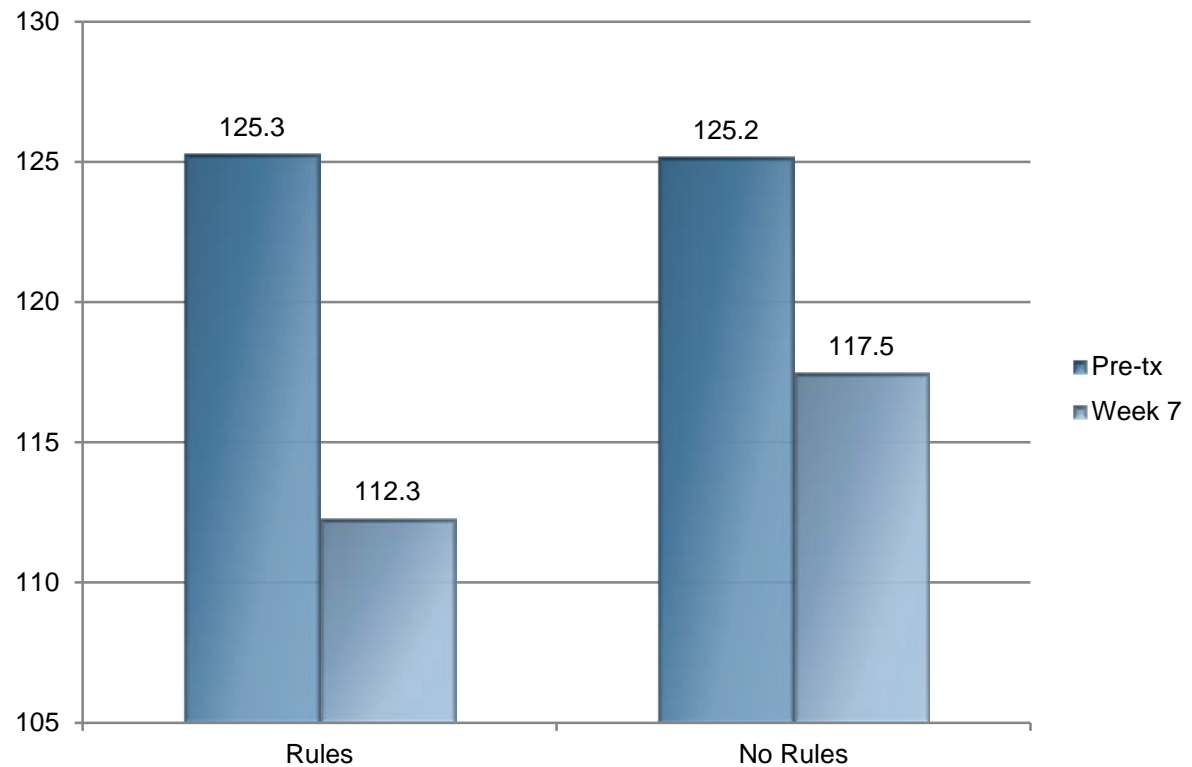
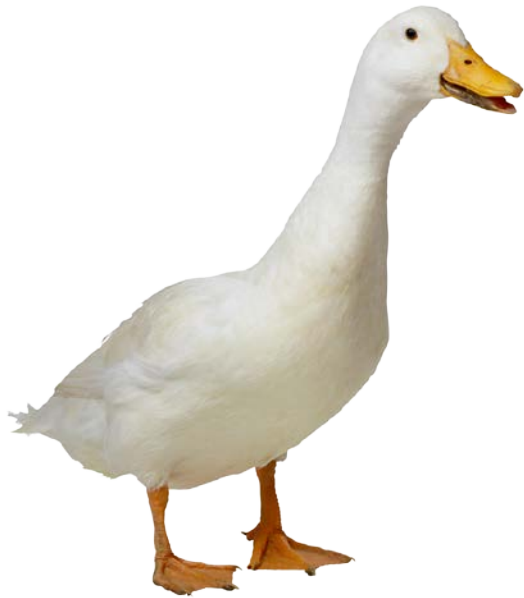


Summary of Findings

- 158 caregiver child dyads randomly assigned to RULES (N=66) or NO RULES (N=68) before the CDI didactic
 - No demographic or risk differences between groups
- 66 completed 7-weeks of PCIT and 2 assessments
 - 31 in RULES group (53%)
 - 35 in NO RULES group (48.5%)
- Averaged 128 days to Mid-treatment

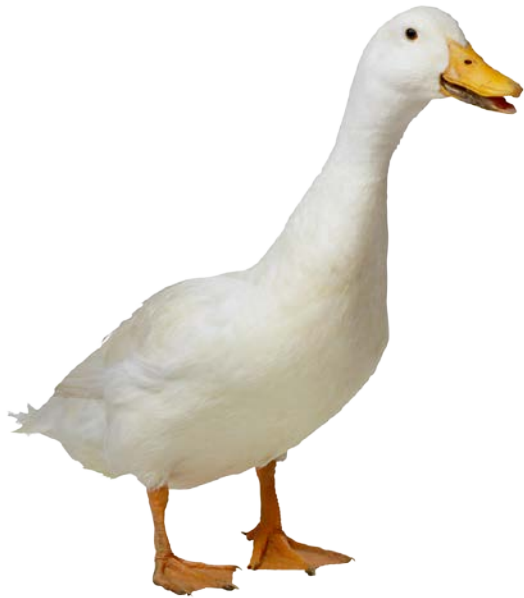


Comparing changes in the intensity of child behavior problems: ECBI Intensity scale



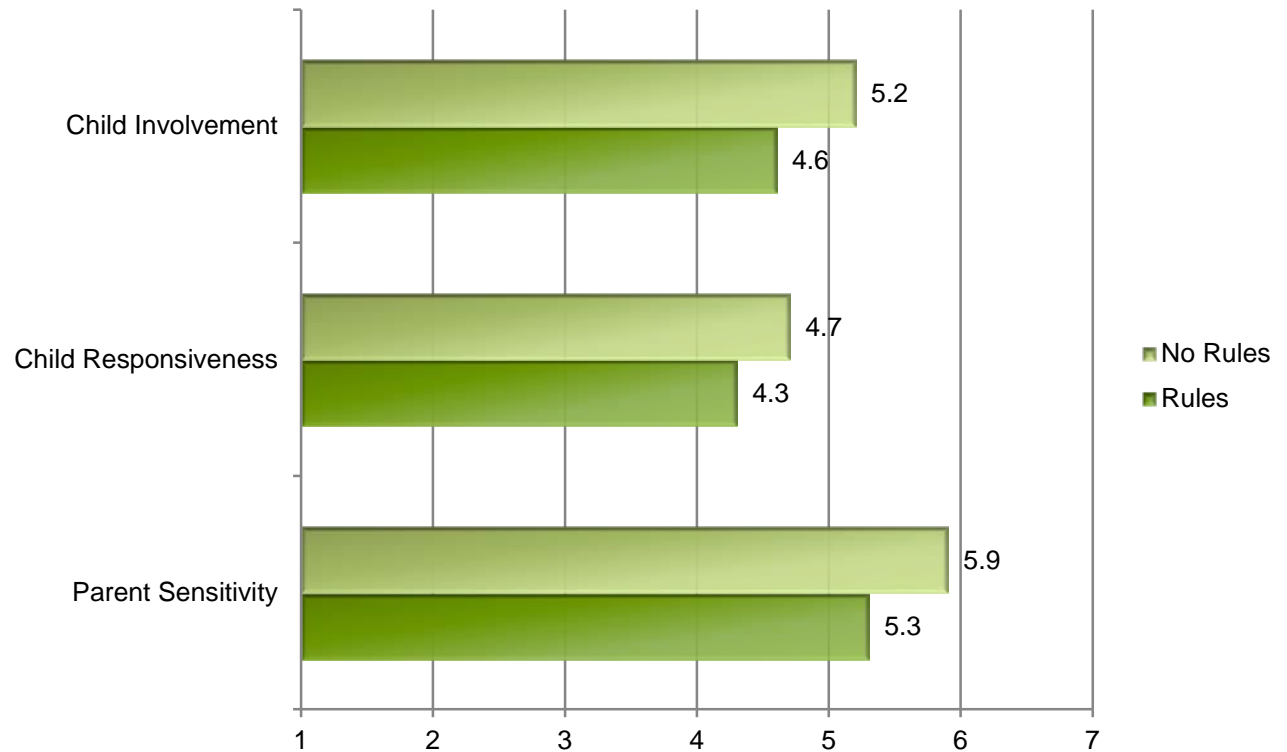
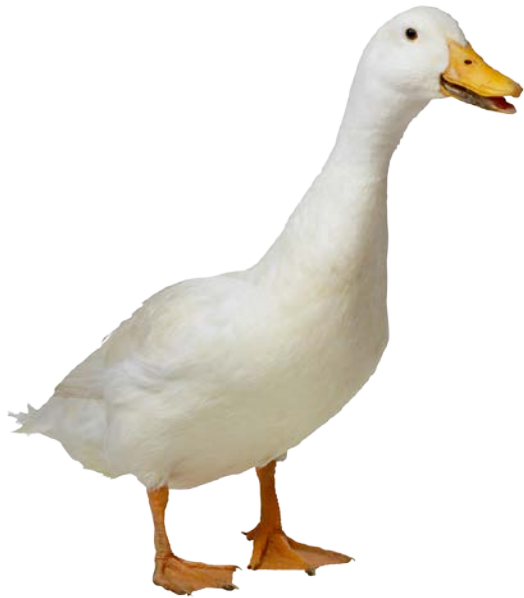
- Both groups show significant decreases in behavior problems. No difference between them.

Comparing changes in number of child behavior problems: ECBI Problem scale



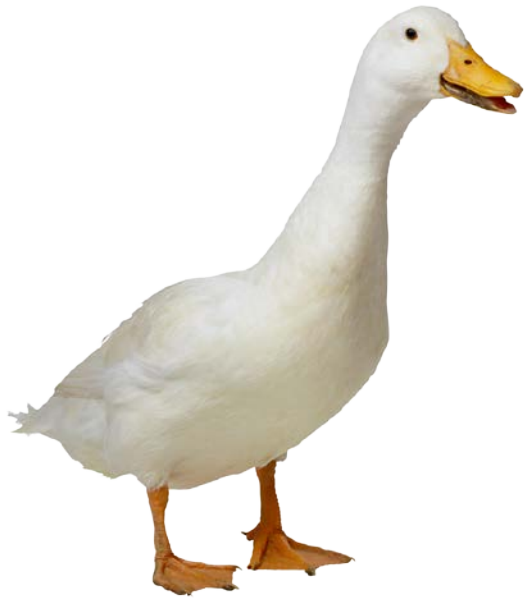
- Both groups show significant decreases in behavior problems. No difference between them.

Comparing parent and child Emotional Availability at week 7

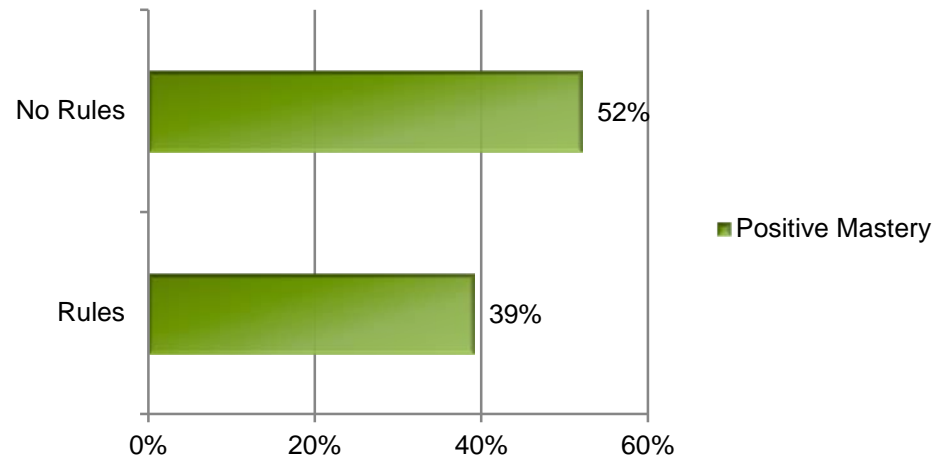


- At week 7, parents in No Rules are significantly more sensitive than those in Rules. Children in No Rules involve their parents more in play.

Comparing mastery rates for increasing positive verbalizations

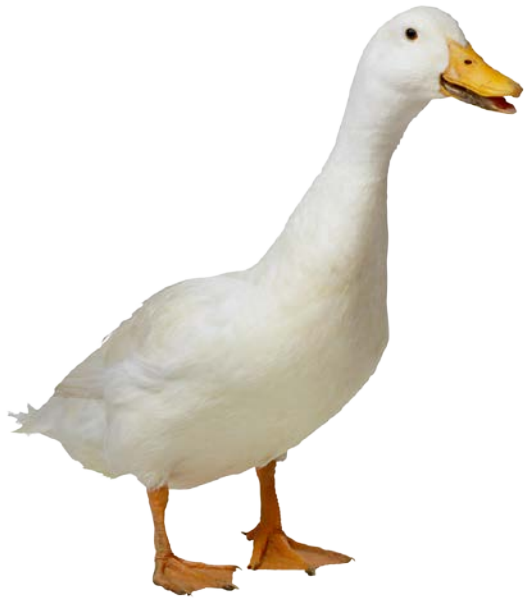


Positive Mastery

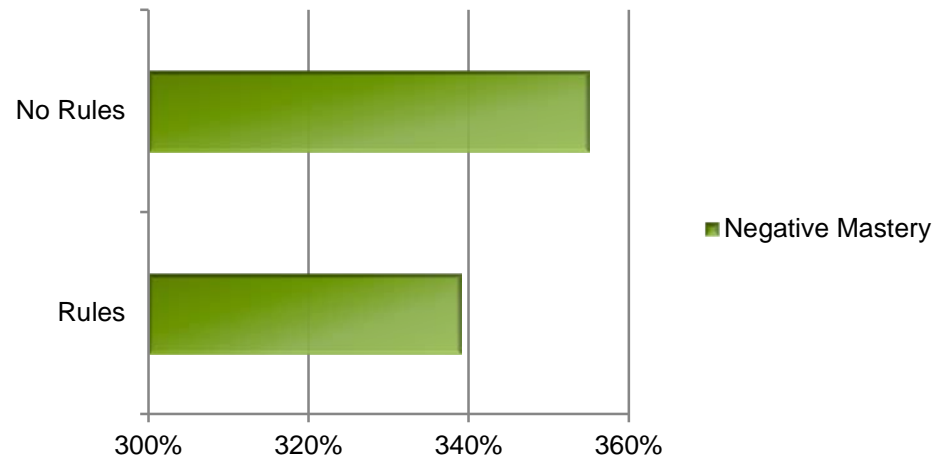


- At week 7, parents in No Rules tend to be closer to mastery than those in Rules ($p=.08$).

Comparing mastery rates for reducing negative verbalizations



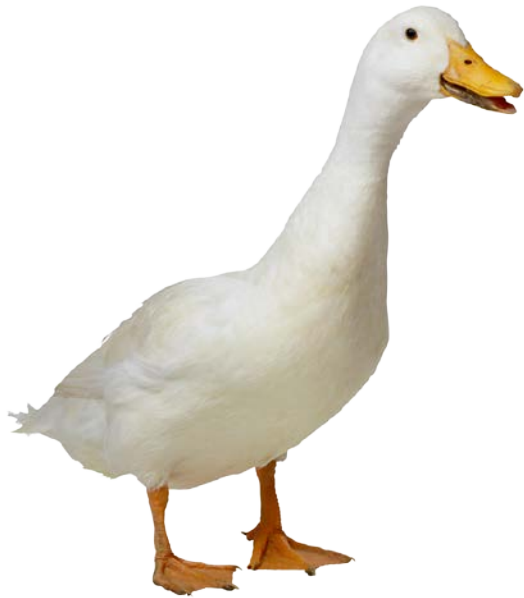
Negative Mastery



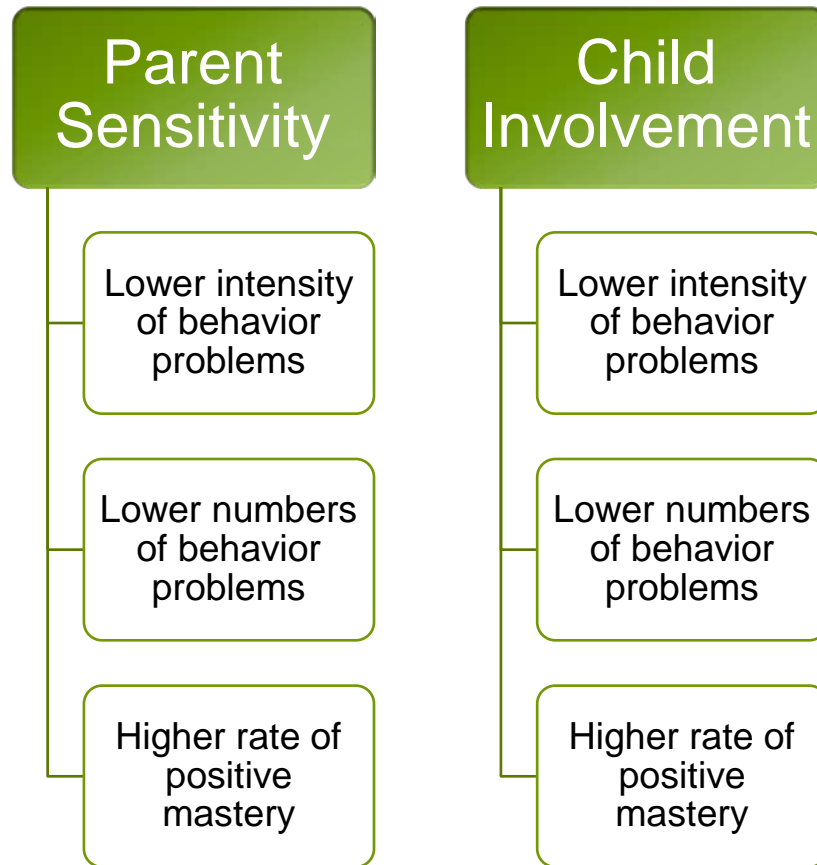
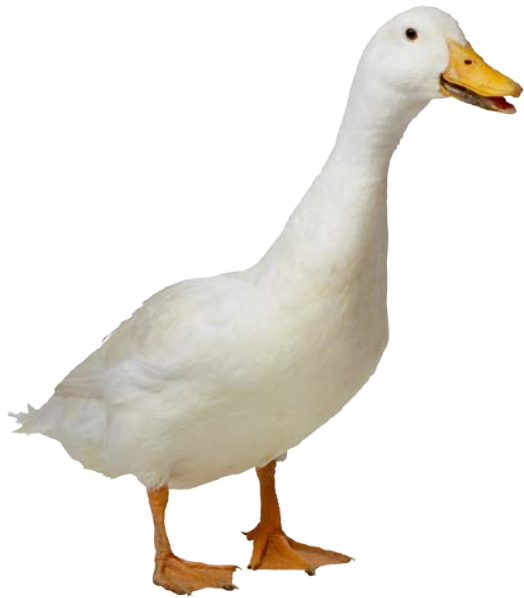
- At week 7, there are no significant differences between groups in rate of reducing negative verbalizations.

Summary

- No differences in time to mid-tx
- No differences in number completing 7 weeks
- No differences in intensity and number of behavior problems
- Differences in parent sensitivity, child involvement (EA)
- Tendency for No Rules parents to be closer to positive mastery by week 7

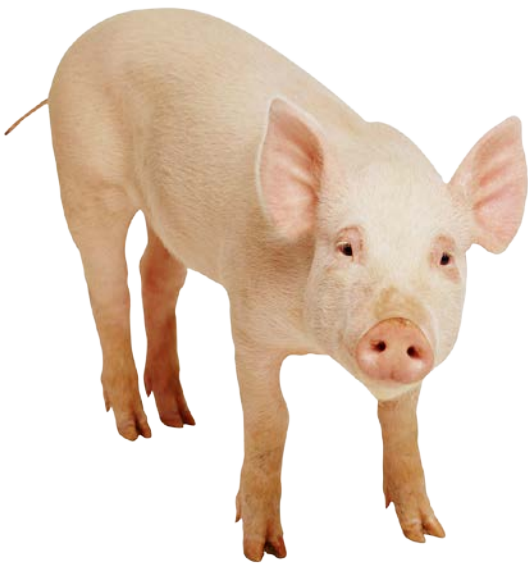


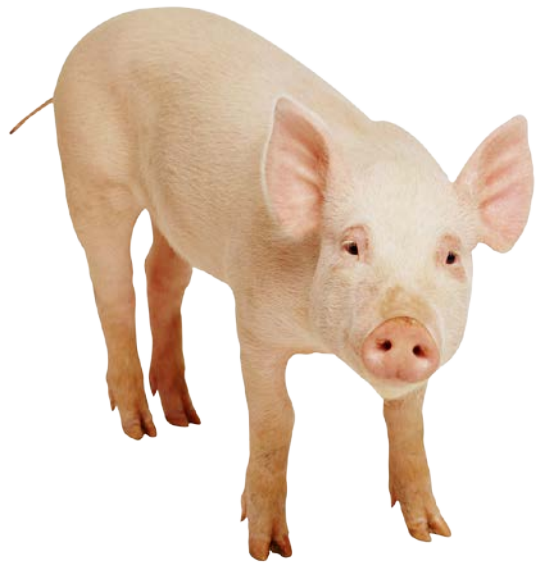
How important is Emotional Availability?



Discussion

- Findings suggest some advantages of No Rules.
- Sample is small, results are not powerful.
- Whether to use rules or no rules may not be simple decision. It may depend on characteristics of the caregiver or child.
- We still don't really know what those characteristics are.
- We need more discussion...





Questions?

