

ABSTRACT SUBMISSION AIC 2016: #49

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1. Title:

An Evidence-Based Approach: The Development of a Parent Education and Health Promotion Program Utilizing a Common Components Analysis

2. Author(s):

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3. Key words: (four)

Parenting Education, Common Components Analysis, Health Promotion

4. Abstract text:

Introduction: Among evidence-based (EB) manualized parenting programs, few include any parenting strategies around child health promotion (i.e., feeding strategies, screen time, and physical activity). To develop a universal parenting program for parents of five to eight year olds a common components analysis was utilized.

a) Methods: Inclusion criteria guided the systematic review of manualized EB parenting programs that broadly align domains of positive parenting, stress management, and child health promotion. An iterative coding process was used to disassemble packaged programs into individual knowledge components (skills), that were subsequently defined, categorized, ranked, and scrutinized by an expert panel. A review of published obesity intervention literature was conducted to identify strategies that informed the health promotion domain.

b) Results: Ten EB programs were identified that fit the inclusion criteria. A list of 12 knowledge components was confirmed by an expert panel. Each fit into one or more of the program domains and supplemented by a catalog of activities and resources extracted from the analysis process. Health promotion components were identified and included. These findings were used to guide the curriculum writing and activity development process. A blended learning design was developed, involving face-to-face, text-based, and online video instruction, to enhance participant engagement and outcomes.

c) Conclusions: The findings of this common components analysis contribute to the weak literature on the key ingredients of effective parent education and health promotion programs. This study develops a structured process for determining specific knowledge components and the methods used to teach them, that can be used by others seeking to efficiently integrate science into new and existing parenting and child health promotion programs across a range of contexts.