

Brief Evaluation Report, June 2011
Hand in Hand: Planting Seeds for Health Families

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Caregiver Strain Questionnaire (CGSQ): The CGSQ assesses the extent to which caregivers are affected by the special demands associated with caring for a child with emotional and behavioral problems. The CGSQ is comprised of three subscales which range in severity from 0 to 5. Objective Strain refers to observable disruptions in family and community life (e.g., interruption of personal time, lost work time, financial strain). Subjective Externalized Strain refers to negative feelings about the child such as anger, resentment, or embarrassment. Subjective Internalized Strain refers to the negative feelings that the caregiver experiences such as worry, guilt, or fatigue. Higher scores on each of these scales indicate greater strain. A Global Strain score is calculated by summing the three subscales (i.e., Objective Strain, Subjective Externalized Strain, and Subjective Internalized Strain) to provide an indication of the total impact of the special demands on the family. Global Strain scores range from 0 to 15. As with the individual subscales, higher scores indicate greater strain.ⁱ At Baseline, the greatest area of strain was negative internalized feelings about the child. Significant improvements were seen in Disruptions in Family/Community Life (Objective Strain), Negative Feelings about Child (Subjective Internalized Strain), and Global (Overall) Strain.

Caregiver Strain (N = 33)

	Baseline	6 months	Significance
Disruptions in Family/Community Life	2.78	2.38	P < .05
Negative Feelings about Child (eg., resentment)	2.37	2.27	Not signif.
Negative Feelings Caregiver Experiences (eg., guilt)	3.74	3.34	P < .05
Global Strain	8.93	7.99	P < .05

Even stronger results were found looking at those families who had both 6 month and 12 month follow-up data indicating that Caregiver Strain continues to be reduced over time. The strongest result was seen for the reduction of internalized negative feelings of caregivers such as worry and guilt.

Caregiver Strain (N = 17)

	Baseline	6 months	12 months	Significance
Disruptions in Family/Community Life	2.93	2.40	2.34	P < .05
Negative Feelings about Child (eg., resentment)	2.33	2.29	2.08	Not signif.
Negative Feelings Caregiver Experiences (eg., guilt)	3.91	3.35	3.14	P < .01
Global Strain	9.17	8.04	7.56	P < .05

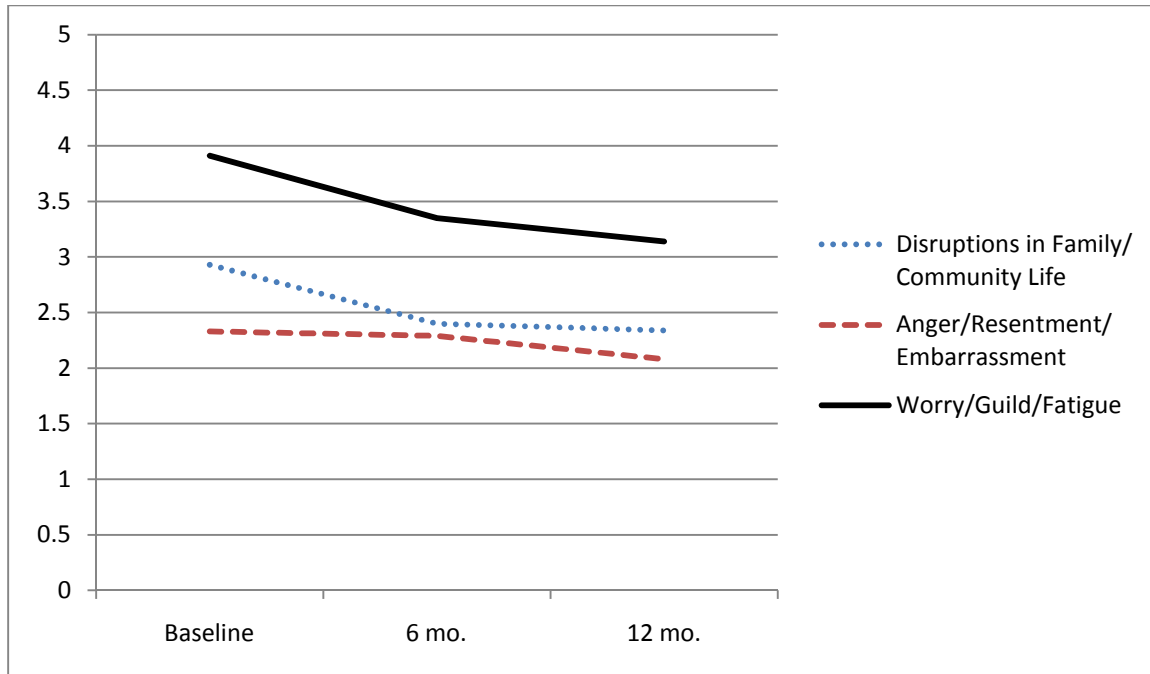


Figure 1. Caregiver Strain (N = 17)

Devereaux Early Childhood Assessment (DECA-C): The DECA-C measures both a child's strengths and behavioral concerns in children ages 2 through 5 years. It provides a balanced description of the child's behavior and allows for strength-based planning and strategy implementation. The DECA-C is designed to promote resiliency in children ages 2 through 5 years. It contains three protective factor scales: Initiative, Self-Control, and Attachment. The Total Protective Factors Scale is a composite of the above three scales.¹ Significant improvement from baseline to 6 month follow-up was seen on the Self-Control subscale.

Strength and Behavioral Concerns in Children Ages 2-5 (N = 17)

	Baseline	6 months	Significance
Initiative	37.35	37.29	Not signif.
Self-Control	31.71	35.65	P < .05
Attachment	40.94	43.24	Not signif.
Total Protective Factors	33.24	36.00	Not signif.

Behavioral and Emotional Rating Scale—Second Edition, Parent Rating Scale (BERS-2C): The BERS-2C is administered to caregivers. It measures children's emotional and behavioral strengths in six different areas: interpersonal strength, family involvement, intrapersonal strength, school functioning, affective strength, and career strength. Scaled scores on the strength subscales range from 1 to 16, with an average score between 8 and 12. Higher scores indicate greater strengths.

A strength index can be calculated and is based on the sum of the subscale scores, excluding career strength. The strength index ranges from 38 to 161, with an average index in the 90–110 range. A higher index indicates greater overall strengths.ⁱ

Preschool Behavioral and Emotional Rating Scale (PreBERS): The PreBERS is a standardized, 42-item rating scale designed to assess the behavioral and emotional strengths of preschool children (ages 3 to 5). An adult who is most knowledgeable about the child is asked to rate each of the 42 items using a Likert-type scale from 0 to 3. The PreBERS measures behavioral and emotional strengths of preschool children using four subscales: emotional regulation, school readiness, social confidence, and family involvement. Scaled scores range from 1 to 20, with an average score between 8 and 12. Higher scores indicate greater strengths.

A strength index can be calculated and is based on the sum of the subscales. The strength index ranges from 42 to 160, with average index in the 90-110 range. A higher index indicates greater overall strengths.

Significant improvements on behavioral strengths were seen in children 5 and over, but results for children ages 3-5 were not significant. However, the sample size is small for both age ranges and the results should be interpreted with caution.

Strength and Behavioral Concerns in Children Ages 2-5 (N = 17)

	N	Baseline	6 months	Significance
BERS Total Behavioral Strengths (Ages 5 and up)	8	89.88	99.00	P < .01
Pre-BERS Total Behavioral Strengths (Ages 3-5)	13	91.08	88.62	Not Signif.

ⁱ Descriptions taken from **National Evaluation of the Comprehensive Community Mental Health Services for Children and Their Families Program Data Profile Report, Prepared by ICF Macro, April 2011**