

Summary of Parent Gym TOPSE data

Data was collected over two terms from 60 parenting programmes. TOPSE for parents with learning disabilities (Bloomfield & Kendall, 2010) was used as a pre and post programme measure of parenting self-efficacy. This tool is a revision of the Tool to Measure Parenting Self-efficacy (TOPSE) and is being widely used to effectively evaluate parenting interventions with parents who have low literacy skills, those for whom English is not their first language, as well as parents with mild to moderate learning disabilities.

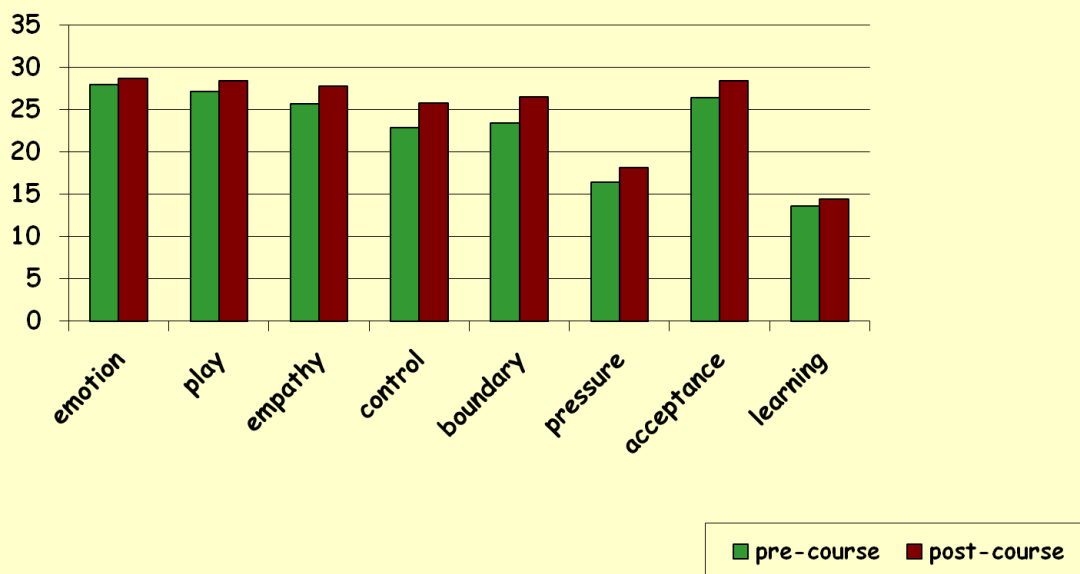
In the summer term (T1), 188 parents completed TOPSE booklets. Of those, 97 completed both pre and post measures and were used in the analysis. Data from 16 parenting programmes were not included in the analysis as only pre programme data were collected. In the autumn term (T2), 143 parents completed both pre and post TOPSE booklets. The data from both terms was combined to provide 240 pre and post measures of TOPSE scores collected from 44 parenting programmes.

T-tests were conducted using SPSS to determine the change in pre and post programme scores. There was a statistically significant increase in parenting self-efficacy on all scales. Results for the 240 parents completing TOPSE measure are shown in the table and bar chart attached.

Results for 44 parenting programmes 240 parents completing both booklets

| TOPSE Scale | Mean pre-course score | Mean post-course score | Mean difference in scores |
|-------------|-----------------------|------------------------|---------------------------|
| Emotion | 27.95 | 28.70 | 0.75 |
| Play | 27.12 | 28.39 | 1.27 |
| Empathy | 25.69 | 27.75 | 2.06 |
| Control | 22.85 | 25.82 | 2.97 |
| Boundaries | 23.42 | 26.48 | 3.06 |
| Pressures | 16.43 | 18.14 | 1.71 |
| Acceptance | 26.45 | 28.44 | 1.99 |
| Learning | 13.63 | 14.41 | 0.78 |

Parent Gym Pre and Post Programme scores for 240 parents over 44 programmes



Demographic data

Demographic data was collected for 202 parents during T1, of which 77 also completed TOPSE measures and were used in the analysis. Demographic data was collected for 222 parents during T2, of which 131 also completed TOPSE measures and were used in the analysis. The demographic data for T1 and T2 were combined for the 208 parents who completed TOPSE measures.

Parent demographics

Over 90% of parents taking part were female, and 59% were married or living with a partner.

There was a diverse range of ethnicity among parents and 51% of parents said English was not their first language. 68% said they had a good level of English literacy, 24% average and the remaining 8% said their English was either poor or none.

Ethnicity

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|---------------------|-----------|---------|---------------|--------------------|
| Valid No data | 10 | 4.8 | 4.8 | 4.8 |
| white British | 36 | 17.3 | 17.3 | 22.1 |
| White Other | 36 | 17.3 | 17.3 | 39.4 |
| Mixed Heritage | 11 | 5.3 | 5.3 | 44.7 |
| Asian/Asian British | 36 | 17.3 | 17.3 | 62.0 |
| Black/Black British | 47 | 22.6 | 22.6 | 84.6 |
| Chinese | 5 | 2.4 | 2.4 | 87.0 |
| Other Ethnic group | 26 | 12.5 | 12.5 | 99.5 |
| prefer not to say | 1 | .5 | .5 | 100.0 |
| Total | 208 | 100.0 | 100.0 | |

52% of parents said they had at least one child under the age of one year old, 57% had a at least one child aged five to eleven and 7% had children aged twelve to 18.

7% of parents said they had a child with special needs, however more than 50% of parents did not respond to the question.

References

www.topse.org.uk

Bloomfield L, Kendall S, Fortuna S., 2010 Supporting parents: Development of a tool to measure self-efficacy of parents with learning disabilities. *British Journal of Learning Disabilities* 38 (4) 303

Kendall S and Bloomfield L, 2005 Developing and validating a tool to measure parenting self-efficacy. *Journal of Advanced Nursing*, 51 (2) 174-181.