



Evidence and Outcomes

EPEC is underpinned by strong research and practice evidence that demonstrates it has a significant impact on child, parent and family outcomes. EPEC courses are highly valued and popular with parents. EPEC group leader training is highly effective.





What is the outcome evidence?

EPEC has been rigorously evaluated in research trials and routine practice. These show that EPEC improves children's social, emotional and behavioural development, parenting, parents' wellbeing, confidence and resilience. For example, a randomised control trial (Day et al., 2012a) shows that EPEC results in significantly better outcomes for:

- Child behaviour problems (measure: *Eyberg Child Behaviour Inventory, Problem Scale*: T1 Mean 11.30[SD 8.80] T2 Mean 5.37[SD 6.30], $p=0.001$, Effect size 0.56).
- Positive parenting behaviour (measure: *Parenting Scale*: T1 Mean 3.34[SD 0.57] T2 Mean 2.90[SD 0.62], $p \geq 0.001$, Effect size 0.69).
- Parenting concerns (measure: *Concerns About My Child Scale*: T1 Mean 52.38[SD 31.76] T2 Mean 26.25[SD 27.09], $p \geq 0.001$, Effect size 0.77).
- Parents' improved understanding, confidence and skills in parenting (measure: *Treatment Acceptability Rating Scale*: Understanding: mean 3.59 [SD 0.53]; Confidence: mean 3.44 [SD 0.69]; Skills : mean 3.50 [SD 0.53]).

EPEC has been independently rated by the Early Intervention Foundation in the UK and the Australian Institute of Family Studies as an effective, low cost parenting programme.

Who uses EPEC?

Over 3000 parents have taken part in EPEC courses, mainly delivered in areas of significant social disadvantage. Evaluation evidence shows that:

- Parents who use EPEC reflect the social, ethnic and cultural diversity of their communities.
- Engagement and retention rates are high, typically between 80-90%.
- At least two-thirds of parents come from the lowest 20% of the population based on disposable income, and only one in 10 are owner occupiers.
- 75% of parents attending EPEC are unwaged, 40% lone parents, and half of parents have English as a second language.

Are EPEC parent group leaders effective?

EPEC group leaders make a unique contribution to EPEC's success, achieving engagement and outcomes beyond those that can be accomplished by professional services alone. Evidence shows that:

- EPEC group leader training is effective and significantly increases their parenting knowledge and facilitation skills (Day et al., 2012a).
- Over 90% of parents completing EPEC rate group leader competence, knowledge and motivational skills very highly (Day et al., 2012a; Day et al, 2017; Prichard et al., 2013).

Does EPEC continue to work?

Routine activity monitoring and outcome evaluation is conducted for all EPEC courses.

- EPEC uses a standard battery of outcome measures at the beginning and end of each course.
- This provides ongoing information about the parent populations using EPEC and assesses its continuing effectiveness, fidelity and quality.

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