What Engagement Strategies are More Effective to Engage Parents?
Preliminary Results from a Systematic Review

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Outline

- Introduction
- Preliminary results from Systematic Review
- Final discussion
Introduction: Parental Engagement

Parental Engagement = e(Cognitions + Behaviours)
Why is the Early Engagement of Parents Important?

The sooner, the more engaging\(^1,2,3\)

The least understood stage\(^4\)

Major attritions before intervention\(^4,5\)

Attending first session, more likely to stay\(^5,6\)

The earlier engagement, the most benefit from intervention\(^4,7,8\)

Program Outcomes\(^2,6,9,10\)

Outcome validity\(^2,6,9,10\)

Evaluation and dissemination\(^2,6,9,10\)

Economic efficiency\(^11,12,13\)

Generalizing research outcomes\(^13,14,15,16,17,18\)

\(^{1}\text{Ingoldsby, 2010;}^{2}\text{Lefever et al., 2013;}^{3}\text{Whittaker & Cowley, 2012;}^{4}\text{Chacko et al., 2016;}^{5}\text{Heinrichs, 2006;}^{6}\text{Garvey et al., 2006;}^{7}\text{Metzler et al., 2012;}^{8}\text{Sanders & Kirby, 2012;}^{9}\text{Spoth & Redmond, 1996;}^{10}\text{Spoth, Redmond, Haggerty, & Ward, 1995;}^{11}\text{Dumas et al., 2007;}^{12}\text{Gross et al., 2011;}^{13}\text{Morawska & Sanders, 2006;}^{14}\text{Baker et al., 2011;}^{15}\text{Bruzzese, Gallagher, McCann-Doyle, Reiss, & Wijetunga, 2009;}^{16}\text{Dumka, Garza, Roosa, & Stoerzinger, 1997;}^{17}\text{Guyll, Spoth, & Redmond, 2003;}^{18}\text{Heinrichs et al., 2005).}
Initial Parental Engagement
(Gonzalez, Morawska, and Haslam, 2018)

Recruitment

Enrolment

First Attendance
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Systematic Review: Current Evidence

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Registration tables
Flyers and brochures
Informative letters and packages
Testimonials
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Motivational interviews
Monetary incentives
Childcare
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Meals
Convenient Locations

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## Systematic Review: Current Evidence

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- **$**: Systematic Review

- **Systematic Review**: A methodical evaluation of all existing research on a specific topic, typically involving a comprehensive search for relevant studies, critical appraisal of their methodological quality, and quantification and synthesis of their findings.
### Systematic Review: Current Evidence

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Systematic Review: Research Question

What engagement strategies have been tested and to what extent are they effective in promoting parental engagement in the initial stages of parenting interventions?
Systematic Review: Method
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<th>Category</th>
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<tr>
<td>Studies</td>
<td>- Experimental studies&lt;br&gt;- Written in English or Spanish</td>
</tr>
<tr>
<td>Participants</td>
<td>Parents:&lt;br&gt;- Of typically developing children aged 2 to 8 years&lt;br&gt;- Mothers and both parents&lt;br&gt;- Parents assuming parental responsibilities over child</td>
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<td>Intervention</td>
<td>- Any engagement strategy implemented during recruitment, enrolment, and first attendance to parenting intervention providing both information and training</td>
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<tr>
<td>Outcomes</td>
<td>- Any indicator of parental engagement</td>
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Screening

Included

Eligibility

Identification

Records after duplicates removed
(n = 1,024)

Records identified through database searching
(n = 2,244)
- PsycInfo (n = 662)
- Scopus (n = 709)
- ProQuest Social Sciences Journals (n = 196)
- CINAHL (n = 144)
- PubMed (n = 533)

Records screened
(n = 1,024)

Full-text articles assessed for eligibility
(n = 32)

Articles included in synthesis
(n = 6)

Records excluded
(n = 992)

Full-text articles excluded, with reasons
(n = 26)
- Not experimental design with randomised sample (n = 5)
- Experimental design not testing engagement strategies (n = 13)
- Engagement strategies not tested at recruitment, enrolment, and first attendance (n = 6)
- Publication in another language (n = 1)
- Study protocol (n = 1)
Systematic Review: Results

- Eight independent studies from the six articles
- 1,952 parents as participants
- Published between 2006 to 2016
- Five engagement strategies tested in experimental studies
- Only three engagement strategies showed some effect on initial parental engagement.
Systematic Review: Results

First Attendance

Enrolment

Recruitment

Engagement Package

(Family testimonial flyer, teacher endorsement, group leader engagement call, and brochure)

Dumas et al. (2010); Heinrichs (2006); Salari et al. (2016); Winslow et al. (2016)
Systematic Review: Results

Dumas et al. (2010); Gross et al. (2011); Heinrichs (2006); Morawska et al. (2011); Salari et al. (2016); Winslow et al. (2016)
# Systematic Review: Discussion

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Systematic Review: Discussion

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Systematic Review: Discussion

• Findings support the **multistage feature of parental engagement**, which is consistent with previous studies (Eisner & Meidert, 2011; Piotrowska et al., 2016).

• Although there are calls for improving parental engagement (Chacko et al., 2016; Ingoldsby, 2010; Morawska & Sanders, 2006), current evidence remains inconclusive.

• **More rigorous experimental studies** testing engagement strategies are needed.
Bridging the gap between parents and parenting interventions: A model of initial parental engagement

Although parenting interventions have been consistently shown to be effective, parental participation in evidence-based interventions is low. The aim of this research is to identify effective strategies for enhancing the engagement of parents during the initial stages of parenting interventions.

This research involves a systematic review to ascertain current knowledge on engagement in parenting interventions; the use of data collected from a large-scale international parenting survey to identify factors influencing parental engagement; and a series of experimental studies to identify the most effective engagement strategies.

Outcomes from this research will inform researchers and practitioners how to engage parents more effectively, thus enhancing program effectiveness and efficiency.

Project members

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