

# A Standardized Evaluation of PCIT Adapted for Older Children

Erinn J. Victory, Katherine Gibson, Hannah Hoch, Robin Han, Tara Motzenbecker, Caroline Harvey, Corey Lieneman, Rachel Funnell & Cheryl B. McNeil

## INTRODUCTION

- PCIT has been adapted for children over the age of 7 years and resulted in improved disruptive behavior and parenting skills<sup>1-3</sup>
- Adaptations have been unstandardized, with some removing time-outs<sup>2</sup>, introducing incentive charts or restrictions of privileges<sup>3</sup>, or adjusting parent mastery criteria<sup>1,3</sup>
- To standardize PCIT adaptations for older children, a research development manual was published<sup>4</sup>, but no studies have reported its treatment outcomes

## Study Aim

- Evaluate effectiveness of the standardized adaptation of PCIT for Older Children (PCIT-OC)

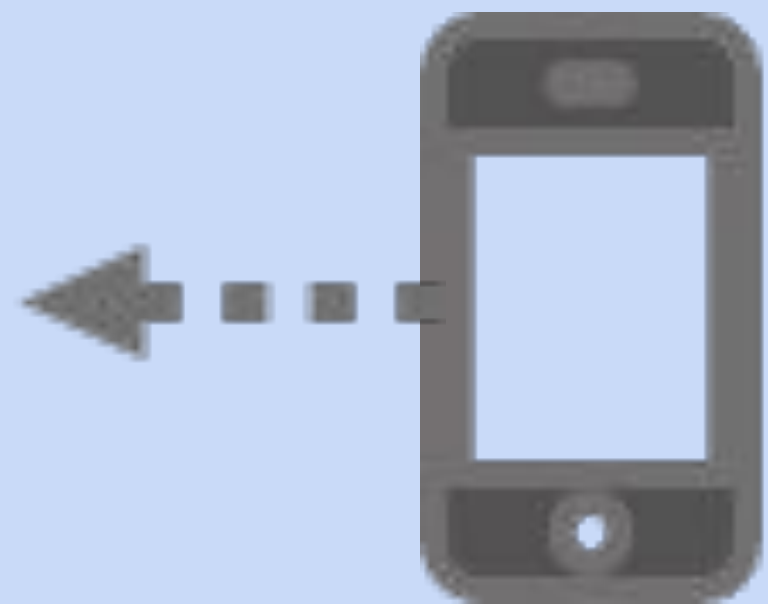
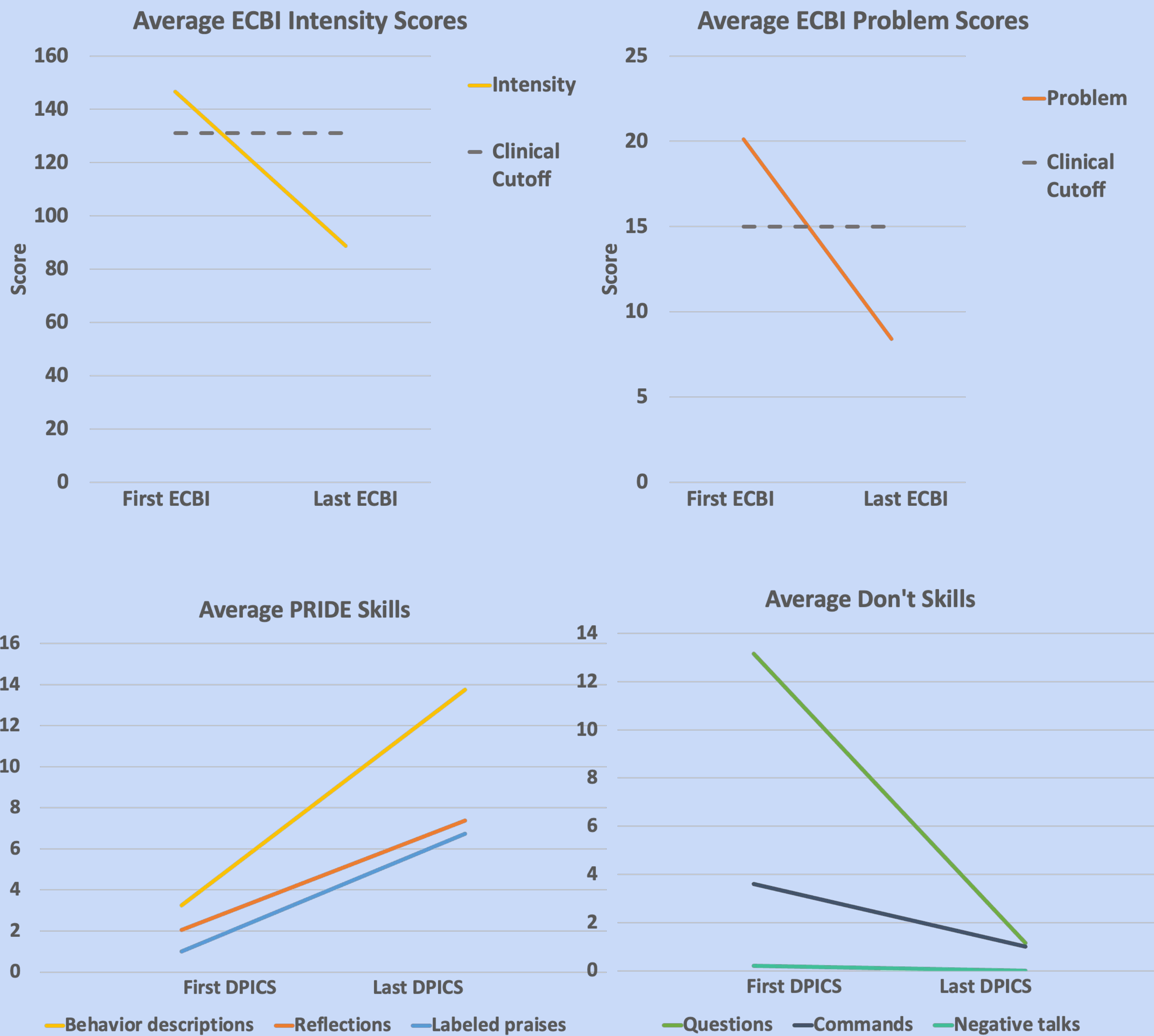
## METHOD

- Four PCIT clinicians provided treatment outcomes for 22 PCIT-OC cases
- Average length = 20.29 sessions
- 41% Graduated, 41% Dropped out, 18% Ongoing
- Abbreviated Demographics:

Characteristic	% of Participants
Child Gender	64% Female 36% Male
Child Race	86% White 5% Black 5% Asian
Child Ethnicity	96% Non-Hispanic
Child Referral Diagnoses	41% ODD 36% ADHD
Caregiver Gender	51% Male 47% Female

- Analyzed ECBI and DPICS data from pre-treatment to final assessment

# PCIT for Older Children significantly improved child behavior and parenting skills



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ejv00003@mix.wvu.edu

## RESULTS

- Paired-samples *t*-tests
- Significant decrease in ECBI Intensity scores from pre-treatment to final assessment,  $t(17) = 9.19$ ,  $p < .001$ ,  $d = 2.17$
- Significant decrease in ECBI Problem scores from pre-treatment to final assessment,  $t(17) = 8.64$ ,  $p < .001$ ,  $d = 2.04$
- Significant increase in caregivers' use of PRIDE skills from pre-treatment to final observation,  $t(19) = -8.42$ ,  $p < .001$ ,  $d = -1.88$
- Significant decrease in caregivers' use of negative parenting skills from pre-treatment to final observation,  $t(19) = 5.93$ ,  $p < .001$ ,  $d = 1.33$
- Reasons for treatment drop out:
  - Resolution of the presenting concern (33%)
  - Transition to alternative treatments (33%)
  - Scheduling difficulties (11%)
  - Parent stress (11%)
  - Dissatisfaction with treatment (11%)

## DISCUSSION

- This investigation is the first to report family treatment outcomes using the standardized PCIT-OC protocol
- There were significant reductions in child disruptive behaviors and improvements in observed parenting skills, despite more than half of the reported cases not completing treatment
- Reasons for treatment termination varied, with approximately one-third of cases terminating due to the resolution of presenting concerns
- Future studies should
  - 1) Examine caregiver acceptance of PCIT-OC for families with children in this age range
  - 2) Investigate PCIT-OC using a control group and a more representative sample