

# LEAP Summative Evaluation:

## The impact of LEAP services for parents



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### Introduction

In 2019, LEAP developed and implemented a Shared Measurement System (SMS) focused on infant and parent outcomes across a wide variety of services being provided by the programme. Various psychometric outcome measures were introduced across the services aimed at measuring specific impact domains for the programme.

Outcome Domain 1 relates to improved outcomes for children and is presented in our collective impact evaluation posters. The domains identified in relation to parental outcomes were:

- + **Outcome Domain 2:** Improving parental mental health and wellbeing
- + **Outcome Domain 3:** Strengthening parental knowledge and application of positive, sensitive and responsive parenting

Over the years, the LEAP team have undertaken analyses of the change in these individual measures within and across services as part of their impact evaluations and continuous monitoring activities. Dartington Service Design Lab (DSDL) were engaged to conduct a domain-level analysis combining the various measurement instruments employed across each outcome domain to study the impact LEAP services have had on parental outcomes.

### Methods

#### Data collection instruments

Three standardised instruments from Domain 2 and two standardised instruments from Domain 3 were suitable for inclusion in this analysis:

Outcome Domain	Outcome measure	LEAP Services	Measure details
2	Clinical Outcome Routine Evaluation (CORE-10)	Domestic Abuse – Enhanced Casework (Gaia)	Measure of psychological distress comprised of Likert-scale responses to 10 items.
2	Short Warwick Edinburgh Mental Well-being scale (SWEMWBS)	Baby Steps	Measure of mental wellbeing comprised of Likert-scale responses to a subset of items found in the full WEMWBS.
2	Whooley questions for depression screening	Baby Steps	2 item binary response screening tool.
3	Mothers Objects Relations Scale (MORS)	<ul style="list-style-type: none"><li>• Baby Steps</li><li>• PAIRS: One to One</li><li>• PAIRS: Together Time</li><li>• PAIRS: Circle of Security</li></ul>	Likert-scale responses to 14 items. Comprised of two measures: <ul style="list-style-type: none"><li>• warmth (7 items) and</li><li>• invasion (7 items)</li></ul>
3	Prenatal Attachment Inventory (PAI)	Baby Steps	Measure of prenatal attachment comprised of Likert-scale responses to 21 items.

## Analysis procedure

To enable the different measurement instruments to be combined, scores from before and after engagement with LEAP services (pre and post scores) within each outcome instrument were converted to standardised values between 0 and 1 using a min-max scaling approach.

For each outcome domain, the means and standard errors were calculated for the pre and post measurements. Boxplots were produced to describe the distributions of the pre, post and difference between the pre and post scores. Matched pairs T-tests were performed on the pre and post scores for each domain to test for statistically significant differences between the mean outcome measurements from before engagement with LEAP services to after engagement.

## Findings / Results

- + **Domain 2:** Parents and caregivers engaged with LEAP services which supported their mental health and wellbeing reported a positive improvement in these domain outcomes. (See Figure 1 below)
- + **Domain 3:** Where LEAP services sought to improve parental knowledge and application of positive, sensitive and responsive parenting, a positive change was experienced by service users. (See Figure 2 below)

Additionally, across both outcome domains:

- + Parents from Black and White ethnic backgrounds benefited most from engagement with LEAP services

- + Parents aged 25 to 39 experienced the greatest improvements in outcomes.
- + Parents living in areas of greatest deprivation experienced the greatest benefit from participating in the LEAP programme.
- + The largest and most consistent improvements in outcomes were observed for parents who were of Black or White ethnicities, who spoke English as a first language, who were part of two parent families, or who were from the most deprived areas.

Figure 1: Combined mean outcome score for mental health and wellbeing pre and post with standard error (N=367)

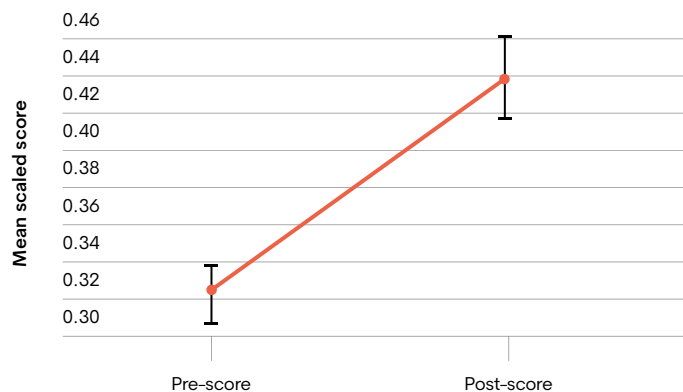
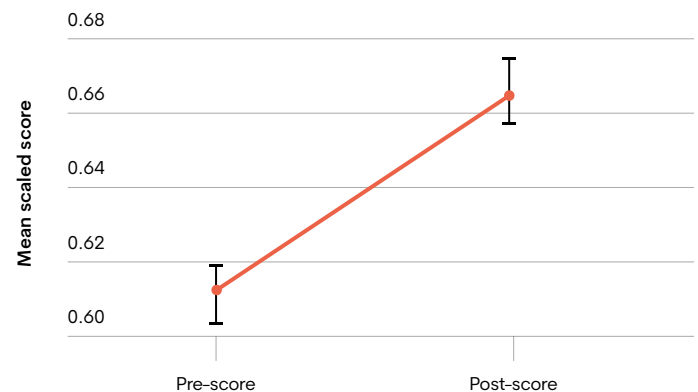


Figure 2: Combined mean outcome score for knowledge and application of positive, sensitive and responsive parenting pre and post with standard error (N=247)



## Conclusion

Overall, engagement with LEAP services resulted in positive changes to mental health and wellbeing and knowledge and application of positive, sensitive and responsive parenting. This change was larger for mental health and wellbeing than knowledge and application of positive, sensitive and responsive parenting, but positive changes were observed on average in both domains.

Additionally, it is worth highlighting that while benefits of the LEAP programme were felt by people from most

backgrounds, some of LEAP's greatest impact was for parents and caregivers with certain characteristics of its target groups, including for people of Black ethnicity and people living in areas of greatest deprivation.

In addition to directly benefitting parents, LEAP's programme-level Theory of Change identified the outcome domains analysed here as key pathways to improving outcomes for LEAP children. The positive results found in this analysis may offer one supporting explanation for improved developmental outcomes found in LEAP's other evaluation work.