

**SEABHS:  
Preliminary Results  
of Happiest Baby on the Block  
Retrospective Post-Test Surveys:  
FY: 2009 – 2010**

*Prepared by*

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## EXECUTIVE SUMMARY

Goal(s)	Objective(s)	Outcome(s)	Instrument used	Method of Measurement	Number Evaluated
Increased family bonding	<b>Objective 1.2:</b> Participants who complete the Happiest Baby on the Block workshop will report a 10% increase in their knowledge and confidence re: child-rearing before and after the workshop, as measured by the Happiest Baby on the Block survey ( <b>retro/post</b> ).	20.9% increase in mean score from “before” to “after” (N= 97 matched cases)  Before Mean Score: 2.8797 After Mean Score: 3.4828  <i>Statistically significant p &lt; .001.</i>	Happiest Baby on the Block survey	Retro/Post	97

## SURVEY ADMINISTRATION

- The 2009-2010 Happiest Baby on the Block (HBOTB) survey is used to assess parenting self-efficacy.
- The survey was modified to be answered retrospectively. The survey is administered at the end of the program and asks participants to reflect how they felt about the survey items 'Before' participating in the HBOTB Program and how they feel 'After' their participation in the program.
- Survey dates indicate surveys were administered after each program cohort between July and October 2009.
- Program delivery location descriptions indicate two locations: Cochise and PRN10.

## DESCRIPTION OF SURVEY MEASURES AND ANALYSES PERFORMED

The **Happiest Baby on the Block Survey (HBOTB)** is comprised of 6-items that assess parenting self-efficacy. It is scored on a 4-point Likert scale with 1 = Strongly Disagree and 4 = Strongly Agree (item 4 reversed coded). Higher mean scores indicate stronger levels of parenting self-efficacy. Sample survey items include: "When problems arise with my child, I feel confident that I can effectively manage them" and "I believe that I have the skills necessary to be a good parent to my child."

Data analyses were performed using SPSS 18.0. Basic descriptives, frequencies, paired sample t-tests, and independent sample t-test were conducted to describe participants and self-reported survey measures.

## SURVEY RESPONDENT DESCRIPTION

- 97 Respondents
- Respondent's mean age is 30.2 years old
- Respondents' gender: 35.1% Male and 64.9% Female
- Respondents' ethnicity: of 95 respondents who identified their ethnicity, 82.5% self-identified as Non-Hispanic and 15.8% as Hispanic or Latino
- Percent of respondents who indicated they are parents: 48.5%
  - Number of children: 61.7% indicated 1 and 27.7% indicated 2 or more

## RETROSPECTIVE SURVEY DATA SUMMARY

### Happiest Baby on the Block Survey (HBOTB):

- All 97 participants completed the "Before" and "After" section of the HBOTB retrospective survey.
- Respondents report stronger levels of parenting self-efficacy "After" than "Before." Refer to **Table 2.0** for mean scores. The perceived parenting self-efficacy increases by 20.9%.
- Paired sample t-test suggests that the increase in the mean score was statistically significant ( $p < .001$ ).
- **Tables 2.1** and **2.2** provide survey item frequencies for all respondents' "Before" and "After" responses.
- It is interesting to note that non-parent respondents reported greater increase in their parenting self-efficacy than their parent counterparts. ( $M_{\text{difference}} = .34$ ) as shown in **Table 3.0**. The independent sample t-test suggests a statistical significance ( $p = .002$ ).
- Independent sample t-test was also performed to see if increases in parenting self-efficacy differ by gender. However, no significant difference was found indicating that males and females perceive similar increase in their parenting self-efficacy.

## SURVEY DATA TABLES

**Table 1.0 Happiest Baby on the Block Mean Scores**

	N	Minimum	Maximum	Mean	Std. Deviation	% Change
<b>Before</b>	97	1.17	4.00	2.8797	.64133	20.9%
<b>After</b>	97	2.50	4.00	3.4828	.38225	

**Table 2.1 Happiest Baby on the Block "Before" Frequencies**

	1 Strongly Disagree		2		3		4 Strongly Agree	
	Count	%	Count	%	Count	%	Count	%
When problems arise with my child, I feel confident that I can effectively manage them.	5	5.2	33	34.0	42	43.3	17	17.5
I am able to get information to help me better raise my child.	4	4.1	16	16.5	38	39.2	39	40.2
I believe that I have the skills necessary to be a good parent to my child.	2	2.1	15	15.5	43	44.3	37	38.1
Being a good parent makes me tense and anxious.	25	25.8	27	27.8	27	27.8	18	18.6
I feel able to calm my child.	5	5.2	32	33.0	39	40.2	21	21.6
I have the skills to manage my child when he/she cries.	3	3.1	35	36.1	36	37.1	23	23.7

**Table 2.2 Happy Baby on the Block "After" Frequencies**

	1 Strongly Disagree		2		3		4 Strongly Agree	
	Count	%	Count	%	Count	%	Count	%
When problems arise with my child, I feel confident that I can effectively manage them.					43	44.3	54	55.7
I am able to get information to help me better raise my child.					23	23.7	74	76.3
I believe that I have the skills necessary to be a good parent to my child.					30	30.9	67	69.1
Being a good parent makes me tense and anxious.	31	32.0	16	16.5	29	29.9	21	21.6
I feel able to calm my child.			1	1.0	36	37.1	60	61.9
I have the skills to manage my child when he/she cries.			1	1.0	28	28.9	68	70.1

**Table 3.0 Increases in Parenting Self Efficacy—Parents vs. Non-Parents**

	Are you a parent?	Mean	Std. Deviation
<b>Increase in Parenting Self-Efficacy</b>	Yes	.4291	.46071
	No	.7667	.58709