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Assessing family change: Comparison of the results of the Spanish adaptation of the Strengthening Families Program (SFP) in a drug treatment plan and in a social care program.

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PROGRAM

- The Family Competence Program (FCP) is the Spanish adaptation of the Strengthening Families Program (SFP) (Kumpfer & DeMarsh, 1985), a multicomponent program for preventing risk factors and strengthening family factors to prevent drug use and other behavioral problems.
- Specific goals for the family, parents and children: 1) Improve family relationships; 2) Increase parenting skills; 3) Improve the children's behavior; and 4) Increase the children's social skills.

RESEARCH OBJECTIVE

- To compare the results of the Spanish adaptation of SFP within two different contexts:
 1. Applications in a drug treatment plan (*Proyecto Hombre*)
 2. Applications in a social care program (implemented in municipalities of the Balearics, Spain).

SAMPLE

- Between 2008 and 2009, 17 applications were conducted: 7 in the context of a drug treatment plan and 10 in the context of a social care program.
- 161 families and 394 people were involved. Percentage of drop-outs was 25,63%. The drop-out was considerably lower in the drug treatment context.

METHOD

- Quasi-experimental 2 repeated measure design with 2 nonequivalent control groups.
- To evaluate the program's specific content, scales previously validated in Spain were used.
- Tests completed by parents: program evaluation battery, Behavior Assessment System for Children (BASC) (Reynolds & Kamphaus, 2004), Family Satisfaction Scale by Adjectives (Barraca & López-Yarto, 2003).
- Tests completed by children: evaluation battery and BASC.
- Tests completed by teachers: BASC.

COMPARISON RESULTS

- Regarding parents, more statistically significant changes took place among the parents from drug treatment programs than among the parents of social care programs. The presence of both parents in the drug treatment SFP groups as well as their more consistent and integrated learning, are factors that explain these differences.
- Regarding children, the positive changes are more significant in the children from social care programs than in the children of drug treatment plans. The latter do not receive the same attention by the intervention processes. Also, they were in better initial situations than children of Social Services families, which is why their changes were less noticeable.
- The program resulted in statistically significant within subjects pre- to post-test ANOVA positive changes in both groups in family relationships, parenting skills, children's behavior and children's social skills.
- In relation to family communication, the change was most relevant in drug treatment families, with far less change in families of social care programs.
- In relation to family cohesion, the presence of husbands in the applications conducted at the drug treatment plan improved this change more substantially than in the social care programs.

DISCUSSION AND CONCLUSION

- The application in both contexts has shown very significant results. These results are consistent with those offered by the SFP in benchmark applications. Nevertheless, there are issues that should be taken into account to improve effectiveness: differences between the subgroups that form the families and distinction of results according to types of families. .
- The parental training module significantly increased their parenting skills and self-efficacy, the training module for children increased their social skills as well as other personal factors and the family training module enhanced positive relationships at home and parental involvement with their children.
- The Spanish adaptation of the (FCP) program has shown that it is robust enough to work with socially and culturally diverse populations. The results of the adaptation show that the program can be equally effective in Spain as in its international applications.

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