

## Summary of key information

- You are being asked to provide brief information about the E-SEE study if parents enquire.
- Parents need to complete an application form that health visitors or children's centre staff can assist with.
- The study has been set up to test the effectiveness of the Incredible Years programmes when delivered in a universal proportionate model.
- Parents accessing FNP or other parenting group programmes will **not be eligible to join** E-SEE.
- Parents taking part will end up in one of two groups. One group will receive an Incredible Years parenting book and possibly a place on an Incredible Years parenting course. The other group will carry on as normal receiving existing services.
- Parents and practitioners cannot choose which group parents are allocated to.
- All participating parents will be visited by a researcher four times over 18 months to complete questionnaires and to make a short 3-minute video recording of them and their baby together.
- As a thank-you for parents' time they will be offered high-street vouchers to spend and a DVD of the video recordings.
- We would like parents' permission to access their own and their baby's medical records and later education records, but they can say no to this and still take part.
- Parents can withdraw from the study at any time without giving a reason.
- If you or parents have any questions or need further information you can call us on the contact details provided.

## Contact information

### Interested parents can contact:

Nicole Gridley (Trial Co-ordinator)  
T: 01904 328152 E: [nicole.gridley@york.ac.uk](mailto:nicole.gridley@york.ac.uk)

Nicole will explain and support the application process.

Parents can also be directed to their named **health visitor** or **local children's centre**, who can also explain and support an application.

### Interested practitioners can contact:

Please contact any of the people listed below if you would like to find out more:

Nicole Gridley (Trial Co-ordinator)  
T: 01904 328152 E: [nicole.gridley@york.ac.uk](mailto:nicole.gridley@york.ac.uk)

Sarah Blower (Trial Manager)  
T: 01904 328107 E: [sarah.blower@york.ac.uk](mailto:sarah.blower@york.ac.uk)

Tracey Bywater (Chief Investigator)  
T: 01904 328105 E: [tracey.bywater@york.ac.uk](mailto:tracey.bywater@york.ac.uk)

**E-SEE project website**  
<http://e-see-trial.org/>

Institute for Effective Education  
Berrick Saul Building  
University of York  
Heslington  
York YO10 5DD  
[www.york.ac.uk/iee](http://www.york.ac.uk/iee)



**Enhancing Social-Emotional Health  
and Wellbeing in the Early Years**  
(The **E-SEE** Project)

**Health, Medical  
Practitioner and  
Parent Peer  
Supporter Briefing**



**National Institute for  
Health Research**

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## The E-SEE study

The **E**nhancing **S**ocial and **E**motional health and wellbeing in the **E**arly years E-SEE study aims to test the effectiveness of Incredible Years (IY) parenting support programmes (infant and toddler versions) when delivered at different levels according to need.

There are three different components to the Incredible Years (IY) parenting programmes that will be offered to treatment group families depending on their level of need:

1. Incredible Babies book - the universal element of the programme which will be offered to all treatment group families.
2. Incredible Babies group programme - a targeted element.
3. Incredible Toddlers group programme - a second targeted element.

The targeted elements of the programme will be offered to parents who score 'at risk' on a depression screening tool to be administered by data collectors as part of the study.

The study will look at whether there are benefits for mothers and fathers and their babies and especially whether the new programme influences the social and emotional aspects of child development.

**The study will provide evidence about outcomes and cost benefits from IY parenting support provided in the first year.**

**This information will be useful for service developers and those commissioning future services.**

## What do I need to know?

As a **health, medical practitioner** or peer supporter in contact with pregnant women and new parents, you are in a good position to share initial information about the E-SEE study.

Your offer of information to mothers and fathers has the potential to shape their early impressions of the study and whether joining is worthwhile. Therefore your role is really important to the success of the study.

## Information sharing with parents

### Who can get involved?

Mothers, fathers and others who share the parenting role of the infant can join the study, however it will be through the infant's mother that researchers will recruit other carers.

### The age of the baby

To be at the best age for the study parents should have a **baby due or born between xxxx - xxxx xxxx. Please only offer study information and parent applications between xxxx - xxxx xxxx.**

### Those not eligible

- Parents where the baby is already 6 weeks old,
- as the initial screening needs to be completed as early as possible during infancy.
- Those already receiving the Family Nurse Partnership (FNP) service or a group parenting programme
- Those parents with serious mental health difficulties, or with a baby diagnosed with an organic or developmental difficulty, where study participation may introduce additional anxieties.

## What will parents be invited to do?

To participate in the study the parent or co-parent will need to meet with a researcher who will explain all the study details and take informed consent before proceeding.

Parents will be randomly allocated to either the control or the treatment group.

In the control group they will receive services as usual and in the treatment group they will be offered the Incredible Years programme. For the treatment group this includes a baby book for everyone and then an invitation to parenting groups depending on the needs of the parents.

All parents, regardless of which group they are allocated to, will be part of the study for around 18 months. They will be visited by the researcher three times following the initial recruitment visit, so at 4, 11 and 20 months old. Parents will be asked to complete some questionnaires and on a couple of occasions be videoed for about 3 minutes with their baby.

With permission from parents and GPs, the research team would also like to access parent and child medical/health records.

All of the families taking part will be offered vouchers to spend in high-street shops as a thank you for their time.

