

The ABC-PALS project: Applying Behaviour Change theory to Parent-led Language interventions

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Equal preference for poster/oral presentation

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- PhD project September 2018-September 2021
- Currently in data collection stage of Phase II
- Collaborative project with Northumbria Healthcare
- Involves patients and their parents
- Registered on CPMS portfolio (CPMS ID: 42120; IRAS ID: 236742; ISRCTN Registration applied for)

Abstract:

Successful speech and language therapy with preschool children who have a language delay relies on complex combinations of techniques used by a therapist to change a parents' behaviour, to enhance the language environment of their child. However these techniques are generally unspecified both in practice and in academic studies, and even within clinical practice. To understand more about how SLTs can best work with parents, it is vital to be able to specify the techniques they employ. Recent work into creating a comprehensive list of SLT techniques using the Behaviour Change Technique Taxonomy (BCTT) has been completed for interventions with adults and school-age children, but not yet parent training. Being able to define SLT techniques in this area will be a major step towards this, as well as contributing to creating a comprehensive inventory of techniques used by therapists in all the varied areas of SLT. Therefore, the first aim of this research is to identify the techniques from the BCTT which SLTs use in parent-child interaction interventions.

Teaching of Student SLTs using behaviour change principles and the BCTT, alongside a reflective video tool called Video Enhanced Observation (VEO) has recently been investigated, with successful outcomes. Applying this method to training parents may mean they gain a more in-depth understanding of specialist techniques, and their role in their child's language development. VEO may also allow for an economical and time-efficient alternative to traditional parent-child interaction interventions, as therapy could be administered primarily remotely. It could also offer a transparent measure of treatment fidelity, which is a vital and neglected part of treatment and clinical trials in speech and language therapy research. Therefore this study secondly aims to evaluate the effectiveness and acceptability of the BCTT combined with VEO as a tool for training parents.