

AWARD NUMBER: W81XWH-16-1-0407

TITLE: SMART Optimization of a Parenting Program
for Active-Duty Families

PRINCIPAL INVESTIGATOR: Abigail Gewirtz, Ph.D.

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PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

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14. ABSTRACT The objective of this study is to provide ways to meet the needs of military families experiencing deployments by testing a program to strengthen parenting and family resilience (i.e. children's wellbeing, parents' adjustment, and marital relationships). After Deployment, Adaptive Parenting Tools (ADAPT) is a family resilience program which helps parents to be their children's best teachers by providing them with effective positive parenting tools. Prior rigorous research on ADAPT has shown that it benefits service members, their partners, and their children. The program appears to improve parents' sense of control, or feelings of confidence in their parenting, and these improvements lead to better observed parenting, children's better adjustment, and less distress among and between parents. Families' needs differ – some parents need or want less intensive or online programs, whereas others may need more intensive or in-person programs; some parents may do better in a group program whereas others may need individual support. This study examines multiple formats, 'doses,' and sequences of the ADAPT program in a sequential, multiple assignment, randomized trial (SMART) study design. This is a 2-stage study, whereby families are first randomized to one of two 'small dose' ADAPT interventions (i.e. workshop or online programs), and if they need further support (i.e. are not helped by the program, as indicated by their responses on a measure of parenting sense of control) they are subsequently randomized again, either to have access to a booster group program or a booster individual family ADAPT format. The various formats and sequences are evaluated against each other to determine what works best for whom. This is an innovative study that will advance the field of personalization or tailoring; it is the first military family personalization SMART that we know of. Based on earlier research, we expect the program to benefit families (improving adult, child, and couple adjustment, as well as parenting) but we also expect it to benefit military family providers, giving options for alternative sequences, doses, and components. Another contribution of this study is that it is one of the few studies that will examine how high operational tempo conditions affect family resilience, and how a parenting program might buffer those conditions, strengthening resilience.								
15. SUBJECT TERMS Parenting, children, family resilience, military, SMART design, prevention								
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Unclassified	Unclassified	Unclassified						

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1. **INTRODUCTION:** Narrative that briefly (one paragraph) describes the subject, purpose and scope of the research.

The objective of this study is to provide ways to meet the needs of military families experiencing deployments by testing a program to strengthen parenting and family resilience (i.e. children's wellbeing, parents' adjustment, and marital relationships). After Deployment, Adaptive Parenting Tools (ADAPT) is a family resilience program which helps parents to be their children's best teachers by providing them with effective positive parenting tools. Prior rigorous research on ADAPT has shown that it benefits service members, their partners, and their children. The program appears to improve parents' sense of control, or feelings of confidence in their parenting, and these improvements lead to better observed parenting, children's better adjustment, and less distress among and between parents. Families' needs differ – some parents need or want less intensive or online programs, whereas others may need more intensive or in-person programs; some parents may do better in a group program whereas others may need individual support. This study examines multiple formats, 'doses,' and sequences of the ADAPT program in a sequential, multiple assignment, randomized trial (SMART) study design. This is a 2-stage study, whereby families are first randomized to one of two 'small dose' ADAPT interventions (i.e. workshop or online programs), and if they need further support (i.e. are not helped by the program, as indicated by their responses on a measure of parenting sense of control) they are subsequently randomized again, either to have access to a booster group program or a booster individual family ADAPT format. The various formats and sequences are evaluated against each other to determine what works best for whom. This is an innovative study that will advance the field of personalization or tailoring; it is the first military family personalization SMART that we know of. Based on earlier research, we expect the program to benefit families (improving adult, child, and couple adjustment, as well as parenting) but we also expect it to benefit military family providers, giving options for alternative sequences, doses, and components. Another contribution of this study is that it is one of the few studies that will examine how high operational tempo conditions affect family resilience, and how a parenting program might buffer those conditions, strengthening resilience.

2. **KEYWORDS:** Provide a brief list of keywords (limit to 20 words).

Parenting, children, family resilience, military, SMART design, prevention

3. **ACCOMPLISHMENTS:** The PI is reminded that the recipient organization is required to obtain prior written approval from the awarding agency Grants Officer whenever there are significant changes in the project or its direction.

What were the major goals of the project?

NOTE: A revised SOW was submitted and approved. Major changes: addition of Forts Belvoir/Myer as a third study site, inclusion of all active duty branches for Forts Belvoir/Myer, new N of 525 since no SOF recruitment at Forts Belvoir/Myer.

Specific aims are as follows:

1. Compress existing ADAPT group and individual programs for active-duty SO and RA deployed military families.
2. Conduct a SMART with 525 active-duty families to examine the impact of ADAPT on *multiple outcomes* (i.e., (i) coercive family interactions, positive parenting, couple adjustment and co-parenting, (ii) adult PTSD symptoms, depression symptoms, substance use, and (iii) child behavior and emotional problems, and positive adjustment. Specific *optimization* questions are as follows:
Research Question 2a: Is starting with condensed group modality more effective in improving multiple outcomes than starting with online self-directed?
Research Question 2b: Among non-responders to ADAPT condensed group or ADAPT online is subsequent individual or group based programming more effective for improving multiple outcomes?
Research Question 2c: Which of the four embedded sequences of adaptive interventions has the greatest impact (i.e., effect size/ES) on multiple outcomes?
3. Address the following *exploratory optimization* research questions to examine the ability of putative secondary tailoring variables (OPTEMPO, gender) to predict differential response to the 4 embedded AIS sequences
 - a) Will high OPTEMPO (SO) families benefit most from AIS beginning with condensed groups when compared with AIS beginning with a flexible online self-directed format?
 - b) Will fathers benefit most from AIS that include group-based, second-stage interventions when compared to AIS with individually-based, second-stage interventions?
4. Describe and document key process variables: parents' participation and satisfaction with the programs, and fidelity of implementation by providers delivering the in-person programs.

Major Task 1: Pre-award tasks

Subtask 1: Prepare regulatory documents and research protocol

Subtask 2: Coordinator study staff for SMART

Major Task 2: Adapt existing ADAPT curricula for active-duty contexts

Note: Curriculum adjustments will be initially made based on installation staff feedback during two weeks of facilitator training, as well as feedback obtained from non-study participants (military parents) during mock-workshops and groups led by newly trained facilitators. A focus group will be convened after the first workshop is delivered. Findings will be shared as noted below and further modifications of the curriculum will be made, if deemed appropriate.

Subtask 1: Compress ADAPT group and individual curriculum for retreat-style and 5-session formats
Subtask 2: Collect informal feedback from participants attending mock-workshops and groups at FC and FB
Subtask 3: Convene 1 focus group of RA and SO military families at FB after completion of first workshop
Subtask 4: Share focus group findings and discuss further curriculum modifications with Expert Panel for feedback

Major Task 3: Conduct 2-stage SMART to assess effectiveness and satisfaction of ADAPT in 315 RA and 210 SO active duty military families

Subtask 1: Recruit 315 RA and 210 SO active duty military families
Subtask 2: Randomly assign families to intervention condition
Subtask 3: Detail responsiveness to ADAPT
Subtask 4: Based on responsiveness, re-randomize non-responders to second intervention condition (booster group or booster individual ADAPT)
Subtask 5: Assess effectiveness of ADAPT interventions

Major Task 4: Data analysis

Subtask 1: Coordinate with sites and data team for monitoring data collection rates and data quality

What was accomplished under these goals?

Major Task 1 – Due to staff turnover we have or will replace the following positions: Fort Campbell site coordinator – currently interviewing, Fort Bragg site assistant – starts Nov 4, Forts Belvoir/Myer site coordinator and assistant both hired and onboard. Forts Belvoir/Myer also have a full assessment team to complete data collection.

Major Task 2 – Focus groups on Fort Bragg for both regular army and special operations were conducted the week of September 23, 2019. Parents who did not have a chance to attend were given the option to complete a one-on-one phone interview to give feedback. To date, 13 interviews have been completed by phone. We will convene the expert panel mid-November to share findings and discuss any further modifications to the program.

Major Task 3 – Both Forts Bragg and Campbell continue their recruitment at a more slow and steady pace. Sporadic media attention contributes to the occasional jump in recruitment. Fort Bragg experiences more inclusion by the installation than Fort Campbell. Fort Bragg site staff are regularly invited to key meetings, family focused events and networking opportunities. Both installations continue to find new ways to reach and engage with SOF families. FRG/FRSAs seem to be a key factor in reaching this population. Site staff at Forts Belvoir/Myer received a very warm reception when they kicked off the project in September which has led to steady recruitment numbers each week. They have recruited from the Army, Air Force and Marines. Fort Bragg began intervention delivery to Cohort 2 of regular army in September. Fort Campbell is projected to deliver to Cohort 2 in early 2020. Forts Belvoir/Myer will host facilitator training in January 2020 and is projected to begin intervention delivery for their first cohort later that month.

Major Task 4 - Data collection is occurring on each installation as in-home assessments are being accomplished, followed by data cleaning and quality control.

What opportunities for training and professional development has the project provided?

-Site coordinators receive weekly mentoring from the project manager at the University of Minnesota.
-As supervisors, site coordinators also have access to all of the University of Minnesota's online supervisory development courses and are encouraged to participate.
-Site staff also have ongoing access to and receive guidance from our clinical director (for intervention delivery) and assistant project manager (for assessments/data collection).
-Fort Bragg site coordinator is again being sent to a professional development and networking conference, Forward March. This site coordinator also took an online course on Mindfulness at Work.

How were the results disseminated to communities of interest?

Nothing to report

What do you plan to do during the next reporting period to accomplish the goals?

Primary objectives for the next reporting period are, (1) ensure successful onboarding of new staff and limit disruptions to study tasks, (2) ensure successful facilitator training at Forts Belvoir/Myer and delivery of the program to Cohort 1, (3) continue with recruitment at Forts Bragg and Campbell with additional focus given to SOF recruitment and delivery of their next cohorts, and (4) hosting the virtual expert panel to review focus group findings.

4. **IMPACT:** Describe distinctive contributions, major accomplishments, innovations, successes, or any change in practice or behavior that has come about as a result of the project relative to:

What was the impact on the development of the principal discipline(s) of the project?

Nothing to report

What was the impact on other disciplines?

Nothing to report

What was the impact on technology transfer?

Nothing to report

What was the impact on society beyond science and technology?

Nothing to report

- 5. CHANGES/PROBLEMS:** The Project Director/Principal Investigator (PD/PI) is reminded that the recipient organization is required to obtain prior written approval from the awarding agency Grants Officer whenever there are significant changes in the project or its direction. If not previously reported in writing, provide the following additional information or state, “Nothing to Report,” if applicable:

Changes in approach and reasons for change

Nothing to report

Changes that had a significant impact on expenditures

Nothing to report

Significant changes in use or care of human subjects

Nothing to report

6. **PRODUCTS:** List any products resulting from the project during the reporting period. If there is nothing to report under a particular item, state “Nothing to Report.”

- **Publications, conference papers, and presentations**

Report only the major publication(s) resulting from the work under this award.

Journal publications.

Nothing to report

Books or other non-periodical, one-time publications.

Book Chapter regarding SMART Trial:
DeGarmo, D.S., & Gewirtz, A. H. (2018). Fixed allocation and dynamic adaptive intervention designs for family psychology. In, *APA Handbook of Contemporary Family Psychology*
<https://www.apa.org/pubs/books/4311537.aspx?tab=2>

Other publications, conference papers, and presentations.

Nothing to report

- **Website(s) or other Internet site(s)**

www.adapt.umn.edu hosts our series of ADAPT studies, including articles with outcomes from our first ADAPT study.
<https://adapt4u.talentlms.com/> hosts our online curriculum.

- **Technologies or techniques**

Nothing to report

- **Inventions, patent applications, and/or licenses**

Nothing to report

- **Other Products**

Compressed ADAPT curriculum (workshop, group and individual formats) have been created for this study.

7. PARTICIPANTS & OTHER COLLABORATING ORGANIZATIONS

What individuals have worked on the project?

NOTE: Funding Support for all personnel listed is this award

Other staff have been involved in the study as assessment technicians and facilitators delivering the intervention, but none of those staff have individually contributed 1.0 month or more.

Name: Gewirtz, Abigail
Role: PI
Person months: 1.0 month
Contribution: Responsible for preparing, conducting, and administering the project in compliance with applicable regulations and institutional policies. Responsible for staff management, curriculum writing, facilitator training and coaching, fidelity and implementation of intervention.

Name: Majerle, Amy
Role: Staff: Project Manager
Person months: 2.6 months
Contribution: Study oversight and compliance tasks, assist with study implementation

Name: Tiede, Shauna
Role: Staff: Assistant Project Manager/Assessment Coordinator
Person months: 6.0 months
Contribution: Assessment oversight: develop and ensure adherence of assessment protocols, train assessment technicians, assist in the development of data flow management

Name: Willer, Molly
Role: Staff: Intervention Coordinator
Person months: 1.3 months
Contribution: Curriculum writing, facilitator training and coaching, fidelity and implementation of intervention

Name: Jones, Keyanna
Role: Staff: Site Coordinator, Fort Campbell
Person months: 12 months
Contribution: Day-to-day oversight and implementation at the Fort Campbell site

Name: Heinecke, Cheryle
Role: Staff: Site Coordinator, Fort Bragg
Person months: 12.0 months
Contribution: Day-to-day oversight and implementation at the Fort Bragg site

Name: McKissick, Meagan
Role: Staff: Site Coordinator, Forts Belvoir/Myer
Person months: 1.5 months
Contribution: Day-to-day oversight and implementation at the Fort Bragg site

Name:	Tydd, Suzanne
Role:	Staff: Community Program Assistant
Person months:	11.4 months
Contribution:	Teacher data collection
Name:	Phelps, Marin
Role:	Staff: Community Program Assistant
Person months:	4.4 months
Contribution:	Data quality control, data cleaning, family timelines
Name:	Ausherbauer, Kadie
Role:	Staff: Coding Manager
Person months:	3.0 months
Contribution:	Oversee team coding FITS (Family Interaction Tasks)
Name:	Lee, Susanne
Role:	Staff: Data Manager
Person months:	4.5 months
Contribution:	Oversees data cleaning team, ensures data quality control
Name:	Clark, Ayshia
Role:	Staff: Site Coordinator Assistant, Fort Bragg
Person months:	8.0 months
Contribution:	Assist site coordinator with implementation at the Fort Bragg site
Name:	Carlson, Rachel
Role:	Staff: Site Coordinator Assistant, Fort Campbell
Person months:	6.0 months
Contribution:	Assist site coordinator with implementation at the Fort Campbell site
Name:	Forgatch, Marion
Role:	Co-Investigator
Person months:	2.0 months
Contribution:	Curriculum writing, training and coaching
Name:	DeGarmo, David
Role:	Co-Investigator
Person months:	2.0 months
Contribution:	Analyze data and monitor data management
Name:	Bloomstrom, Glen
Role:	Co-Investigator
Person months:	1.0 month
Contribution:	Advise key personnel on recruiting regular Amy and Special Operations personnel, establish connections with key military and community personnel to market the program
Name:	Piehler, Tim
Role:	Co-Investigator
Person months:	1.2 months
Contribution:	Advise on SMART research design and data analysis

Has there been a change in the active other support of the PD/PI(s) or senior/key personnel since the last reporting period?

GEWIRTZ, Abigail

Title: Comparing Web, Group and Telehealth Formats of a Military Parenting Program

(PI: A Gewirtz)

ID#: W81XWH-14-1-0143

Period: 6/1/2014 – 5/31/2019

Effort: 13.5%

Funding: \$610,273/year

Role: PI

Supporting agency & contact:

US Department of Defense

Ray Santullo, Program Official, orazio.f.santullo.civ@mail.mil

Goals/Specific Aims: This study will compare the effectiveness of three different delivery formats (online, group, and telehealth) of the After Deployment Adaptive Parenting Tools (ADAPT) preventive intervention, an empirically supported parenting program for military families, through the following specific aims:

Aim 1: Evaluate the usability and acceptability of the individualized web-facilitated ADAPT condition.

Aim 2: Conduct a three-group, two-site randomized trial to test the comparative effectiveness of three ADAPT delivery approaches for 360 reintegrating National Guard and Reserves (NGR) families randomly assigned to: (i) ADAPT group-based; (ii) ADAPT individualized web-facilitated; or (iii) ADAPT self-directed online. Families complete pre-intervention baseline assessment (pre-test) and three post-test assessments at 6, 12- and 24 months.

Aim 3: Evaluate generalizability of ADAPT effectiveness across three intervention delivery approaches using intent to treat (ITT) analyses, specifying a non-equivalence hypothesis for group-based and web-facilitated relative to self-directed only.

If results are positive, ADAPT could be widely deployed so that many more military, and especially NG/R families can benefit from improvements to parenting, child, couple, and parental adjustment.

Overlap: This project examines the same parenting program (ADAPT) but with different delivery formats, randomization, and participant pools.

Change: None

Title: The Center for Resilient Families (PI: A Gewirtz)

ID#: U79 SM080009

Period: 9/30/2016 – 9/29/2021

Effort: 20%

Funding: \$599,989/year

Role: PI

Supporting agency & contact:

DHHS SAMHSA

Cicely Burrows-McElwain, Program Official,

cicely.burrows-mcelwain@samhsa.hhs.gov

Goals/Specific Aims: The Center for Resilient Families aims to raise awareness of and increase access to family interventions to promote resilience in traumatized children. The Center will reduce disparities in service access, use, and training by targeting trauma-informed family interventions to isolated families in transition: those with a parent deployed to war, Native American families on reservations, immigrant and refugee families, families involved in the juvenile justice and child welfare systems, and families in which a parent has been killed.

Overlap: None

Change: This is a new active grant

FORGATCH, Marion

Title: Comparing Web, Group and Telehealth Formats of a Military Parenting Program

(PI: A Gewirtz)

ID#: W81XWH-14-1-0143

Period: 6/1/2014 – 5/31/2019

Effort: 5%

Funding: \$12,197/year (subaward)

Role: Co-I

Supporting agency & contact:

Subaward from University of Minnesota

Amy Rollinger, Grants Administrator, amyg@umn.edu

Prime source of funding: US Department of Defense

Ray Santullo, Program Official, orazio.f.santullo.civ@mail.mil

Goals/Specific Aims: This study will compare the effectiveness of three different delivery formats (online, group, and telehealth) of the After Deployment Adaptive Parenting Tools (ADAPT) preventive intervention, an empirically supported parenting program for military families, through the following specific aims:

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Aim 3: Evaluate generalizability of ADAPT effectiveness across three intervention delivery approaches using intent to treat (ITT) analyses, specifying a non-equivalence hypothesis for group-based and web-facilitated relative to self-directed only.

If results are positive, ADAPT could be widely deployed so that many more military, and especially NG/R families can benefit from improvements to parenting, child, couple, and parental adjustment.

Overlap: This project examines the same parenting program (ADAPT) but with different delivery formats, randomization, and participant pools.

Change: None

Title: The Center for Resilient Families (PI: A Gewirtz)

ID#: U79 SM080009

Period: 9/30/2016 – 9/29/2021

Effort: 5%

Funding: \$55,133/year (subaward)

Role: Co-I

Supporting agency & contact:

Subaward from University of Minnesota

Amy Rollinger, Grants Administrator, amyg@umn.edu

Prime source of funding: DHHS SAMHSA

Cicely Burrows-McElwain, Program Official,
cicely.burrows-mcelwain@samhsa.hhs.gov

Goals/Specific Aims: The Center for Resilient Families aims to raise awareness of and increase access to family interventions to promote resilience in traumatized children. The Center will reduce disparities in service access, use, and training by targeting trauma-informed family interventions to isolated families in transition: those with a parent deployed to war, Native American families on reservations, immigrant and refugee families, families involved in the juvenile justice and child welfare systems, and families in which a parent has been killed.

Overlap: None

Change: This is a new active grant

DeGARMO, David

Title: Translational Drug Abuse Prevention Center (PDs: Chamberlain and Fisher)

ID#: P50 DA035763

Period: 7/15/2013 – 4/30/2018

Effort: 13%

Funding: \$618,325 (subaward)

Role: PI of Methods Core

Supporting agency & contact:

Subaward from Oregon Social Learning Center

Prime funding source: National Institutes of Health

Belinda Sims, Program Official, bsims@nida.nih.gov

Goals/Specific Aims: The major goals of this project are to increase our understanding in three areas that have direct effects on child welfare system (CWS) policy and practice: (a) understanding underlying mechanisms and processes associated with exposure to high levels of early adversity, (b) reducing the rates of drug use and engagement in HIV-risk behaviors in adolescent girls in the CWS, and (c) identifying methods for implementing extant evidence-based interventions in CWS real-world settings with high fidelity.

Overlap: None

Change: None

Title: Comparing Web, Group and Telehealth Formats of a Military Parenting Program (PI: A Gewirtz)

ID#: W81XWH-14-1-0143

Period: 6/1/2014 – 5/31/2019

Effort: 15%

Funding: \$51,276 (subaward)

Role: Co-I

Supporting agency & contact:

Subaward from University of Minnesota

Kevin McKoskey, SPA Associate Director, kevin@umn.edu

Prime source of funding: US Department of Defense

Ray Santullo Program Official, orazio.f.santullo.civ@mail.mil

Goals/Specific Aims: This study will compare the effectiveness of three different delivery formats (online, group, and telehealth) of the After Deployment Adaptive Parenting Tools (ADAPT) preventive intervention, an empirically supported parenting program for military families, through the following specific aims:

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Aim 3: Evaluate generalizability of ADAPT effectiveness across three intervention delivery approaches using intent to treat (ITT) analyses, specifying a non-equivalence hypothesis for group-based and web-facilitated relative to self-directed only.

If results are positive, ADAPT could be widely deployed so that many more military, and especially NG/R families can benefit from improvements to parenting, child, couple, and parental adjustment.

Overlap: This current project is examining the same parenting program (ADAPT) but with different delivery formats, randomization, and participant pools that the proposed project.

Change: None

Title: Paths 2 the Future: Testing the Efficacy of a Career Development Intervention for High School Girls with Disabilities (PI: Lindstrom)

ID#: R32 A150046

Period: 7/1/2015 – 6/30/2019

Effort: 15%

Funding: \$556,236

Role: Co-I

Supporting agency & contact: U.S. Dept of Education/Institute of Education Sciences

Goals/Specific Aims: The major goal of this project is to determine whether the *Paths 2 the Future* intervention produces a beneficial impact on education and career outcomes for high school girls with high-incidence disabilities relative to a counterfactual.

Overlap: None

Change: None

Title: Nuestras Familias: Testing the Efficacy of a Family Based Intervention to Promote Latino Student Academic Success and Positive Behavioral Outcomes (PI: Martinez)

ID#: R35 A150280

Period: 7/1/2015 – 6/31/2018

Effort: 5% begins Year 2

Funding: \$238,108

Role: Co-I

Supporting agency & contact: U.S. Dept of Education/Institute of Education Sciences

Goals/Specific Aims: This study is taking place in six middle schools in Lane County, Oregon. Families are immigrant families; we will assess 120 Latino students, about 210 Latino parents, and about 50 teachers and administrators. We will randomly assign three middle schools each to the intervention or comparison conditions. Control schools will operate with “business as usual.” In intervention schools, about 60 families will receive the NF intervention, all school staff will participate in the all-school workshop to provide an overview of each component, select teachers will receive the teacher sessions, and both parents and teachers will participate in the “Bridge” sessions. By using hierarchical linear modeling, we will test the efficacy of the intervention on changes in proximal outcomes of student adjustment, family environment, parenting practices, and school engagement, and intervention effects on distal educational outcomes.

Overlap: None

Change: None

BLOOMSTROM, Glen

No other support (no change)

What other organizations were involved as partners?

Organization:	University of Oregon
Location:	Eugene, OR
Contribution:	Collaboration (subaward)
Organization:	Implementation Sciences International, Inc.
Location:	Eugene, OR
Contribution:	Collaboration (subaward)
Organization:	Fort Campbell, Army Community Services
Location:	Tennessee/Kentucky
Contribution:	Collaboration and networking, facilities, marketing consultation and product
Organization:	Fort Bragg, Family Advocacy Program and USASOC Family Programs
Location:	North Carolina
Contribution:	Collaboration and networking, facilities, marketing consultation and product
Organization:	Fort Belvoir, Army Community Services, MWR and Family Advocacy Program
Location:	Virginia
Contribution:	Collaboration and networking, facilities, marketing consultation and product
Organization:	Joint Base Myer-Henderson Hall, Family Advocacy Program
Location:	Virginia
Contribution:	Collaboration and networking, facilities, marketing consultation and product

8. SPECIAL REPORTING REQUIREMENTS

QUAD CHART: Attached

9. APPENDICES:

Recruitment Graphs
Consort Diagrams

SMART optimization of a parenting program for active duty families

eBRAP Log Number: PT150093

Award Number: 16-1-0407



PI: Gewirtz, Abigail

Org: University of Minnesota, Twin Cities

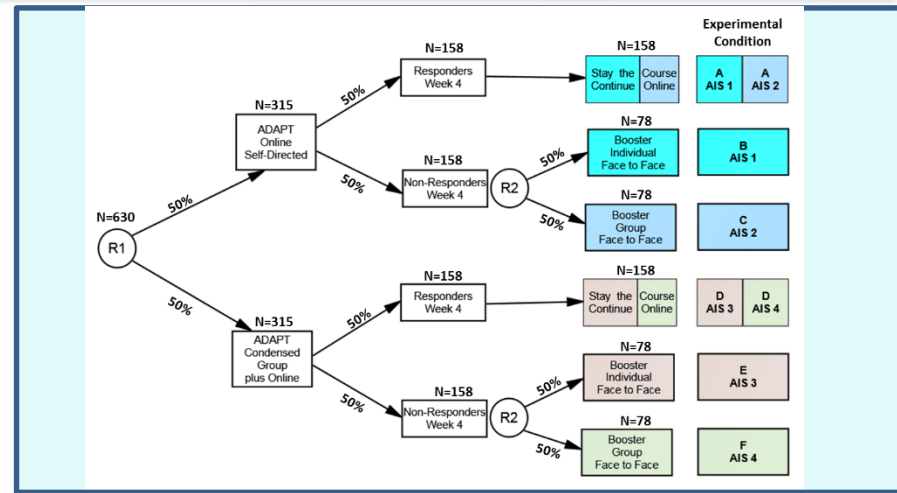
Award Amount: \$4,304,180 total (\$3,000,000 direct)

Objective

The **objective** of this study is to yield the optimal dosage, components, and sequence of a parenting program for active duty military families in diverse OPTEMPO contexts (i.e., regular Army (RA) families and Special Operations (SO) families). We will examine the effects of first and second stage interventions (condensed group, online, booster group, booster individual) on family resilience (i.e. observed parenting, parent and couple adjustment, and child adjustment), among program responders and non-responders, and explore whether certain program sequences or formats are more effective for high OPTEMPO (i.e. SO vs. RA) and male gender.

Approach

Phase III clinical trial with 630 Special Operations/SO and Regular Army/RA families in 3 installations; randomization occurs within each base and by SO/RA. Families are randomly assigned to either ADAPT online or condensed group ADAPT. At 4 weeks post baseline, responder status is assessed. Responders (i.e., parents scoring above the cut threshold on parenting locus of control) stay the course. Non-responders are again randomized to 5-session booster individual ADAPT or 5-session booster group ADAPT. Multi-method, multi-informant assessments are conducted at baseline, 6 (parents only) 12, and 24 months with parents, children, and teachers.



Accomplishment: ADAPT is an evidence-based parent training intervention demonstrating effectiveness in improving parent and child outcomes. The proposed study will optimize ADAPT to enhance efficiency, scalability, and sustainability.

Timeline and Cost

Activities	FY	17	18	19	20
Aim 1: Compress ADAPT program		█			
Aim 2: Examine optimization effects in a SMART trial			█	█	█
Aim 3: Examine exploratory optimization questions					█
Aim 4: Describe participation, satisfaction, & fidelity			█	█	█
Estimated Budget (total)		\$709,466	\$1,795,438	\$929,513	\$869,763

Goals/Milestones

FY17 Goal – Condense group ADAPT program and begin recruitment

- Listening sessions and focus groups (**completed after program delivery began**)
- Begin recruitment of Cohort 1

FY18 Goals – Program delivery/assessments begin

- Continue recruitment of Cohorts 2 and 3
- Complete program delivery for Cohort 1
- Begin assessment of Cohort 1

FY19 Goal – Completion of program delivery

- Program delivery for Cohorts 2 and 3
- Begin assessments for Cohorts 2 and 3

FY20 Goal – Completion of assessments and data analysis

- Complete assessments for Cohorts 2 & 3
- Analyze Data

Comments/Challenges/Issues/Concerns

Recruitment at Forts Belvoir/Myer are under way and have been very successful. Currently meeting with key stakeholders/leaders regarding SOF numbers at Forts Bragg and Campbell. Will submit for at least one no cost extension year to follow families due to prolonged recruitment.

Budget Expenditure to Date

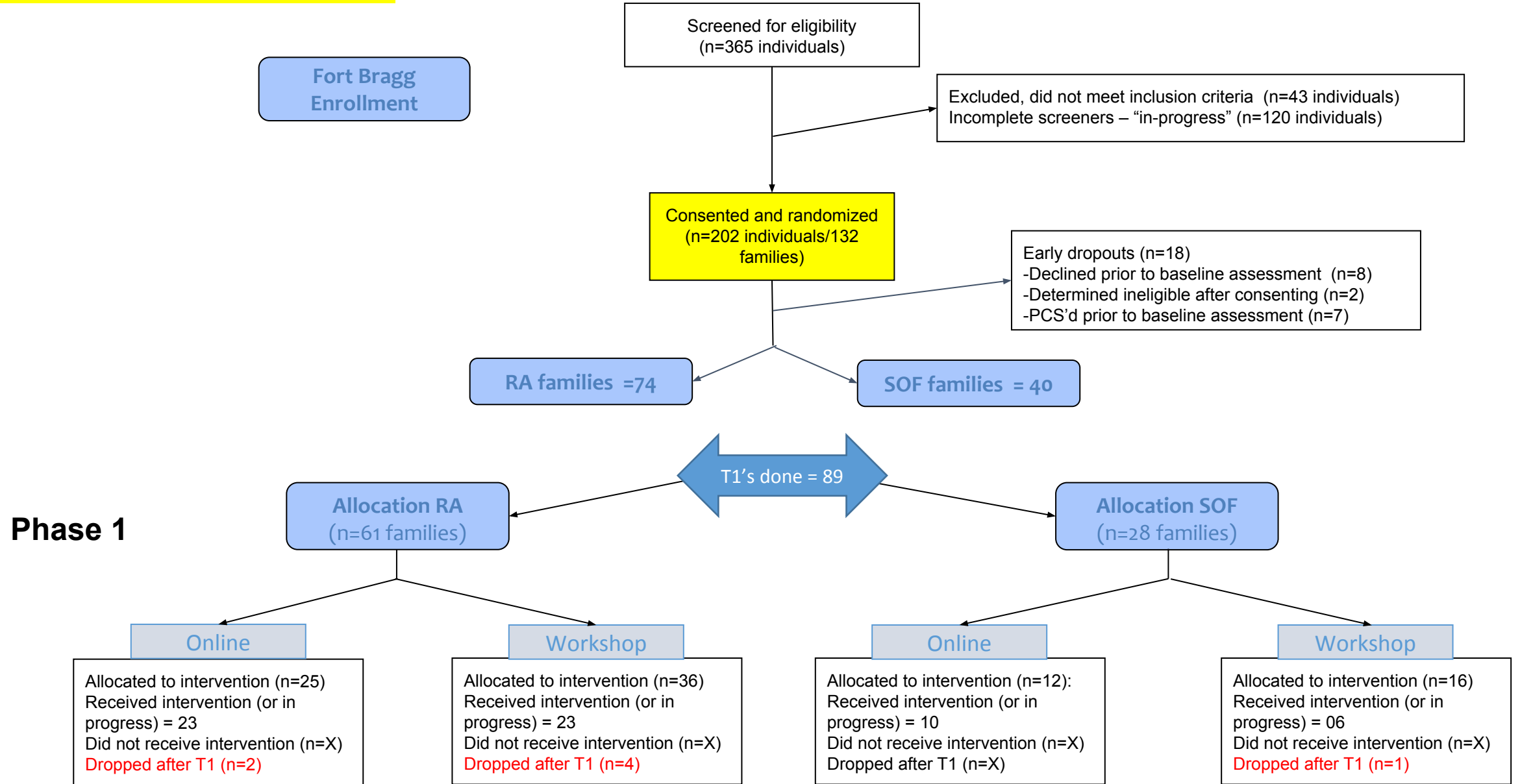
Y3 Q4 (06/30/2019 – 09/29/2019): \$355,353.10

To date (09/30/16 – 09/29/2019): \$2,476,682.73

Updated: October 30, 2019

Updated as 10/30/2019

CONSORT Diagram



CONSORT Diagram

Phase 2

Fort Bragg
Enrollment

Phase 2
Allocation RA
(n= 14 families)

Phase 2
Allocation SOF
(n= 09 families)

Individual

Small group

Individual

Small group

Allocated to intervention (n=7)
Received intervention (or in progress) = 7
Did not receive intervention (n=X)

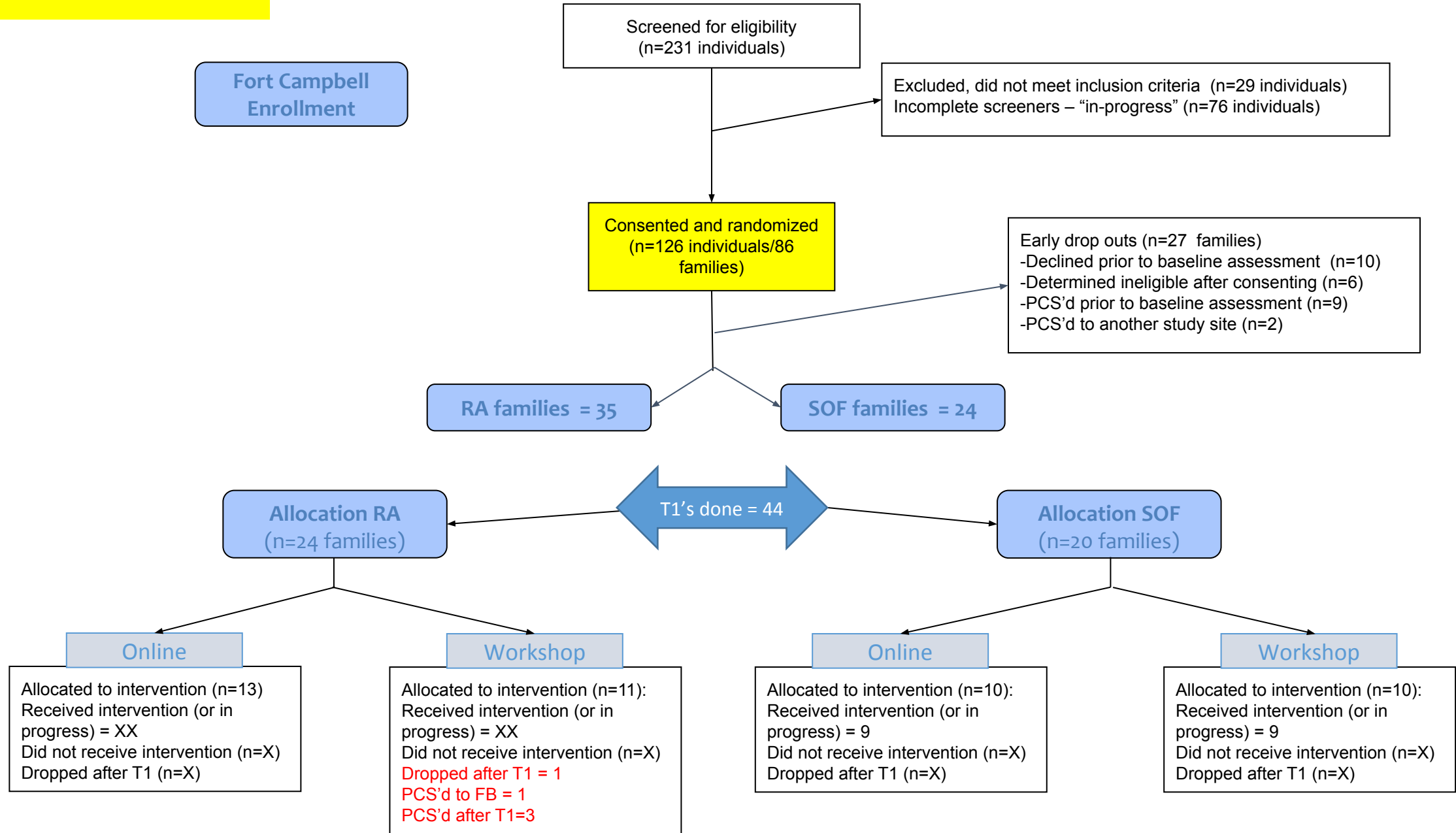
Allocated to intervention (n=7)
Received intervention (or in progress) = 3
Did not receive intervention (n=X)

Allocated to intervention (n=4)
Received intervention (or in progress) = 3
Did not receive intervention (n=X)

Allocated to intervention (n=5)
Received intervention (or in progress) = 4
Did not receive intervention (n=X)

Updated as of 10/30/2019

CONSORT Diagram



CONSORT Diagram

Phase 2

Fort Campbell
Enrollment

Phase 2
Allocation RA
(n= XX families)

Phase 2
Allocation SOF
(n=8 families)

Individual

Small group

Individual

Small group

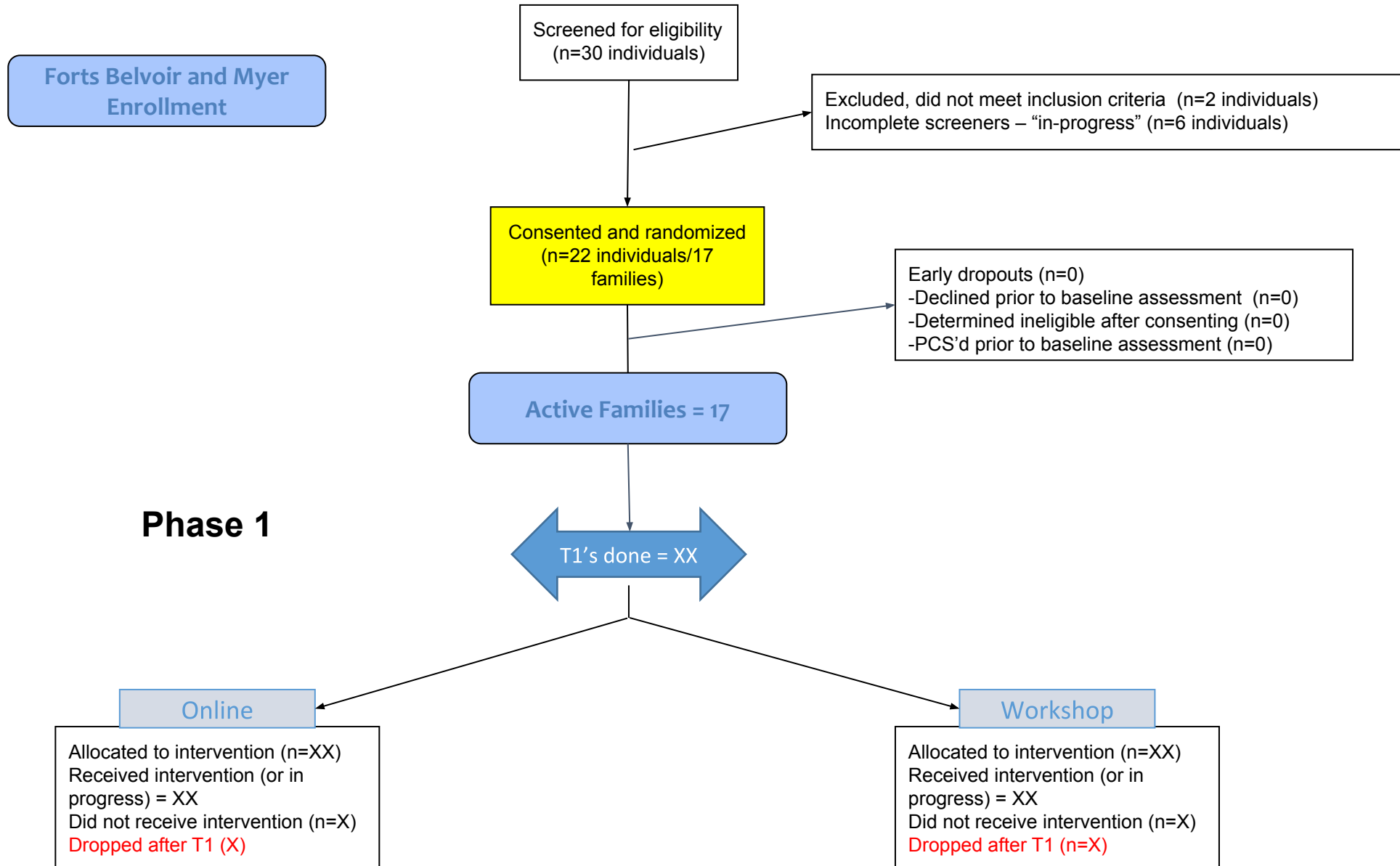
Allocated to intervention (n=X)
Received intervention (or in progress) =
Did not receive intervention (n=X)

Allocated to intervention (n=X)
Received intervention (or in progress) = X
Did not receive intervention (n=X)

Allocated to intervention (n=4)
Received intervention (or in progress) = 1
Did not receive intervention (n=X)

Allocated to intervention (n=4)
Received intervention (or in progress) = 2
Did not receive intervention (n=X)

CONSORT Diagram



CONSORT Diagram

Forts Belvoir and Myer
Enrollment

Phase 2

Phase 2
Allocation
(n= XX families)

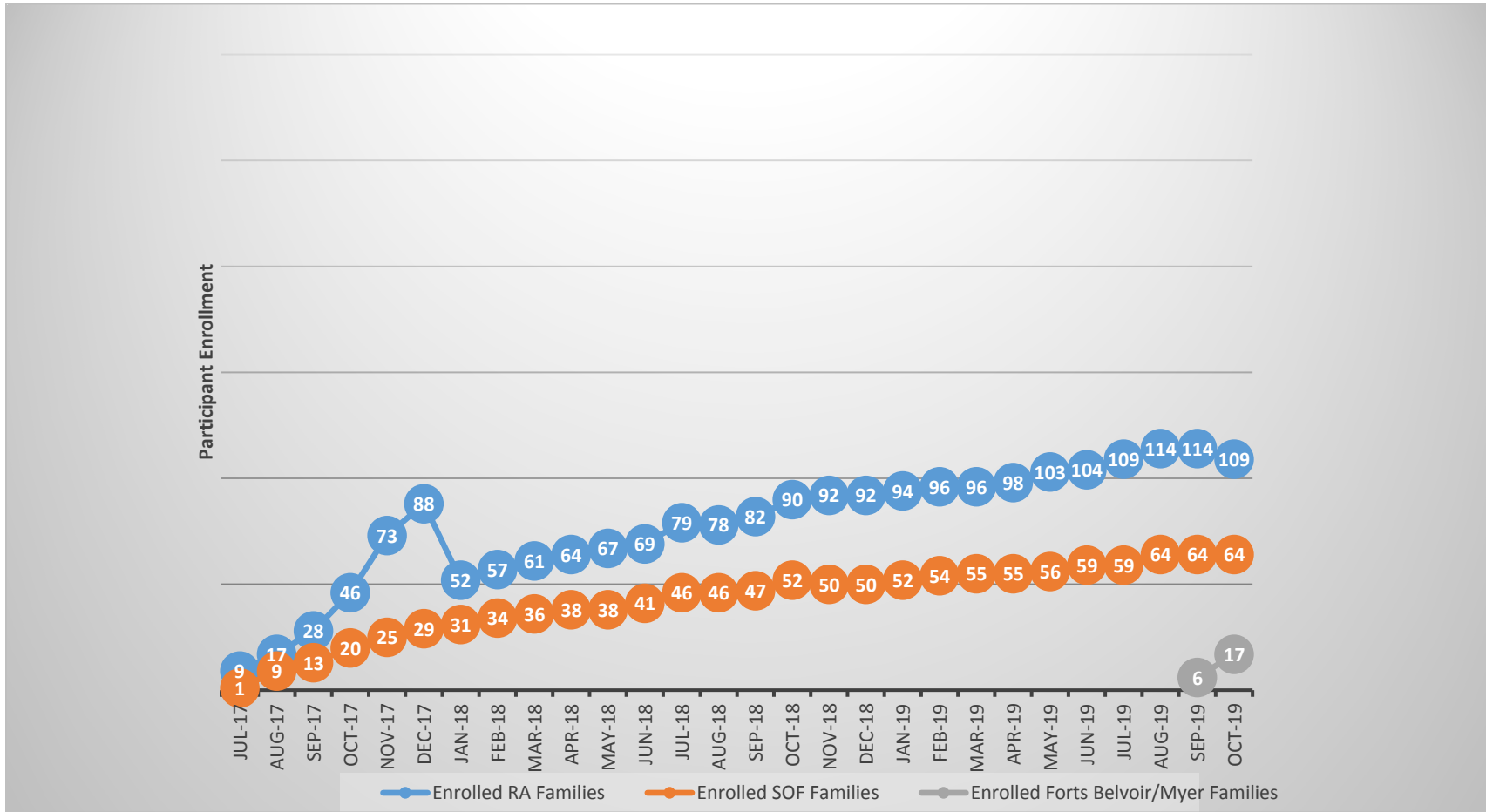
Individual

Allocated to intervention (n=X)
Received intervention (or in
progress) = X
Did not receive intervention (n=X)

Small group

Allocated to intervention (n=X)
Received intervention (or in
progress) = X
Did not receive intervention (n=X)

All Installations – by Segment (numbers will fluctuate based on families who were early drop outs after consenting)

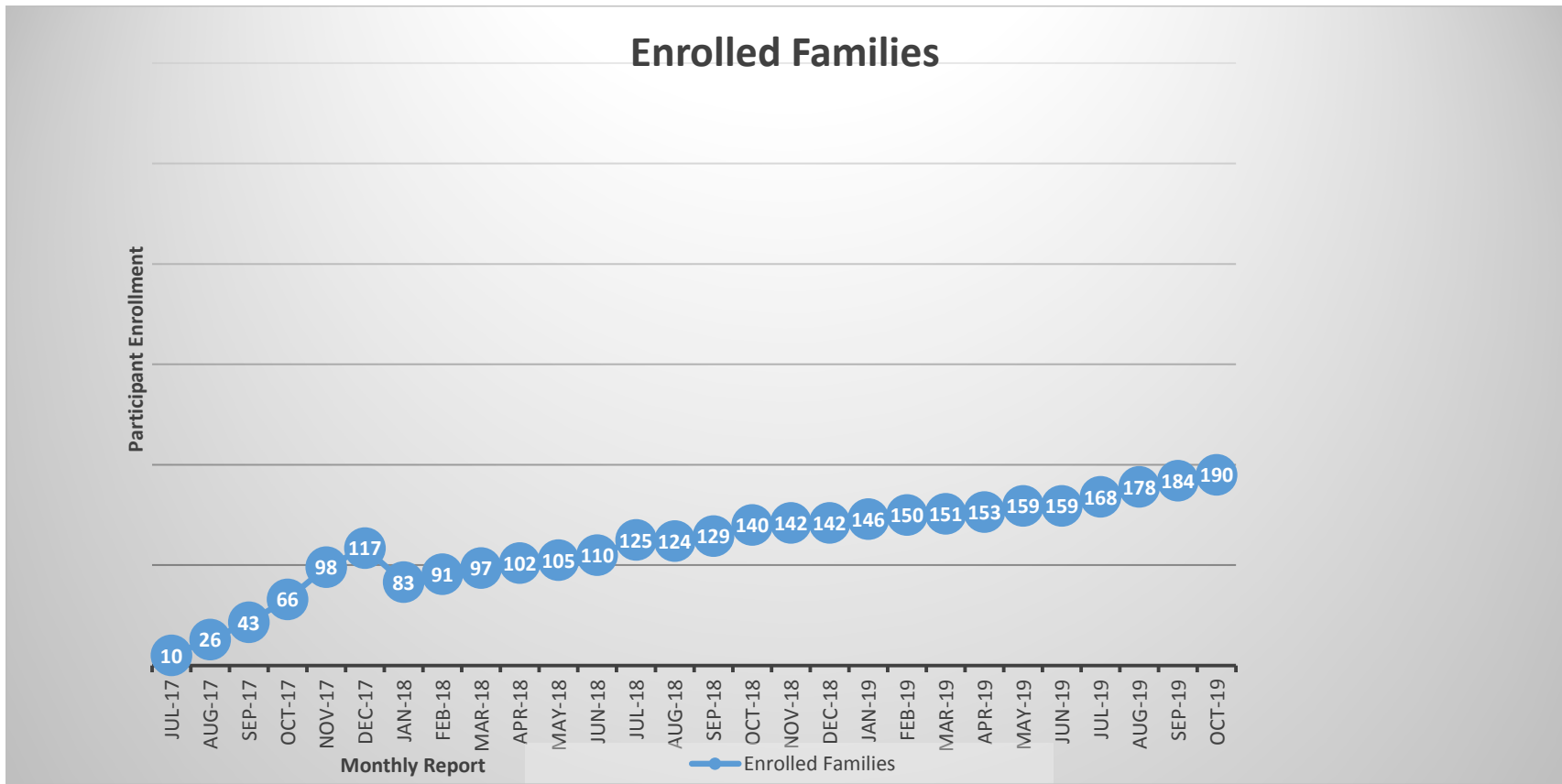


JBLM involvement was suspended 12/29/17 which accounts for the reduction of participants in January 2018

Adjusted statement of work, N= 525 - RA goal 315 and SOF goal 210

New site (Belvoir/Myer) will not recruit SOF, and will recruit all active duty branches.

All Installations – Total Enrolled (numbers will fluctuate based on families who were early drop outs after consenting)



JBLM involvement was suspended 12/29/17 which accounts for the reduction of participants in January 2018

Adjusted statement of work, N= 525

Forts Belvoir/Myer begin recruitment in September 2019