

Table 1.

*Programme Content* (Todd, Bromley, & Mellor, 2014)

Session	Expected outcomes
1: <i>Setting Your Course</i>	Parents/carers will have introduced themselves and started to form as a group. Specific behavioural goals will have been set.
2: <i>Building Your Boat – Understanding Behaviour I</i>	Parents will have an understanding of the factors which influence children’s behaviour. They will have an understanding of STAR analysis and which settings and triggers are involved in their target behaviour.
3: <i>Making it Watertight – Understanding Behaviour II</i>	Parents will gain knowledge of behavioural theory and functions of behaviour, including the target behaviour.
4: <i>Good work Captain! Encouraging Positive Behaviour</i>	Parents will identify which skills/behaviours their child needs to learn in order to move away from the challenging behaviour, and will devise positive reinforcement schedules to support this.
5: <i>Navigating Your Route – Communication</i>	Parents will gain an understanding of the role of communication approaches in changing behaviour, including visual schedules and supports.
6: <i>Enjoying the Ride Encouraging Positive Behaviour</i>	Parents will practise play skills suited to their child’s needs, incorporating child-centred play approaches.
7: <i>Wear your life Jacket! – Managing Stress</i>	Parents will learn stress reduction techniques based on a cognitive-behavioural model.
8: <i>Mind the Rocks! – Managing Unwanted Behaviour</i>	Parents will consider which responses are appropriate for the target behaviour, using their knowledge of the function of the behaviour.
9: <i>Full Steam Ahead! – Pulling it all together</i>	Parents will develop a coherent plan to address the target behaviour, or a new behaviour if their goal has been reached.
10: <i>Land Ahoy! – Party, planning for the future</i>	Parents will complete outcome measures, reflect on the course, celebrate success and plan a review session.

**Table 2.***Short-term Intervention Effects Measured by ECBI and PSOC*

	Group	N	T0			T1			<i>F, p</i>	% Reliably Improved T0-T1	% Reliably Deteriorated T0-T1
			M	SD	95% CI	M	SD	95% CI			
ECBI-IS	IG	29	134.72	33.84	121.85-147.60	125.72	33.33	113.04-138.40	9.077, <i>p</i> =.004	9 (31%)	2 (7%)
	CG	17	145.12	37.31	125.94-164.30	151.94	36.20	133.38-170.50		1 (6%)	3 (18%)
ECBI-PS	IG	23	17.61	7.35	14.43-20.79	13.04	9.43	10.33-15.75	16.216, <i>p</i> <.001	11 (48%)	1 (4%)
	CG	17	18.71	7.20	15.00-22.41	20.65	6.27	15.80-25.60		1 (12%)	5 (29%)
PSOC-Sat	IG	34	33.53	7.78	30.81-36.25	37.62	6.05	35.50-39.73	23.802, <i>p</i> <.001	15 (44%)	3 (9%)
	CG	20	34.05	8.53	29.94-38.16	30.63	7.55	26.99-34.27		2 (10%)	8(40%)
PSOC-Eff	IG	34	29.06	5.49	27.14-30.98	32.26	4.40	30.73-33.80	4.492, <i>p</i> =.039	16 (47%)	1 (3%)
	CG	20	30.26	6.69	27.04-33.49	30.53	6.05	27.61-33.44		3 (15%)	5 (25%)

Differential *N* across the scales due to incomplete data returned and discarded as directed by missing data protocols

Table 3.  
*Long-term Intervention Effects Measured by ECBI and PSOC*

	T0		T1		T2		T3		<i>F, p</i>	Reliable Change	RCI T0-T2 N (%)	RCI T0-T3 N (%)	
	<i>N</i>	M	95% CI	M	95% CI	M	95% CI	M					95% CI
ECBI -IS	22	145.41	129.16-161.66	133.37	120.23-146.50	134.55	117.39-151.70	137.27	122.10 -152.45	2.742, <i>p</i> =.051	Improvement Deterioration	13 (52) 5 (20)	8 (44) 4 (22)
ECBI-PS	17	18.88	14.97-22.80	12.12	8.86- 15.37	14.00	10.23-17.77	14.12	9.58-18.65	5.970, <i>p</i> =.002	Improvement Deterioration	10 (50) 4 (20)	6 (43) 3 (21)
PSOC-Sat	28	32.14	29.32-34.97	36.64	34.48-38.80	36.32	33.41-39.23	37.79	34.94-40.63	8.308, <i>p</i> <.001	Improvement Deterioration	18(62) 5 (17)	13 (57) 5 (22)
PSOC-Eff	28	29.43	27.34-31.51	30.93	29.29-32.57	30.43	28.15-32.71	31.25	28.56-33.94	1.401, <i>p</i> =.254	Improvement Deterioration	15 (52) 2 (7)	11 (48) 4 (17)

#A Greenhouse-Geisser adjustment was used as the ANOVA violated the assumption of sphericity.  
 Differential *N* across the scales due to incomplete data returned and discarded as directed by missing data protocols

Table 4.

*Post-hoc Exploration of the Relationship Between Outcomes and Favoured Language*

	Number reliably improved at T2 n/total sample		Fisher's Exact Test
	English Speaking	Non-English Speaking	
ECBI-IS	11/31	0/8	p=.078
ECBI-PS	14/23	2/8	p=.113
PSOC-Sat	15/36	5/8	p=.436
PSOC-Eff	16/36	3/8	p=1.000