

## Protocol for PLL Outcome Research

### A. Administering and Collecting Internal Change Instruments -

Internal Change Instruments are used to assess positive changes that PLL will make internally, or within the youth and family; changes such as decreased rule breaking behavior, decreased aggression, and conduct problems.

- **Research Question #1:** Does the PLL program show statistically significant changes within these behaviors: (Aggression, Hyperactivity, Bullying, Conduct problems, Defiance, and Violence) over a six to eight week period using a minimum of six PLL groups and four, six, or 8 coaching sessions?

### Recommended Internal Instruments

*Please consult with PLL before choosing the instruments you will use.*

#### **Child Behavior Checklist – CBCL**

The CBCL is selected because it is sensitive enough to measure constructs or variables within the PLL Model that account for change, such as:

- Aggression
- Bullying
- Conduct problems

The CBCL is to be ordered directly from ASEBA at [www.ASEBA.org](http://www.ASEBA.org).

The CBCL/6-18 obtains parents' reports of children's competencies & problems. Latino Spanish CBCL/6-18 available. **PACKAGE OF 50 FORMS FOR \$25.**

#### **FACES IV**

The FACES IV can be printed from the sample provided at no charge

#### **Readiness Scales**

The Readiness for Change Scales can be printed from the sample provided at no charge.

### Administering These Internal Outcome Measures

- Administer all Outcome Measures as a Pre-test before the 1<sup>st</sup> PLL Group Session (**The Pre-test should be administered at the PLL Intake**)
- Administer the post-test upon graduation

\*\*\*For the CBCL Post-test ONLY, on page 3 of the instrument, you must manually mark out the word “months” and change it to “**weeks**” before administering the test. i.e. – “...for each item that describes your child now or within the past 6 weeks, please circle the 2 if the item is very true or often true of your child...”

### **Who completes the Outcome Measures?**

CBCL – The parent completes the CBCL. If both parents are present, have them collaborate together to complete the CBCL.

FACES IV – All family members over the age 12 can complete the FACES IV

READINESS SCALES – Parent and Youth

### **Procedures for Collecting and Sending Internal Outcome Measures to PLL:**

When all the clients in a PLL group cycle have completed the Post-tests, it is time to compile all the outcome measures and send them to PLL for analysis. Follow these steps:

1. Update the administration/collection of the Internal Outcome Measures for the teen on the COE Report.
2. Clearly mark each actual form with the name of the teen the form applies to. You must use the same identifier that you are using on the COE Report
3. Clearly mark PRE or POST
4. Clearly date each form
5. Group all forms for each teen together
6. Only send those forms for which you have collected both the Pre and Post tests
7. Include a list of names of each teen whose forms you are sending in the envelope with the forms
8. Once you have completed Steps 1-7, send the package to the PLL Clinical Director at...

Ellen Souder  
Parenting with Love and Limits  
235 Bartley Avenue  
Mansfield, OH 44903  
[ellen@gopll.com](mailto:ellen@gopll.com)  
419-565-1314