Assessing the cultural relevance of INSIGHTS for Jamaica

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Ideal Interventions

- Empirically supported
- Culturally relevant
- Developmentally appropriate
INSIGHTS into Children’s Temperament

✔ What is INSIGHTS?
✔ Does it work?
✔ Can it work in Jamaica?
What is INSIGHTS?
INSIGHTS

- A manualized positive behavior support intervention
- Tier 1 with Tier 2 Elements
- Temperament-based
- Comprehensive
  - Teachers
  - Parents
  - Children/Classroom
Parent and Teacher Programs

- Facilitated sessions
- 2 hours weekly for 10 weeks
- Videotaped vignettes
- Role-playing
- Homework
Children’s Programs

• Temperament-based
  ~ Same temperament profiles (puppets)
  ~ Empathy skills (Some things easy; some difficult)
  ~ Dealing with daily dilemmas through problem solving
  ~ One 45 minute classroom session once a week
Enhancing Goodness of Fit

- Younger children
  - Responsibility of caregiver

- Older children
  - GOF can be enhanced by supporting children in temperamentally-challenging situations
Temperamentally Challenging Situations

- **Scaffold**
  - Recognize when the situation is challenging
  - Assess level of distress
  - Remove or stretch

- **Stretch**
  - Make a plan
  - Prepare your child
  - Continue to monitor
  - Provide recognition
But…..

Does *INSIGHTS* Work?
Three Clinical Trials

- Funded by the National Institutes of Health
  - Sandee McClowry, Cathie Tamis-LeMonda, & David Snow
    - 1R01NR04781 6/98-5/04 Behavior problems
    - 2R01NR04781 6/03-6/08 Social competence

- Funded by the Institute of Education Sciences
  - Sandee McClowry, Erin O’Connor, & Elise Cappella
    - R305A080512 7/08-6/12 Academic learning
An Attention Control Group: A Supplemental Reading Program

- Developed by reading faculty
- Children meet after school with a reading coach for 10 sessions
- 2 parent workshops and materials
- 2 teacher workshops and materials
Results from Our Efficacy Studies
Changes in Academic Skills: Kindergarten to the End of 1st Grade
Effects of INSIGHTS on Math Achievement

![Graph showing the effects of INSIGHTS on math achievement, with Woodcock Johnson Applied Problems Score on the y-axis and Study Time Point on the x-axis. The graph compares INSIGHTS and Attention-Control groups.](Image)
Effects of INSIGHTS on Reading Achievement

Woodcock-Johnson Letter Word ID Score

Study Time Point

INSIGHTS
Attention-Control
Effects of INSIGHTS on Sustained Attention

![Graph showing the effects of INSIGHTS on Sustained Attention. The graph plots the Leiter-R Raw Score over Study Time Point (T1 to T5). The INSIGHTS group shows an upward trend, while the Attention-Control group shows a slightly less steep upward trend.](image-url)
Effects of INSIGHTS on Behavior Problems

**Graph:**
- **Y-axis:** SESBI Score
- **X-axis:** Study Time Point
- **Legend:**
  - Purple line: INSIGHTS
  - Green line: Attention-Control

The graph shows the comparison of SESBI Score over time points T1 to T5 for both INSIGHTS and Attention-Control groups.
Main and Moderated Classroom Effects

Compared to attention control classrooms

**INSIGHTS classrooms:**

- higher teacher emotional support
- higher student behavioral engagement
- higher classroom organization (teacher)
- and lower off-task behaviors (student)
Child Behavior Problems by Diagnostic and Treatment Groups
INSIGHTS Work in Jamaica?
Cultural Fit
Santisteban et al., 2002

- Deep structures
  - Grounded in the cultural norms, values, and attitudes
  - Does it resonate?
- Surface elements
  - Does it appeal?
Assumptions

- Every child desires to be understood and cherished.
- Temperament influences child behavior, social interactions, and reactions to life situations.
- Social/emotional adjustment and academic achievement are enhanced when there is goodness of fit – a match between the child’s temperament and the environment.
- Responsive parents and teachers match their caregiving and teaching strategies to children’s temperament.
- Children can be taught strategies that assist them in regulating their emotional, attentional, and behavioral tendencies in challenging situations.
Themes from the Focus Groups

**INSIGHTS:**

- Gives Jamaican educators and parents new options to replace harsh discipline.
- Gives teachers and parents new perspectives — providing more developmentally appropriate and sophisticated ways of seeing things.
- Provides practical strategies and solutions.
Endorsed Deep Structures

INSIGHTS:

- “It values and respects children and teachers.”
- “With this programme, both teachers & parents can learn how to accept and deal with children for who they are.”
- “All parents, like Jamaican parents, need to know how to help their children control/manage their temperaments so they can live a well-adjusted life.”
Surface Level Element Suggestions

- “The programme could be more culturally relevant if scenes were shot in local schools and captured specific challenge faced by Jamaican teachers/children.”
- “Make a set of puppets that look more like our typical children.”
- “More Jamaican music, more Jamaican puppets.”
- “Use Jamaican classroom teachers.”
Nine Months Later
50% response rate

- Over 90% found the workshop **very useful**.
- Over 90% reported they gained **very much** deeper understanding of children’s personality and temperament and of children’s behavior.
- Two-thirds of participants reported they **very much** gained new ideas about improving children’s behavior.
- Over 90% shared what they learned with other professionals.
Train-the-trainer model in Jamaica 2013-14
Funded by a Fulbright
Books


More Information

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