

The Protective Factors Survey and its Multiple Versions

Going Beyond Subscale Scores
to Measure Impact

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CBCAP Grantee Meeting
May 24, 2023

KU

Agenda

- Protective Factors Surveys
 - PFS-2 retrospective
 - SPFS-2
 - PFS-MF
- Discussion
 - How are you using the PFS?
 - What are your questions and/or challenges?
- Kansas CBCAP evaluation

Protective Factors Surveys

Overview

- Developed by FRIENDS National Center in collaboration with University of Kansas Center for Public Partnership and Research
- Designed for use with Community-Based Child Abuse Prevention (CBCAP) programs
 - Primary and secondary prevention of child maltreatment
 - Diverse in terms of service delivery type, populations, age of children, etc.

Why protective factors?

2004, all federal agencies were charged with demonstrating effectiveness.

Because *we cannot* prove that a bad thing (that didn't happen) *would* have happened if not for prevention services, we chose to demonstrate effectiveness by showing whether mitigating factors known to reduce or buffer the effects of stress or trauma were increased due to services.

Protective Factors are the conditions known to increase the health and well-being of children and families. The PFS tools were designed to measure them.

Protective Factors Surveys (PFS and PFS-2)

- Short (~20 items + demographics)
- Self-report
- Pre-post and retrospective formats
- Measure change in multiple protective factors against child maltreatment:
 - family functioning/resilience
 - nurturing and attachment
 - social support
 - concrete support

PFS vs. PFS-2

- The PFS-2 is a revision of the PFS
- Revised subscales, particularly Concrete Support
- Dropped Knowledge of Parenting and added Caregiver-Practitioner Support
- Both are valid and reliable

Protective Factors Surveys use

- Used widely by programs serving children and families in social services, parent education, and health care
- Can be used for:
 - Evaluation
 - needs assessment
 - case management
 - research
- Surveys and supporting materials are free to use and available on the FRIENDS website:
 - <https://friendsnrc.org/evaluation/protective-factors-survey/>

Timeline

	Planning and development	Release date
Protective Factors Survey	2004	2006
Spanish Protective Factors Survey	2011	2013
Protective Factors Survey, 2nd Edition	2014	2018
Protective Factors Survey, Military Families	2019	2022
Spanish Protective Factors Survey, 2nd Edition	2020	2023

New developments

- PFS-2 retrospective analysis
- PFS-Military Families
- Spanish PFS-2



PFS-2 Retrospective

What is a retrospective survey?

- A retrospective instrument is designed to be administered only once, at the end of service delivery.
- Participants are asked to think back and answer how they felt or what they experienced before they started the program (pre-test), and then to answer based on what they feel or experience now, after completing the program (post-test).

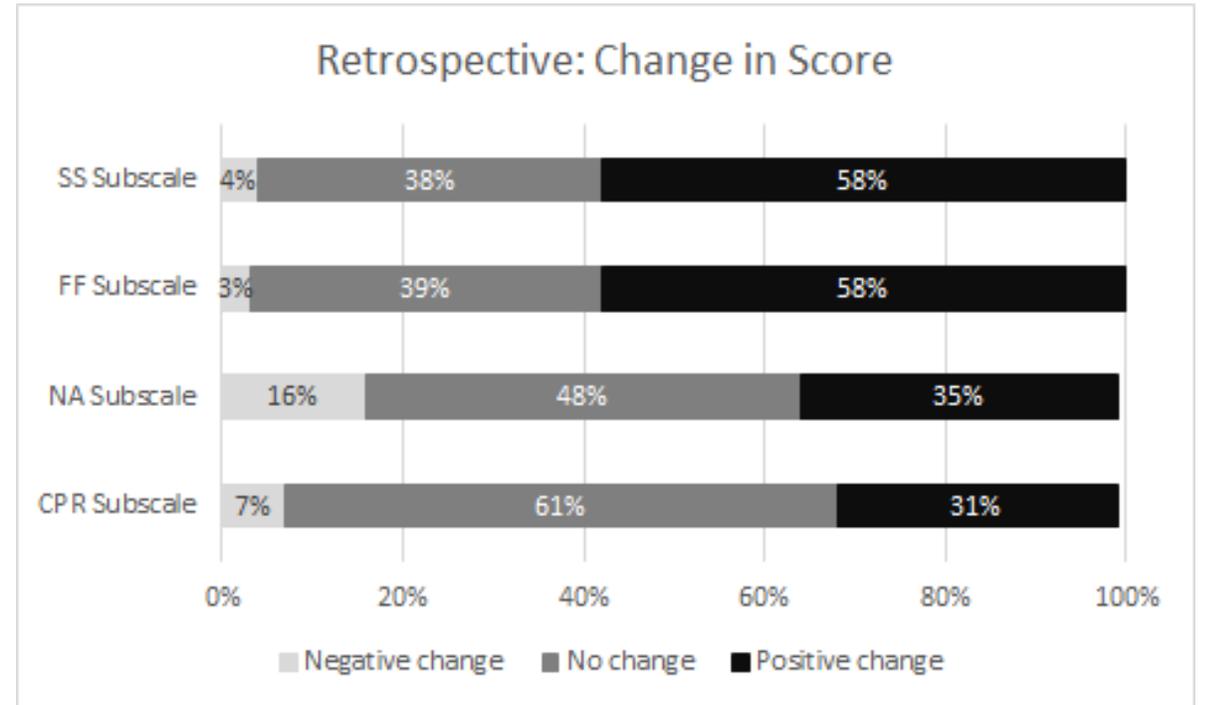
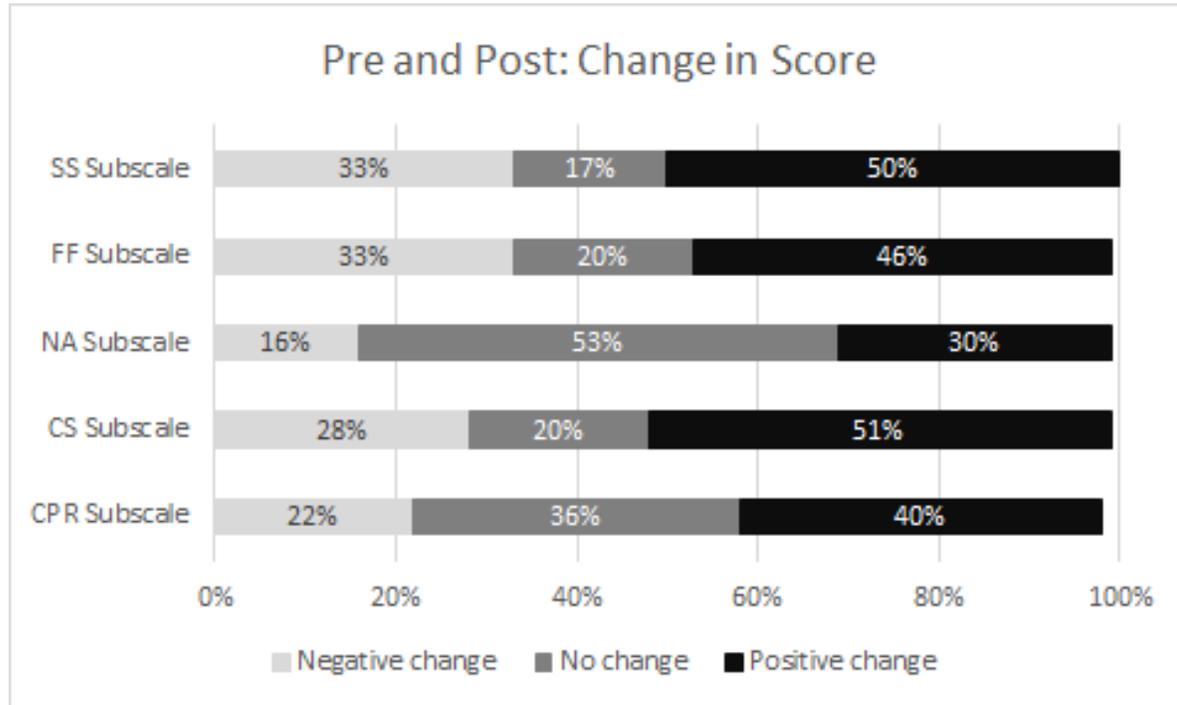
Potential benefits

- Biases introduced by either version
- Reduces time on administration & data entry
- Yields 100% pre-post match
- Data can be collected anonymously
- Opportunity to build rapport well before data collection

Analysis of field test data

- Retro performs similarly to pre-post
- Retro shows larger mean differences than pre-post
- Why?
 - Respondents generally scored themselves higher at pre-test than before-test
 - Respondents are less likely to show negative change

Comparison of change



- Pre-post respondents were more likely to show negative change
- Retro respondents were more likely to indicate no change

Retrospective final thoughts

- Survey formats are largely interchangeable – choose the one that fits your needs best
- Survey formats are not comparable!
- Be mindful of likely bias either way – pre-post likely suppressing some change, and retro likely exaggerating
- Consider a research design using both



PFS-Military Families

Background

- Partnership with Greentrike, a Tacoma, WA-based organization promoting equitable access to playful experiences for children, youth, and families
- Children's museum at Joint Base Lewis-McChord
- Institute of Museums and Library Sciences grant
- Adapt PFS-2 to capture some of the core experiences of military family life

Development and validation

- Existing research on the experiences of military families
- Focus groups with military family members
- Consultation with support staff and researchers
- Validated and finalized survey using a convenience sample mostly drawn from Greentrike program participants, 61% military family members

What we learned

- Relocation & disruption of social networks
 - Housing challenges
 - Career challenges
 - Accessing concrete supports and information gaps
- Deployment & effects for children and home front spouse
- Military families are used to being surveyed
- PFS-2 items work well for these families

PFS-Military Families

Five subscales

- Program evaluation (4 items)
- Nurturing attachment (4 items)
- Military family life and resilience (4 items)
- Social support (5 items)
- Concrete support (7 items)

Demographic items

- Military status
- Service branch
- Time at current assignment
- Pay grade
- Current housing

The PFS-MF

- Designed for use in programs that serve members of the military and/or their spouses receiving child and family services
- Provides feedback for continuous improvement and evaluation purposes
- Provides program staff
 - A snapshot of the families they serve
 - Changes in protective factors
 - Where to focus services
 - Part of a CQI process

The PFS-MF is not intended for individual assessment, placement, or diagnostic purposes

Where to find

- <https://greentrike.org/about/protective-factors-survey-military-families>
- Survey and users' manual
- Free for anyone to use
- The website will ask you to provide some basic information



Spanish PFS-2

Goals

- Make a Spanish translation of PFS-2 available
- Ensure validity and reliability of translated instrument
- Collect feedback on translation to ensure it is robust to a variety of users

Development process

1. Professionally translated items into Spanish
2. Initial test using panel data
3. Analyzed panel data for reliability, validity, and comparability to English PFS-2
4. Collected qualitative feedback on translation and underlying concepts
5. Conducted field test with CBCAP grantees and other programs

Results so far

- The Spanish translation performs very similarly to the English PFS-2
- Substantial evidence of validity and reliability
- Qualitative feedback has provided helpful edits at the level of word choice, and pointed to new directions for expanding the content of the survey
- SPFS-2 is a much more direct translation than the SPFS

Next steps

- Second round of psychometric analyses drawing on field test data
- Analyze change from pre- to post-test
- Review feedback on word choice
- Finalize survey

Availability

- Currently available on Protective Factors Survey Online Data System (PFSODS)
- Field test version available as a pdf upon request
- Survey will be finalized in September 2023

Discussion

Group discussion

- How does your state use the Protective Factors Surveys?
- What are your questions about using the tool for evaluation or program management?
- What challenges have you experienced with data collection, analysis, interpretation, communication, and/or application?
- Do you have any questions about the retrospective PFS-2, the SPFS-2, or the PFS-MF?

Building Upon the PFS-2 with Ripple Effects Mapping

Kansas CBCAP PFS-2 Retro Insights

- Data aggregated across all programs
- Practitioner/caregiver relationship strongest protective factor across programs
 - Serving as a protective factor in 77% of CBCAP service recipients
- PFS-2 data illuminated the path for further exploration

PFS-2 Retro Results

Participants in CBCAP programming noted the following protective factors after services.

Social Supports

65%

**Family Functioning
& Resilience**

74%

**Practitioner/
Caregiver Relationship**

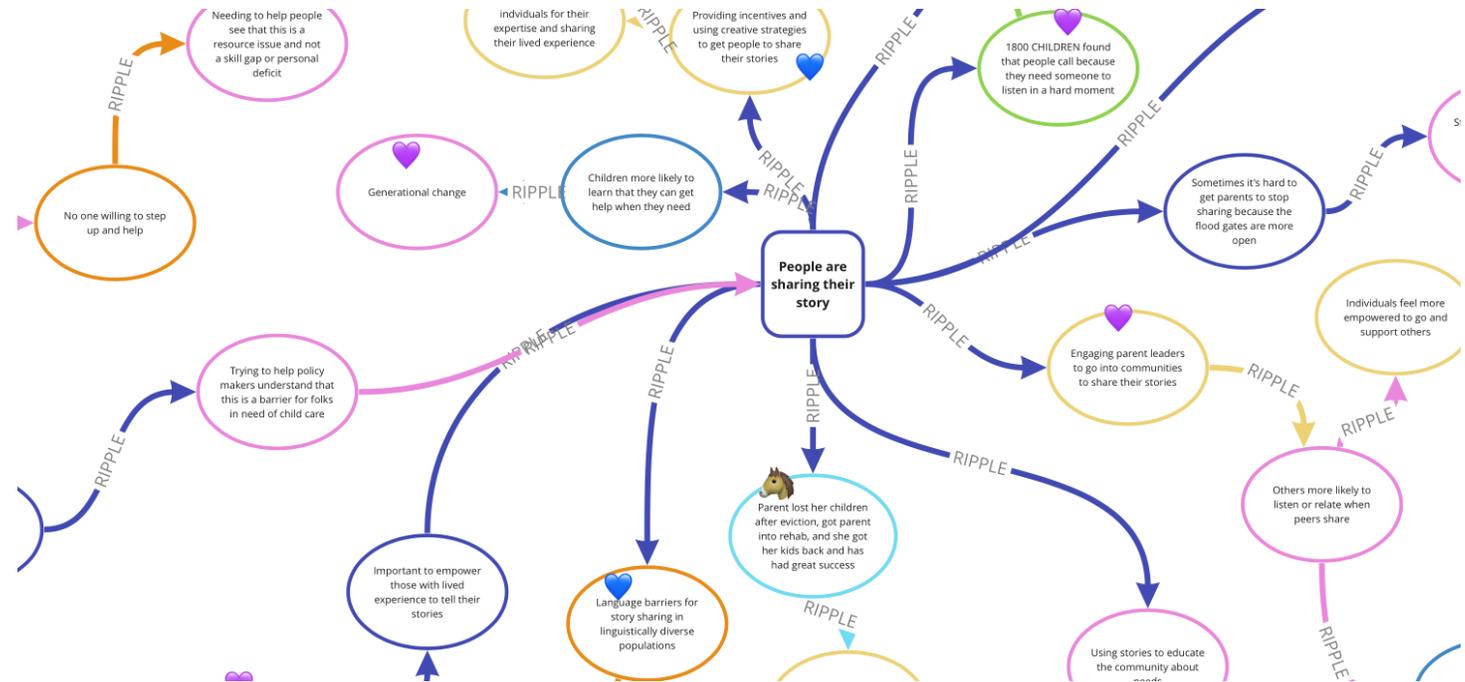
77%

Additional Evaluation Questions

- How are CBCAP providers promoting social supports?
- How are CBCAP providers supporting positive family functioning?
- How are CBCAP providers promoting a quality relationship with caregivers?
- What are the CBCAP provider behaviors and actions that promote protective factors?

Ripple Effects Mapping

- Participatory visual approach to evaluation
- Engages providers, program recipients, and key community partners
- Utilizes mind mapping approaches
- Promotes reflection, curiosity, and innovation
- Yields a more nuanced understanding of the impact



Results



How are CBCAP providers promoting quality social supports?

- Encouraging people to share their stories
- Providing opportunities for providing peer support
- Leveraging relationships with families to help them become service connected
- Leveraging relationships with community members to grow the network of helpers

"We are bringing more people into the circle of support and helping people understand that providing basic needs is a maltreatment prevention strategy."

How are CBCAP providers supporting positive family functioning?

- Helping caregivers learn new skills that they can apply to parenting
- Modeling essential skills:
 - Coping
 - Problem-solving
 - Parenting
- Leveraging proximity to the family to prevent crisis from resulting in family de-stabilization
- Increasing trust in service providers
- Decreasing help-seeking stigma

“We are helping families feel validated and less alone. It inspires them to help others, and translating the skills they learned onto others.”

How are CBCAP providers promoting a quality relationship with caregivers?

- Providers are operating as an extension of the family support system by:
 - Being a listening ear
 - Validating caregivers
 - Celebrating achievements with families
 - Problem-solving
 - Dreaming and brainstorming

"Providers naturally become a part of the client's lives. [Clients are] seeing the provider as a vital member of their support system. [We are] sitting at the table and dreaming with them. Caregivers are developing self-esteem and problem solving skills and making better decisions."

What are the CBCAP behaviors and actions that promote protective factors?

- Serving as an extension of the family system
- Being seen as someone who can be relied upon
- Building community relationships and capacity-building
- Facilitating story-sharing
- Disrupting hardship for families
- Facilitating mindset shifts
- Identifying and calling out disparities

Key Insights

- Gained important context about how providers are promoting protective factors
- Generated descriptive data about *how* protective factors are working
- Leveled the data playing field
 - Provided nuanced data, particularly for rural grantees that do not have high numbers of quantitative data

Discussion

- How has (or how might) your state used other types of evaluation data to complement or further describe PFS-2 results?
- What are some opportunities to use PFS-2 results differently in future evaluation efforts?
- How might story or narrative data pair with PFS-2 data?



Thank you!