

www.EPSEscale.com

Thank you for your interest in the EIBI Parental Self-Efficacy (EPSE) Scale. This scale is designed to help Behavior Analysts that are supervising Early Intensive Behavioral Intervention (EIBI) home programs. The utility of the scale is to give practitioners a research-based objective tool to assess any individualized challenges that parents are experiencing related to EIBI implementation. The rationale is that obtaining this information early and often will allow Behavior Analysts to have constructive conversations with families to problem-solve and find solutions, so that EIBI can continue successfully and help each child and family as much as possible.

The EPSE Scale was developed through a research study conducted by Dr. Aaron Blocher-Rubin, BCBA, for his doctoral dissertation through Capella University. The dissertation is available online through the ProQuest database. In 2017, the study was published in the peer-reviewed scientific journal *Autism Research and Treatment* (see below for reference).

Use of the EPSE Scale is free for all researchers and practitioners. The following pages contain the scale as it should be used with participants, as well as a scoring sheet.

There are not yet any standardized procedures regarding what to do with the results of the scale. The researcher's recommendation is to administer the scale every 6-12 months as needed, and to discuss any areas with the family where results suggest they may be struggling. Perhaps certain elements of the program can be modified to better accommodate the family's needs. Consider if any community resources are available that could help. Remember that the scale is not a measure of success or failure. It is simply an unbiased tool to gather information so that individualized home programs can be as successful as possible for everyone.

For questions, comments or feedback, please contact:

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Blocher-Rubin, A., & Krabill, P. (2017). Initial development of the Early Intensive Behavioral Intervention Parental Self-Efficacy Scale: A pilot study. *Autism Research and Treatment*, 2017.

The EPSE Scale

EIBI Parental Self-Efficacy (EPSE)

Background Information:

This scale is for parents/guardians receiving a home-based *Early Intensive Behavioral Intervention* (EIBI) program for their child with autism. EIBI is also sometimes referred to as "intensive ABA therapy" or something similar. It is based on the science of Applied Behavior Analysis (ABA). EIBI generally involves up to 20+ hours per week of 1-to-1 ABA-based therapy in the child's home, supervised by a Behavior Analyst.

The EPSE Scale is designed for parents/guardians of a child that:

- is diagnosed with autism, or "at-risk" for autism,
- lives at home with the parent/guardian, and
- is currently receiving EIBI.

The parent that is most responsible for coordinating the child's EIBI program should complete this scale.

The purpose of the EPSE Scale is to get a well-rounded picture of how things are going for families who are receiving EIBI. The scale is designed to identify any areas that may be challenging for families, in case more support or adjustments to the program would be helpful. The overall goal is to get this information early on in the process to better help each family have a successful and positive EIBI experience.

Instructions:

This scale has a list of different things related to EIBI that parents often do. For each item, please rate how certain you are that you can do it regularly. Score each item with a number from 1 to 7, using the scale given below:

<i>LOW</i>	<i>MIDDLE</i>	<i>HIGH</i>
1 ----- 2 ----- 3 ----- 4 ----- 5 ----- 6 ----- 7		
I can NEVER do it	I can SOMETIMES do it	I can ALWAYS do it

Please circle a number between 1 and 7 for each item below, to **rate how certain you are that you can do it**. 1 is the lowest (can never do it), and 7 is the highest (can always do it).

- **If the item describes something you already do now**, score it based on how certain you are that you can continue doing it regularly.
- **If the item describes something you have never done**, score it based on how certain you are that you could do it regularly if you had to start now.

1. Get your child ready for each session before the therapist arrives.	1 2 3 4 5 6 7
2. Have your home ready when therapists come over to work with your child.	1 2 3 4 5 6 7
3. Help therapists plan their daily activities with your child.	1 2 3 4 5 6 7
4. Set up areas in your home where therapists can work with your child without interruptions.	1 2 3 4 5 6 7
5. Keep all program materials organized so therapists can find what they need.	1 2 3 4 5 6 7
6. Make sure therapists feel welcome in your home at all times.	1 2 3 4 5 6 7
7. Observe what the therapists are doing each day.	1 2 3 4 5 6 7
8. Allow therapy sessions to continue when your child is upset.	1 2 3 4 5 6 7
9. Host meetings in your home with your child's therapy team, at least once a month.	1 2 3 4 5 6 7
10. Make sure you have a say in choosing your child's goals and designing the program.	1 2 3 4 5 6 7
11. Take good notes during team meetings and discussions with your program supervisor.	1 2 3 4 5 6 7
12. Talk to the supervisor if you have concerns about one of the therapists.	1 2 3 4 5 6 7
13. Participate in trainings with your team so you know how to use all the strategies.	1 2 3 4 5 6 7
14. Be one of your child's therapists, and balance this role with also being a parent.	1 2 3 4 5 6 7
15. Be enthusiastic when you work with your child, even if you feel sad about other things.	1 2 3 4 5 6 7
16. Be persistent and try different things to get your child to engage in activities with you.	1 2 3 4 5 6 7
17. When working with your child, be consistent with what you have been trained to do, even if your child gets upset.	1 2 3 4 5 6 7
18. Find a way to have bonding time with your child, which might be separate from therapy time.	1 2 3 4 5 6 7

19. Get your family members to join in on some of the home program activities.	1 2 3 4 5 6 7
20. Help everyone who lives with you get used to having the therapists in the home.	1 2 3 4 5 6 7
21. Set up your home in a way that works for the program and also works for your family.	1 2 3 4 5 6 7
22. Spend enough time with each of your other family members.	1 2 3 4 5 6 7
23. Support each other if EIBI is causing any stress for people in your home.	1 2 3 4 5 6 7
24. Continue EIBI even if your child's school is not supportive of it.	1 2 3 4 5 6 7
25. Be willing to change parts of your family's lifestyle so that your child can continue EIBI.	1 2 3 4 5 6 7
26. Help your extended family understand why EIBI is so important for your child.	1 2 3 4 5 6 7
27. Make EIBI one of your top priorities.	1 2 3 4 5 6 7
28. Find time to take breaks and take care of yourself.	1 2 3 4 5 6 7
29. Make time to celebrate small steps of progress with your family.	1 2 3 4 5 6 7

EPSE Scale Practitioner Scoring Sheet

Instructions: This scoring sheet is for practitioners to assess how parents have rated their own confidence and abilities in each subscale category. These scores are not designed to be shared with parents, and do not necessarily reflect an overall strength or weakness in that category.

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29.					
TOTAL SCORE:					
<i>Subscale category</i> <i>(max score)</i>	Preparing for Successful Sessions (49)	Team Participation (49)	Working with Your Child (28)	Family Well-Being (49)	Not Giving Up (28)