

Research Involving *SOS Help For Emotions* and *SOS Help For Parents*



If you are aware of planned or completed research involving *SOS Help For Emotions* or *SOS Help For Parents* materials or programs, please email us the reference or contact information at sos@sosprograms.com. Don't assume that we are aware of these studies or planned studies. Also, SOS Programs & Parents Press would like to help encourage this research.

Research Involving *SOS Help For Emotions* and CBT/REBT

We are not aware of research involving *SOS Help For Emotions*. We are developing "DVD *SOS Help For Emotions*," based on Cognitive Behavior Therapy/Rational Emotive Behavior Therapy, which will have accompanying objective tests over the self-help methods taught.

[Cognitive Behavior Therapy/Rational Emotive Behavior Therapy Research](#) shows over 500 REBT research studies posted at Albert Ellis Institute website.

Research Involving *SOS Help For Parents*

For various child and parent assessment and research tools see the Free Resources, [Therapy & Assessment Resources For Helping Children](#).

Note there are various objective instruments testing parents' knowledge of SOS behavior management methods and skills which could be used in research involving SOS educational programs. "Chapter 24: Quizzes And Answers For Parents" in *SOS Help For Parents* book consists of four subtests. "SOS Help For Parents Quizzes - Form B" are included in the "DVD *SOS Help For Parents*" Kit and consist of four similar subtests.

[Child Management Skills Test \(CMST\)](#) consists of five objective tests which assess parents' knowledge of 19 basic child management rules, errors, and skills taught in the SOS book and "DVD *SOS Help For Parents*" Kit. The CMST and scoring stencils are included with the "DVD *SOS Help For*

Parents" Kit.

SOS Research In Romania

Researchers in Romania are planning research using *SOS Help For Parents* book and DVD program. Contact Oana Gavita <OanaGavita@psychology.ro> and Anca Dobrean <AncaDobrean@psychology.ro>.

SOS Research In Iceland

Several research studies in Iceland have been published using *SOS Help For Parents* book and DVD program. Another article is expected to be published in 2010. Contact Gylfi Jon Gylfason <gylfi.j.gylfason@reykjanesbaer.is>. Further research and translation of the studies into English are planned.

See the following abstract, translated into English, of a 2009 study, .

Einkakennari í uppeldi: Úrræði sem bætir uppeldisfærni foreldra sem njóta þjónustu barnaverndarnefndar

Sálfræðiritið – Tímarit Sálfræðingafélags Íslands
14. árg. 2009, bls. 93–101

Title of Article

[Private parenting coach: An intervention that improves the parenting techniques of parents with a long history of social service support](#)

The present study investigated a supporting intervention intended to increase the usefulness of a course in parenting techniques for a group of families that historically have only benefited to a limited extent from such didactic courses.

The parenting training course, *SOS! Help for parents*, has for several years been offered to all parents of two year olds in the municipality where the parents lived. The participants were six families with a long history of support from the social services. The supporting intervention, "private parenting coach," consisted of adding a weekly one-on-one training session in the parenting techniques taught at the regular seminars. Direct observational methods were

SOS Research In Iceland (Continued)

used to measure the parenting techniques of participating families prior to, during and three months after the intervention. The research hypothesis of increased frequency of correct parenting responses to the child's behavior was supported for all families.

Keywords: parent training course, parenting techniques, direct observation, social services, single subject design

The following citations are included in the bibliography of the above study.

Álfheiður Guðmundsdóttir (2005). *Mat á áhrifum SOS! Hjálp fyrir foreldra á færni þátttakenda í hegðunarstjórnun*. Óbirt BA ritgerð: Háskóli Íslands, Félagsvísindadeild.

Clark L. (2003). SOS! Hjálp fyrir foreldra (3. útgáfa). Reykjavík: Félagsvísindastofnun Háskóla Íslands. (Upphaflega gefin út 1991).

Jón Hákon Halldórsson (2001). *Reynsla þátttakenda af námskeiðinu SOS! Hjálp fyrir foreldra*. Óbirt BA ritgerð: Háskóli Íslands, Félagsvísindadeild.

Kolbrún Ása Ríkarðsdóttir (2006). *Langtímaáhrif SOS! Hjálp fyrir foreldra*. Óbirt BA ritgerð: Háskóli Íslands, Félagsvísindadeild.

Sigurður Þorsteinn Þorsteinsson (2006). *Mat á yfirfærslu úr námskeiðinu SOS! Hjálp fyrir foreldra á hegðunarstjórn í leikskólum*. Óbirt BA ritgerð: Háskóli Íslands, Félagsvísindadeild.

Sóley Jökulrós Einarsdóttir (2002). *Hægara er sagt en gert: Samanburður milli annars vegar sjálfsmats kennara á notkun reglna námskeiðsins SOS! Hjálp fyrir foreldra og raunnotkunar hinsvegar*. Óbirt BA ritgerð: Háskóli Íslands, Félagsvísindadeild.