

Guidance on using TOPSE

What is TOPSE?

TOPSE is a tool to measure a change in parenting self-efficacy. It can be used to evaluate the effectiveness of parenting programmes. It can also be used to help identify specific problem areas that individual parents may be experiencing.

When and how to use TOPSE

Parents should complete the TOPSE booklet at the beginning of, or before, the first session of the parenting programme (Time 1 or T1). A second booklet should be completed at the end of, or following, the final session (Time 2 or T2). Booklets may be sent to parents to complete several months following the end of the programme to identify if changes in parenting self-efficacy have been maintained.

It is important to explain to parents that it is not a test and that their responses will be used to identify changes in their own perception of their parenting abilities. Its purpose is not to compare the scores of one parent with another, but to evaluate the effectiveness of the parenting programme.

Scoring TOPSE

To score TOPSE there is a template available from the website (www.topse.org.uk) which can be completed with the scores from Time 1 and Time 2 booklets and which carries out the calculations and provides before and after scores. Alternatively the measure can be scored manually.

Instructions for using the TOPSE template

The TOPSE template is an Excel spreadsheet designed for use following collection of data from the TOPSE booklets. One book should be provided for parents to complete prior to taking part in the parenting programme and another at the conclusion of the programme. The template is set out to compare the total scores for each section in each of the two time periods for each parent, to easily demonstrate whether progress or improvement has been made, in which areas, and how well the parenting programme is working generally.

Each row represents one parent's data, and all of their scores should be entered onto this row. The numbers can be directly inputted as they appear in the TOPSE booklet that has been completed by the parent. The first booklet (Time 1 – pre course) is entered into the time 1 section of the row, followed by the second booklet (Time 2 – post course) entered into the time 2 section of the row. There are 6 questions in each section and these are indicated in the header by their section title, question number and booklet type (i.e. Emotion1_T1 for Emotion and Affection Q1 Time 1 – pre course booklet).

The reverse scoring needed for several negatively phrased statements has already been included in the TOPSE template and therefore the **totals** section will take this into

account. Unlike manual entry, **only the actual scores indicated by the parents need to be entered.**

Once all of one parent's scores have been inputted, the totals section will have automatically filled with the sum for each section of the scale. The totals for each section for Time 1 and Time 2 appear next to each other for visible comparison. The next parent's scores can then be added onto the next row.

To the far right of the template the group means at Time 1 and Time 2 are indicated, along with the mean difference between the two time points.

Manually scoring TOPSE

Alternatively you can score the TOPSE manually. In that case the following instructions apply as there is a need to reverse score some items.

Each statement is scored from 0 – 10 and the total score for each section is a sum of scores.

However, the following statements are phrased negatively and should be reverse scored before summing:

Section 1	Emotion and affection	reverse score statement 6
Section 4	Control	reverse score statement 5
Section 6	Pressure	reverse score statements 1,2,3
Section 7	Self-acceptance	reverse score statement 3

To reverse the score subtract the actual score from 10
e.g. if the actual score is 3, the reverse score would be 7 (10 – 3)

A change in scores for any section would suggest a change in the parent's perception of their parenting ability in that particular area of parenting.

If you have any questions about the TOPSE booklet, the template or the guidelines for scoring please contact:

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