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## Research in Developmental Disabilities

Volume 15, Issue 4, July–August 1994, Pages 299-332

### Parenting education for parents with intellectual disabilities: A review of outcome studies

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[https://doi.org/10.1016/0891-4222\(94\)90009-4](https://doi.org/10.1016/0891-4222(94)90009-4)

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#### Abstract

Parents with intellectual disabilities (i.e., IQ < 80; mental retardation) are overrepresented in child maltreatment cases and have a variety of parenting skill deficits. Their children are at risk for neglect, developmental delay, and behavioral disorders. This review of parenting education interventions for such parents identified 20 published studies with adequate outcome data. A total of 190 such parents (188 mothers, 2 fathers), with IQs ranging from 50 to 79 were involved. Parenting skills trained included basic child-care, safety, nutrition, problem solving, positive parent–child interactions, and child behavior management. The most common instructional approach was behavioral (e.g., task analysis, modeling, feedback, reinforcement). Overall, initial training, follow-up, and social validity results are encouraging. Generalization and child outcome data are weak. Further research is needed to (a) identify variables associated with

responsiveness to intervention, and (b) develop and compare innovative programs that teach parents with cognitive disabilities the necessary generalized skills to demonstrate long-term beneficial effects on their children.



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† The execution of this article was funded in part by grants from the Ontario Mental Health Foundation and the Ontario Ministry of Community and Social Services Research Grants Program (administered by the Research and Program Evaluation Unit).

— The author thanks J. Berg and R. Ward for their helpful comments, B. Sparks for his assistance in the visual inspection of the figures, and A. Cheung for her help in preparation of the tables.

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