This document provides appendices A and B to the EIF report *Reducing parental conflict in the context of Covid-19: Adapting to virtual and digital provision of support*, published in August 2020.[1]

These appendices should not be read without referring to the main report for background and a summary of findings.

Appendix A: Survey of local authorities

EIF is reviewing how local authorities and intervention developers/providers are adapting their parental conflict support for families using virtual, digital or remote methods, as a result of Covid-19 and the lockdown.

This survey is **addressed to local authorities** and should be completed by the SPOC (Single Point of Contact) for the RPC Programme, or a colleague who has a good overview of the local authority's strategic plans for reducing parental conflict and improving outcomes for children. Please only submit one entry only per local authority.

'Virtual and digital services' (V&D) is a deliberately broad term which includes, but is not limited to, digital services delivered via the Internet. EIF defines a virtual and digital service as one which can be delivered remotely without any in-person interaction between provider and participant. This includes using mediums such as telephones, video conferencing, apps, websites and self-directed activities or worksheets amongst others.

GDPR Statement: This data is being collected by the Early Intervention Foundation (EIF) for the purposes of understanding the sector response to Covid-19 and the lockdown. Personal data collected will not be shared with or provided to any other third party for marketing or any other purposes. We are, however, planning to use the non-personal data you provide for research purposes. An option to remain anonymous when completing this survey is available, however, all participants including those known to EIF, will be anonymised should EIF wish to share the findings of this survey externally. No individual or intervention developer/provider will be identified from the survey.

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1   See: https://www.eif.org.uk/report/reducing-parental-conflict-in-the-context-of-covid-19-adapting-to-virtual-and-digital-provision-of-support

1. Please click here to give informed consent to the collection of this data:

- Yes
- No

This survey contains some routing questions. Where this is applicable, we have stated what question you will be routed to. If no direction mentioned please go to the next question.

About your local authority and RPC provision

2 What local authority do you work for? (Please note if you wish to remain anonymous you may leave this answer blank.)

- Free text response

3. What is your job title?

- Free text response

4. What involvement does your local authority have in the national RPC Programme? (Please select all that apply. For details on the national programme, see reducingparentalconflict.eif. org.uk/about-the-rpc-programme/)

- Closed answer response options:
  - We are part of the 4 Contract Package Areas helping to test the UK effectiveness of face-to-face interventions.
  - We have received Strategic Leadership support to plan for reducing parental conflict.
  - We will receive a Practitioner Training grant to provide local training for frontline practitioners.
  - We have received/will receive training and guidance for the frontline practitioners, to improve identification and effective referral to, and the availability of relationship support across our local area.
  - We are one of the Innovation Fund areas, testing support for families where parents misuse alcohol.
  - We are one of the Challenge Fund areas, testing approaches to provide digital support to families.
  - We are a Local Family Offer Ambassador, and we were involved in a previous intervention to support interparental relationships.
  - We have received support from our Regional Integration Lead (RIL).
  - We have participated in Communities of Practice events.
  - We have completed the RPC Planning Tool.
  - None
  - Other (please specify): _____

Impact of Covid-19

5. What is your sense of how Covid-19 and the lockdown is impacting on families in your area? For example, perhaps there have been food scarcity problems in your area, vulnerable families now live in more precarious situations, the number of children living in need may have increased, and the reports of domestic abuse too.

- Free text response

6. Since Covid-19 and the lockdown, to what extent do you think there has been an increase in parental conflict in your local area?

- Closed answer response options:
  - Not at all
  - To a very little extent
  - To some extent
  - To a great extent
  - To a very great extent
  - Not sure

7. Please could you elaborate on your responses to the previous question, where possible providing evidence to support your statements (please specify if the evidence comes from statistics or qualitative reports). For example, perhaps there has been an increase in the number of children in care/referrals/parental conflict cases/domestic abuse cases.

- Free text response

8. Have referrals to interparental relationship support changed in your area since Covid-19 and the lockdown? (Please select all that apply).

- Closed answer response options:
  - No, referrals have not changed → (Q10)
  - Not sure → (Q10)
  - Yes, the number of referrals has increased → (Q9)
  - Yes, the number of referrals has decreased → (Q9)
  - Yes, the type of referrals has changed → (Q9)
  - Other (please specify in the next question) → (Q9)

9. Could you provide a brief description (150 words or less) of the way in which referrals have changed due to Covid-19 and the lockdown? For example, referral numbers might have dropped initially and are now picking up, the number of self-referrals might have increased, and the type of family being referred to your services may have changed, perhaps with more high-need families being referred since the start of lockdown. Where possible, please also provide evidence to support your statements.

- Free text response

Prior provision

10. Prior to Covid-19 and the start of lockdown, which intervention(s) focusing on reducing parental conflict were being provided in your local area? (Please select all interventions that were available. If the name(s) of your intervention(s) are not listed below, please enter its name under 'Other').

- Closed answer response options:
  - Enhanced Triple P
  - Triple P Family Transitions
  - Family Check Up for Children
  - Family Foundations
  - The Incredible Years Advanced Programme

- Mentalization Based Therapy – Parenting Together
- Parents Plus – Parenting when Separated Programme
- Within My Reach
- 4Rs 2Ss Family Strengthening Programme
- Schoolchildren and their Families
- Parents as Partners
- You, Me, Baby Too
- Brief Encounters Relationship Support
- Getting it Right for Children When Parents Part
- Focus on Kids
- New Beginnings Programme for Divorced and Separating Families
- Adopting Together – Couple Therapy
- Couple Therapy for Depression (IAPT)
- FOCCUS
- Enhancing Parenting Skills (EPAS)
- Let's Stick Together
- Couples counselling/therapy focusing on parental conflict
- Couples mediation/therapy focusing on parental conflict
- None of the above
- Don't know
- Other (please specify): _____

11. Prior to Covid-19 and the start of lockdown, were there any remote (or 'Virtual and Digital') interparental relationship support interventions or services available in your local area? (eg support delivered via telephone, an app, a website, video calling, etc)

- Closed answer response options:
  - Yes, interventions or services were predominantly available through digital methods (i.e. where the overwhelming majority of the sessions or activities were delivered remotely) → (Q12)
  - Yes, some available interventions or services had some digital components and other face- to-face components → (Q12)
  - No, none of the available interventions or services included a virtual or digital component → (Q13)

12. Could you provide a brief description (150 words or less) of the Virtual and Digital interparental relationship support interventions or services available in your local area prior to Covid-19 (eg target population, intended outcomes and means used to deliver each intervention)?

- Free text response

Adaptations to provision

13. How has Covid-19 and the lockdown affected the normal way your local area delivers interparental relationship support interventions or services to parents, children and families?

- Closed answer response options:
  - We are continuing but with major adaptations to delivery → (Q14)
  - We are continuing with some minor adaptations to delivery → (Q14)
  - We are continuing with no adaptations to delivery ('business as usual') → (Q15)
  - We are stopping delivery for the foreseeable future → (Q15)

14. Could you provide a brief description (150 words or less) of the adaptations your local area has used to deal with the impact of Covid-19 and the lockdown? If your local area is adapting more than one intervention, please specify each adaptation. For example, have you moved to a remote method of delivery or altered content as a result of Covid-19? If so, how have you altered the content and what are you currently doing to maintain fidelity? How are you planning on changing delivery (if at all) now that lockdown is starting to ease?

- Free text response → (Q16)

15. Could you provide a brief description (150 words or less) of the reasons why your local area is not currently adapting existing content to allow remote or digital delivery? For example, perhaps your interventions or services were already being delivered remotely.

- Free text response → (Q18)

16. Are you planning to assess the impact of your adapted interventions or services? If you are adapting more than one intervention/service, please select all that apply.

- Closed answer response options:
  - Yes, and we already have an evaluation plan → (Q17)
  - Yes, but we have only just started developing an evaluation plan → (Q17)
  - Yes, but we don't yet have a plan and would need support → (Q17)
  - No, we are not intending to evaluate → (Q18)

17. Could you provide a brief description (150 words or less) of your evaluation plan or your initial ideas? For example, perhaps you will use online questionnaires or will administer surveys via telephone.

- Free text response

18. Are you currently signposting parents to any specific online support to reduce parental conflict and/or improve the quality of interparental relationships?

- Closed answer response options:
  - Yes → (Q19)
  - No → (Q20)
  - Not sure → (Q20)

19. Please list and briefly describe the support parents are typically being signposted to, including any links, where relevant.

- Free text response

20. What additional support (if any) has your area made available, in response to Covid-19 and the lockdown, and as a consequence of moving from face-to-face delivery to online? For example, perhaps you have set up a family support helpline.

- Free text response

Challenges & opportunities

21. What in your view have been the most challenging elements of responding to Covid-19 and the lockdown, both in terms of rapidly changing your RPC provision in response to it, and in terms of providing virtual or digital support to families? (250 words or less). For example, you may have concerns about whether interventions are being delivered in the most effective way. The rapid adaptation might have also caused concerns amongst participants or practitioners, who feel they are lacking the expertise to support families remotely.

- Free text response

22. What in your view have been the most valuable insights you have gained from your experience in delivering interparental relationship support to families during the Covid-19 crisis? For example, you might have observed that self-referral opt-in for RPC support could help avoid problems often associated with the existing referral processes, or you might have decided to incorporate or retain some components of virtual and digital methods currently being used in response to Covid-19.

- Free text response

23. How, if anything, have Covid-19 and the lockdown impacted on your relationship support work with local partners/agencies (eg, police, CAMHS, schools)? For example, the Covid-19 crisis might have temporarily unblocked longstanding issues in relation to data sharing between public health, schools, children's centres and local authority early help services.

- Free text response

24. We may wish to follow up with your local area further surrounding the answers given in this survey. If you are willing to be contacted by EIF at a later date, please leave a contact name and email below. Otherwise feel free to leave this answer blank.

- Free text response

Appendix B: Survey of intervention developers/ providers

EIF is reviewing how local authorities and intervention developers/providers are adapting their parental conflict support for families using virtual, digital or remote methods, as a result of Covid-19 and the lockdown.

This survey is **addressed to intervention developers/providers** and should be completed by those directly responsible for the design and implementation of an intervention aimed at improving parental conflict and/or the quality of the interparental relationship more broadly. Please only submit one entry only per intervention developer/provider.

'Virtual and digital services' (V&D) is a deliberately broad term which includes, but is not limited to, digital services delivered via the Internet. EIF defines a virtual and digital service as one which can be delivered remotely without any in-person interaction between provider and participant. This includes using mediums such as telephones, video conferencing, apps, websites and self-directed activities or worksheets amongst others.

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1. Please click here to give informed consent to the collection of this data:

- Yes

- No

This survey contains some routing questions. Where this is applicable, we have stated what question you will be routed to. If no direction mentioned please go to the next question.

About your organisation and intervention(s)

2. Please enter the name of your organisation. (Please note if you wish to remain anonymous you may leave this answer blank.)

- Free text response

3. Are you involved in the UK national RPC Programme? (Please select all that apply. For details on the national programme, see reducingparentalconflict.eif.org.uk/about-the-rpc-programme/)

- Closed answer response options:

  – Yes, our intervention is delivered as part of the work to support the four regional Contract Package Areas (delivering face-to-face interventions)

  – Yes, we deliver an intervention as part of the Innovation Fund, to support families where parents misuse alcohol

- Yes, we deliver an intervention as part of the Challenge Fund, to provide digital support to families and/or target disadvantaged families

- Yes, we deliver a training intervention on RPC for frontline workers

- Don't know

- No

- Other (please specify): _____

4. How many interparental relationship support interventions do you deliver?

- Closed answer response options:

  - 1

  - 2

  - 3

  - 4 or more

5. Prior to Covid-19 and the start of lockdown, did your organisation offer any remote (or 'Virtual and Digital') interventions? (eg delivered via telephone, an app, a website, video calling, etc)

- Closed answer response options:

  - Yes, we offered interventions predominantly through digital methods (i.e. where the overwhelming majority of the sessions or activities were delivered remotely)

  - Yes, we offered interventions with some digital components and other face-to-face components

  - No, none of our interventions included a virtual or digital component

We will now ask you some questions about the interventions you deliver, focusing specifically on those targeting the interparental relationship. The questions that follow will be the same for each intervention, and we would like you to respond to these questions considering a maximum of 3 interventions. If you deliver more than 3 interventions targeting the interparental relationship, please select those whose delivery has been more impacted by Covid-19 and the lockdown. You will be able to add details about the other interventions at the end of this section.

Intervention 1

6. Please name one of the interventions targeting the interparental relationship that you deliver.

- Free text response

7. How many local authorities deliver this intervention in the UK?

- Closed answer response options:

  - 1–2

  - 3–5

  - 6–10

  - 11–20

  - 21–50

  - >50

  - Don't know

8. Which description most accurately reflects your intervention?

- Closed answer response options:
  - Intervention that focuses on the interparental relationship in intact households (eg, seeking to improve the quality of the relationship between parents by teaching individuals about effective communication, conflict resolution, co-parenting skills, etc)
  - Intervention that focuses on the interparental relationship in intact families at key transition points (eg transition to parenthood, children's school transition, etc)
  - Intervention that focuses on the interparental relationship in the context of parent separation/divorce (eg, court-mandated interventions for couples who are in the process of separating)
  - Intervention that focuses on the interparental relationship in the context of poverty/economic pressure
  - Intervention that targets the interparental relationship in the context of domestic abuse (eg, focussing on children exposed to domestic violence)
  - Intervention that focuses on parenting but with a couple component focused on enhancing the interparental/couple relationship (or vice versa)
  - Prevention-based intervention (eg, couple relationship education interventions, skills training interventions focused on interpersonal skills, etc)
  - Other(please specify):_____

9. Which method most accurately reflects the way in which your intervention was normally delivered prior to Covid-19?

- Closed answer response options:
  - Physical face-to-face delivery
  - Virtually by phone (including video calling via phones or online software)
  - Through websites or apps (i.e. online videos or activities/worksheets - self-directed)
  - Through printed material (i.e. physical books or worksheets - self-directed)
  - Other (please specify):_____

10. Which format most accurately reflects the way in which your intervention was normally delivered prior to Covid-19?

- Closed answer response options:
  - Individual format – delivered to one parent
  - Individual format – delivered to couples/both parents (eg, intact couples, separated couples co-parenting together)
  - Individual format – delivered to one parent/both parents and a child or children
  - In small groups – Up to 6 adults
  - In medium groups – Up to 30 adults
  - In large groups – 30+ adults
  - Others (please specify):_____

11. Which classification listed below most accurately describes the level of need of your intervention?

- Closed answer response options:
  - Universal (available to all regardless of need)
  - Targeted selected (available to those with characteristics placing them at greater risk, eg couples at risk of domestic abuse)
  - Targeted indicated (available to those with a pre-identified need or risk, eg parents suffering from mental health problems)

12. How has Covid-19 affected the normal way you deliver this intervention?

- Closed answer response options:
  - We are continuing but with major adaptations to delivery → (Q13)
  - We are continuing with some minor adaptations to delivery → (Q13)
  - We are continuing with no adaptations to delivery ('business as usual') → (Q14)
  - We are stopping delivery for the foreseeable future → (Q14)
  - Other (please specify in the next question) → (Q14)

13. *(If continuing with adaptations)* Could you provide a brief description (150 words or less) of the adaptations you have made to this intervention, to deal with the impact of Covid-19 and the lockdown? For example, have you moved to a remote method of delivery or altered content as a result of Covid-19? If so, how have you altered the content and what are you currently doing to maintain fidelity? How are you planning on changing delivery (if at all) now that lockdown is starting to ease?

- Free text response → (Q15)

14. *(If continuing business as usual or pausing/stopping)* Could you provide a brief description (150 words or less) of the reasons why your organisation is not currently adapting this intervention to allow remote or digital delivery? For example, perhaps your intervention was already being delivered remotely.

- Free text response → (Q15)

Intervention 2

Questions about Intervention 2 (Q15–23) were repeated based on Q6–14 regarding Intervention 1.

Intervention 3

Questions about Intervention 3 (Q24–32) were repeated based on Q6–14 regarding Intervention 1.

If you deliver other interventions targeting the interparental relationship, please provide details below (if not, please skip this question). Please provide details if you delivered Virtual and Digital interventions targeting the interparental relationship prior to Covid-19, or if there is any other intervention targeting the interparental relationship that you had to adapt due to Covid-19 and the lockdown.

- Free text response

We will now ask some general questions regarding all the interparental relationship support interventions you deliver.

34. If you have adapted your intervention(s) as a result of Covid-19 and the lockdown, are you planning to assess the impact of your adapted intervention(s)?

- Closed answer response options:
    - Yes, and we already have an evaluation plan → (Q35)
    - Yes, and we are developing an evaluation plan → (Q35)
    - Yes, but we don't yet have a plan → (Q36)
    - Yes, but we don't yet have a plan and would need support → (Q36)
    - No, we are not intending to evaluate → (Q36)
    - No, we have not adapted our intervention(s) → (Q36)

35. *(If having or developing an evaluation plan)* **Could you provide a brief description (150 words or less) of your evaluation plan or your initial ideas?** If you are planning to assess more than one intervention, please specify what plans you have for each evaluation. *For example, perhaps you will use online questionnaires for parents and practitioners, or will administer surveys via telephone.*

- Free text response

Impact of Covid-19, lockdown, and adaptations to interventions

36. Have referrals to your intervention(s) changed as a result of Covid-19 and the lockdown? (Please select all that apply).

- Closed answer response options:
    - No, referrals have not changed → (Q38)
    - Yes, the number of referrals has increased → (Q37)
    - Yes, the number of referrals has decreased → (Q37)
    - Yes, the type of referrals has changed → (Q37)
    - Other (please specify in the next question) → (Q37)
    - Not sure → (Q38)

37. *(If referrals to interventions changed)* **Could you provide a brief description (150 words or less) of the way in which referrals have changed due to Covid-19 and the lockdown?** If referrals have changed for more than one intervention, please specify how they changed for each one. For example, referral numbers might have dropped initially and are now picking up, and/or the type of family being referred might have changed, perhaps with more high-need families being referred since the start of lockdown. Where possible, please also provide evidence to support your statements.

- Free text response

Challenges & opportunities

38. In your view, what have been the most challenging elements of responding to Covid-19, both in terms of rapidly changing your intervention in response to Covid-19 and the lockdown, and in terms of providing virtual or digital support to families? (250 words or less). For example, you may have concerns about whether interventions are being delivered in the most effective way. The rapid adaptation might have also caused concerns amongst participants or practitioners, who feel they are lacking the expertise to support families remotely.

- Free text response

39. In your view, what have been the most valuable opportunities and insights you have gained from your experience in delivering interparental relationship support to families during the Covid-19 crisis? For example, you might have observed that self-referral opt-in for RPC support could help avoid problems often associated with the existing referral processes, or you might have decided to retain some components of virtual delivery once lockdown ends.

- Free text response

40. We may wish to follow up with your organisation further surrounding the answers given in this survey. If you are willing to be contacted by EIF at a later date, please leave a contact name and email below. Otherwise feel free to leave this answer blank.

- Free text response