



INSIGHTS is a comprehensive evidence-based intervention that enhances the social-emotional development and academic skills of young children and the behavior management skills of their teachers and parents.

INSIGHTS is based on temperament theory and provides parents and teachers with strategies tailored to fit different children's personality styles.

In addition, children learn empathy and problem-solving strategies to resolve their dilemmas with parents, teachers, and peers.

The efficacy of INSIGHTS has been tested in multiple federal randomized clinical trials. The primary aim of our the study, funded by the Institute of Education Sciences was to test the efficacy of INSIGHTS in enhancing the academic learning context of primary grade urban classrooms, compared to a supplemental reading program. Twenty-two schools were randomly assigned to INSIGHTS or a reading program. Data were collected at five time points across kindergarten and first grade. Hierarchical linear modeling was used to examine changes over time in classroom teacher practices, student academic skills and behaviors, and teacher-student relationships.

Meet the **INSIGHTS** Kids



See evidence that **INSIGHTS** works on the next page!

To learn more about INSIGHTS and to download our publications go to: insightsintervention.com or on social media @InsightsIntervention

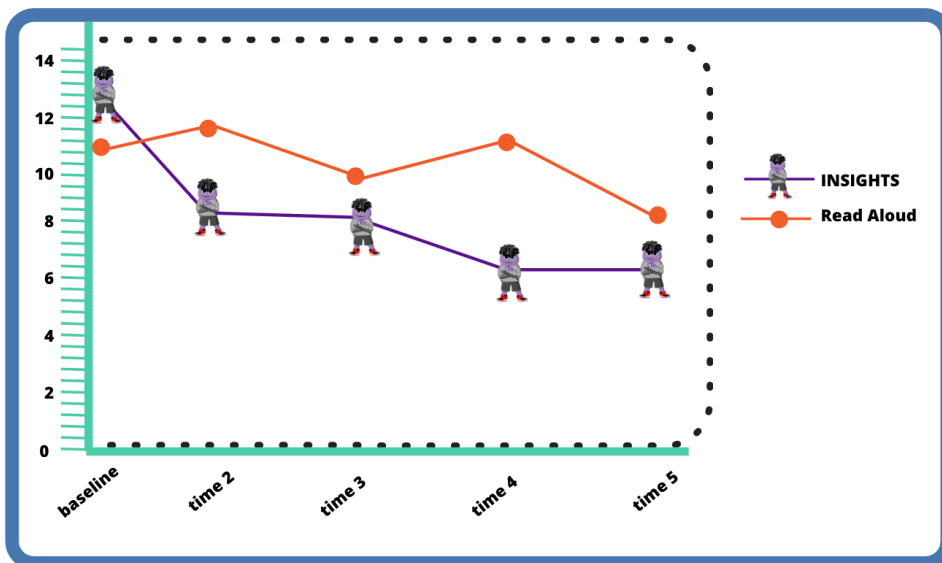


Short-Term Effects of <i>INSIGHTS</i>	Outcome	Impact
Main effects on children	Fewer disruptive behavior problems Higher reading achievement Higher math achievement Greater sustained attention	ES=.54 ES=.55 ES=.31 ES=.39
Effects on teachers and classrooms	More teacher emotional support of students Better student engagement in kindergarten More teacher emotional support in 1st grade Better classroom organization in 1st grade Less off-task behaviors in 1st grade	ES=.30 ES=.52 ES=.68 ES=.93 ES=.58
Effects on children whose temperaments are high maintenance	Better student-teacher relationships Fewer disruptive behavior problems More classroom engagement Less off-task behavior	ES=.65 ES=.42 ES=.35 ES=.33
Effects on shy children	Improved critical thinking More classroom engagement Higher math skills	ES=.40 ES=.22 ES=.36
Long-Term Effects of <i>INSIGHTS</i>	Outcome	Impact
Special education services	Less special education services through 5 th grade for low-income students	OR=.85
ELA skills	Better ELA standardized test scores in 3 rd grade Better ELA standardized test scores in 4 th grade	ES=.28 ES=.24

Findings from an RCT
Funded by the **Institute of Educational Sciences**
(R305A080512)



Findings from an RCT Funded by the **National Institutes of Health** (RO1NR04781)



- **INSIGHTS** was highly effective for children with ADHD and other disruptive disorders without the use of any medication.
- **After INSIGHTS**, parents were more effective in handling the behavior of their children, especially those with challenging temperaments.



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