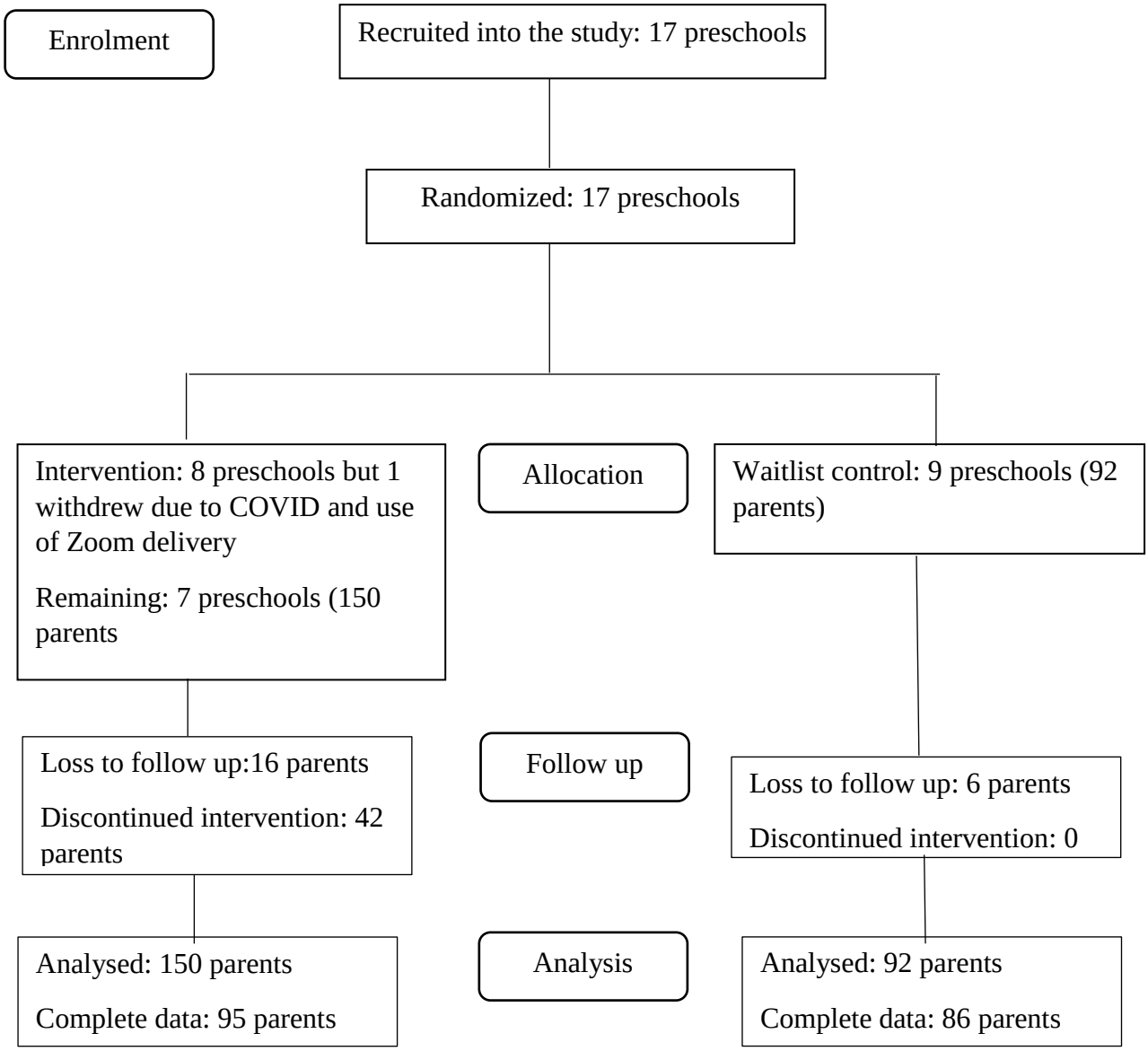
Participant Flow



Baseline Characteristics

	Intervention group (n = 150)		Control group (n = 92)		Significance
	n	%	*n*	%	
Child sex - girl	82	54.7	38	41.3	$\chi^2(1) = 4.07$, $p = .044$
Child sex - boy	68	45.3	54	58.7	
Half-day school	118	80.8	41	45.1	$\chi^2(1) = 32.48$, $p < .001$
Child born in Hong Kong	144	98.6	89	97.8	$\chi^2(1) = 0.23$, $p = .630$
Participant - father	24	16.0	20	21.7	$\chi^2(2) = 1.83$, $p = .401$
Participant - mother	125	83.3	72	78.3	
Participant - others	1	0.7	0	0	
Family type - nuclear	113	77.4	61	66.3	$\chi^2(3) = 4.33$, $p = .228$
Family type - extended	30	20.5	26	28.3	
Family type – re-constituted	1	0.7	2	2.2	
Family type - others	2	1.4	3	3.3	
Married/de facto	143	97.9	85	92.4	$\chi^2(2) = 4.75$, $p = .093$
Single/separated/ divorced/widowed	2	1.4	6	6.5	
Others	1	0.7	1	1.1	
Family income ≤ HK$24999	31	21.4	17	18.9	$\chi^2(1) = 0.21$, $p = .645$
Father education ≤ 9 years	22	15.2	17	18.7	$\chi^2(1) = 0.50$, $p = .480$
Mother education ≤ 9 years	16	11.0	9	9.9	$\chi^2(1) = 0.08$, $p = .781$
Father employed	140	95.5	87	94.6	$\chi^2(2) = 2.73$, $p = .255$
Father not employed	4	2.7	1	1.1	
Others	2	1.4	4	4.3	
Mother employed	106	72.6	62	67.4	$\chi^2(2) = 1.41$, $p = .495$
Mother not employed	38	26.0	27	29.3	
Others	2	1.4	3	3.3	
	mean	sd	mean	sd	
Child’s age	4.08	1.11	4.26	1.12	t (237) = 1.26, p = .210
Child’s length of residence in Hong Kong	4.02	1.17	4.20	1.16	t (230) = 1.13, p = .260
Mother’s age	37.26	4.69	38.18	5.95	t (229) = 1.30, p = .194
Mother’s length of residence in Hong Kong	30.77	12.62	31.92	12.58	t (215) = 0.66, p = .512
Father’s age	39.96	6.29	41.01	7.15	t (227) = 1.17, p = .244
Father’s length of residence in Hong Kong	35.78	11.05	37.94	10.63	t (212) = 1.42, p = .157
Number of children	1.60	0.58	1.73	0.60	t (235) = 1.56, p = .120
Number of people in household	4.01	1.38	4.12	1.00	t (232) = 0.64, p = .520

Outcome Measures

	Pre-intervention scores				α	Baseline difference	Post-intervention scores				α	Effect size
	Intervention (n = 150)		Control (n = 92)				Intervention (n = 150)		Control (n = 92)			
	Mean	95% CI	Mean	95% CI			Mean	95% CI	Mean	95% CI		
ECBI-intensity	120.27	116.65, 123.89	116.29	111.56, 121.03	.90	t = 1.32, p = .187	118.51	114.48, 122.54	115.65	110.26, 121.03	.92	0.11 [-0.15, 0.37]
ECBI-problem	9.46	8.35, 10.57	7.09	5.67, 8.51	.90	t = 2.62, p = .009	7.86	6.50, 9.22	6.41	4.91, 7.92	.92	0.18 [-0.08, 0.44]
ERPS-PA	18.15	17.62, 18.68	17.88	17.30, 18.46	.74	t = 0.66, p = .512	18.34	17.71, 18.98	18.08	17.45, 18.72	.77	0.07 [-0.19, 0.33]
ERPS-PR	15.95	15.42, 16.48	15.66	15.10, 16.22	.60	t = 0.70, p = .482	15.54	14.76, 16.32	15.84	15.21, 16.47	.57	0.08 [-0.18, 0.34]
ERPS-EC	20.44	20.06, 20.81	20.16	19.67, 20.66	.66	t = 0.88, p = .377	20.30	18.90, 20.70	19.72	19.24, 20.19	.62	0.25 [-0.01, 0.51]
ERPS-UI	14.35	13.87, 14.83	14.22	13.66, 14.77	.62	t = 0.35, p = .729	14.01	13.39, 14.63	14.81	14.21, 15.41	.67	0.25 [-0.01, 0.51]
PS verbosity	31.14	30.44, 31.85	31.77	30.97, 32.57	.13	t = 1.13, p = .258	30.08	28.95, 31.22	30.49	29.59, 31.38	.26	0.07 [-0.19, 0.33]
PS over-reactivity	33.06	31.84, 34.29	32.96	31.58, 34.33	.69	t = 0.11, p = .912	30.59	29.43, 31.76	32.86	31.36, 34.37	.73	0.32 [0.06, 0.58]
PS laxness	38.30	36.82, 39.78	38.25	36.74, 39.76	.66	t = 0.04, p = .968	36.92	35.59, 38.26	37.76	36.07, 39.45	.70	0.11 [-0.15, 0.37]
PSI	91.01	87.98, 94.04	87.95	84.33, 91.56	.92	t = 1.27, p = .207	88.30	85.10, 91.51	90.06	85.79, 94.34	.93	0.09 [-0.17, 0.35]

Adverse events

There were no adverse events associated with this trial