

# Self-help parent-training for conduct problems in children

<b>Submission date</b> 04/02/2005	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 26/06/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 18/03/2008	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

ClinicalTrials.gov (NCT)  
NCT00299442

**Protocol serial number**  
05/Q1606/57

## Study information

## **Scientific Title**

### **Study objectives**

Children in the treatment group will show significantly fewer behavioural problems than children in the control group at post-treatment and six-month follow-up as measured by parent and teacher report.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approved by National Health Service (NHS) Oxfordshire Research Ethics Committee C, reference number 05/Q1606/57.

### **Study design**

Randomised, controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

### **Health condition(s) or problem(s) studied**

Behavioural problems in children

### **Interventions**

Please note that, as of 18/03/2008, the anticipated end date was updated from 01/10/2007 to 31/08/2008.

This project will introduce a self-help parent-training programme for families on NHS waiting lists for child mental health services. It will examine whether access to treatment can be increased by providing an intervention that requires fewer resources and by releasing clinician time for more serious cases. This intervention will be tested in a randomised, controlled trial in which 35 subjects will receive treatment and 35 will not. All families will also complete questionnaires before and after treatment in order to measure changes in child behaviour, parenting, and parental-mental health. Cost-effectiveness of this programme will also be analysed. Intention-to-treat analyses will be conducted.

The control group will receive the self-help intervention after the intervention group completes their post-treatment outcome assessments. The treatment intervention is a self-help version of the Triple P parenting programme and will consist of six parent-training videos and a workbook that will be divided into 10 weeks of treatment, to be completed at home by the families. This intervention is based on social learning theory and provides information about preschoolers' development, promoting acceptable behaviour and responding to unacceptable behaviour in effective ways, promoting children's self-esteem and coping with stress. The control group will receive no treatment during this period.

Both groups will remain on the waiting list for treatment in a clinic and will commence that treatment if they still wish to do so when they reach the end of the waiting list, regardless of their position in the trial.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Child behaviour problems as measured by parent's report and teacher's report post-treatment and at six-month follow-up

**Key secondary outcome(s)**

1. Utilisation of mental health services after treatment
2. Parental mental health
3. Parents' sense of competence in parenting
4. Parent's self-report of parenting practices
5. Families' satisfaction with treatment
6. Parent report of parental relationship quality

**Completion date**

31/08/2008

**Eligibility****Key inclusion criteria**

Families with children aged 2-5, on the waiting lists of child and adolescent mental health service clinics, and scores in the clinical range on the standardised measure of child behavioural problems. At least one parent in each family must be literate and a fluent English speaker to participate because the self-administered intervention will primarily consist of written instructions and information in English.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

2 years

**Upper age limit**

5 years

**Sex**

All

**Key exclusion criteria**

1. Clients whose children score below a clinical cut-off score on a standardised measure of child behaviour problems. This is to ensure that participants are appropriate for an intervention aiming to reduce behaviour problems.
2. Non-English speakers or those who are unable to read cannot be included because reading English is required to complete the self-administered intervention
3. Children or parents with severe disabilities and children with a developmental disorder (e.g. autism) will be excluded because the version of the parent-training programme that will be implemented is not designed for families with these types of problems
4. Children who live with a temporary carer will be excluded because the intervention is designed for full-time parents and follow-up will be after one year
5. Children or parents who are currently receiving treatment for psychological problems will be excluded because outcomes may be influenced by interventions not affiliated with this project

**Date of first enrolment**

01/04/2006

**Date of final enrolment**

31/08/2008

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**

University of Oxford

Oxford

United Kingdom

OX1 2ER

**Sponsor information****Organisation**

University of Oxford (UK)

**ROR**

<https://ror.org/052gg0110>

# Funder(s)

## Funder type

University/education

## Funder Name

University of Oxford Research Development Fund and Oxfordshire Health Services Research Committee (OHSRC) Grant

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	Results:	25/01/2006		Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes