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Online parent training for reducing parenting stress during the coronavirus pandemic

Submission date
15/05/2020

Recruitment status
No longer recruiting

Registration date
23/05/2020

Overall study status
Completed

Last Edited
21/05/2020

Condition category
Other

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
In January 2020, the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern (WHO, 2020). In that time of crisis which generates stress throughout the population, supporting mental and psychosocial well-being is warranted. Internet-based programs have been identified as an alternative means of intervention delivery during the pandemic.
The study aims to evaluate the engagement in, satisfaction with, and efficacy of an internet-based parent-training program for reducing parenting stress during the Covid-19 pandemic.

Who can participate?
Parents of at least one child below the age of 18 years old, with internet access, own mobile phone or computer.

What does the study involve?
Participants will be randomly allocated to either complete the online training program without having any contact with other participants or the clinician who follows their completion, or in addition to the program an online forum will be added to the structure of the training, where participants can share their experiences and contact each other, and ask the clinician, or in addition to this, the clinician will give personal feedback to assignments submitted by the participants.

What are the possible benefits and risks of participating?
Possible benefits of participating will be that participants will receive information about potential mental health challenges of the pandemic and effective coping strategies that help to avoid the adverse psychological effects of the pandemic in parents and children. They can practice these skills during the training. An additional benefit is that if one of the participants is identified as needing further professional help, the moderator will contact him or her and help him or her get the appropriate help/treatment.
Potential risks: Thinking about the pandemic and raising awareness of their own and their children's stress reaction, worries and coping capacities may be anxiety provoking. In that case the participant can contact the moderator, and the moderator will help him or her get the appropriate help/treatment.

Where is the study run from?
1. Eötvös Loránd University (Hungary)
2. Heim Pál National Pediatric Institute (Hungary)

When is the study starting and how long is it expected to run for?
April 2020 to December 2020

Who is funding the study?
Eötvös Loránd University (Hungary)

Who is the main contact?
Dr Monika Miklósi, miklosi.monika@ppk.elte.hu

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
2020/185

Study information

Scientific Title

Online parent training for reducing parenting stress during the COVID-19 pandemic: a randomized controlled trial

Study objectives
The online training program will result in a significant reduction in parents' level of stress and a significant increase in well-being and parental self-efficacy

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 12/05/2020, Faculty of Education and Psychology, Research Ethics Committee of the Eötvös Loránd University (Izbella 46, Budapest 1064, Hungary; + (36-1) 461-2600 / 5614; molnar.mark@ppk.elte.hu), ref: 2020/185

Study design
Interventional randomized controlled study

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Internet/virtual

Study type(s)
Prevention

Participant information sheet
In Hungarian: https://drive.google.com/open?id=12NHiQh8iFOInp_8fnQnfNA3lLk-2yNem

Health condition(s) or problem(s) studied
Parental stress during COVID-19 pandemic

Interventions
The study aims to examine the effect of an online parent training in reducing parental stress during Covid-19 pandemic and to determine the optimal design of the program by means of engagement in, satisfaction with, and efficacy of the program.

The training program consists of two modules, one focusing on parents' stress, and the second focusing on children's stress and parenting practices that are appropriate during the pandemic time. Each module consists of 5 topics with short psychoeducative videos and written materials, while quizzes, worksheets, and feedback forms are included for increasing engagement. Parents can flexibly go through the topics during two weeks, requiring a 15-30-minutes daily online activity.

To explore the optimal structure of the training, participants will be randomized into three conditions.
In group 1., parents complete the online training program without having any contact with other

participants or the clinician who follows their completion. The clinician contacts a parent only in case of emergency.
In group 2., an online forum will be added to the structure of the training, where participants can share their experiences and contact each other, and ask the clinician. The clinician will be involved in the forum and answer the questions.
In group 3., in addition to this, the clinician will give personal feedback to assignments submitted by the participants.

Block randomization with randomly selected block sizes of 6, 12 is used. The randomization scheme is generated by using the Web site Randomization.com (http://www.randomization.com

Intervention Type
Behavioural

Primary outcome measure
In the parent, according to self-report, measured in four time-points: at baseline, post-treatment, 1- and 3-months follow-up:
1. Perceived stress (Perceived Stress Scale, four-item version, PSS4)
2. Psychological well-being (WHO Well-being Index, WBI)
3. Parenting stress (Parental Stress Scale, shortened)
4. Parental competence (Parental Sense of Competence Scale, PSOC)

Secondary outcome measures
According to self-report, measured in four time-points: at baseline, post-treatment, 1- and 3-months follow-up:
1. Parenting behaviour (Multidimensional Assessment of Parenting Behavior, MAPS)
2. Children’s quality of life (Inventar zur Erfassung der Lebensqualitaet für Kindern und Jugendlichen, ILK)

Overall study start date
06/04/2020

Completion date
15/12/2020

Eligibility

Key inclusion criteria
1. Being a parent of at least one child below the age of 18 years old
2. Internet access, own mobile phone or computer
Though both parents can take part in the training, only data from one parent per family will be included in analyses

Participant type(s)
Healthy volunteer

Age group
Adult

Lower age limit

18 Years

Sex
Both

Target number of participants
300

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
18/05/2020

Date of final enrolment
30/11/2020

Locations

Countries of recruitment
Hungary

Study participating centre
Eötvös Loránd University
Psychological Institute
Izabella 46
Budapest
Hungary
1064

Study participating centre
Heim Pál National Pediatric Institute
Faludi 5
Budapest
Hungary
1138

Sponsor information

Organisation
Heim Pál National Pediatric Institute LÉTRA Foundation

Sponsor details

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Sponsor type
Hospital/treatment centre

Website
http://www.letraalapitvany.hu/

Funder(s)

Funder type
University/education

Funder Name
Eötvös Loránd University

Results and Publications

Publication and dissemination plan
Planned publication in a high-impact peer-reviewed journal.

Intention to publish date
15/01/2021

Individual participant data (IPD) sharing plan
All data generated or analysed during this study will be included in the subsequent results publication.

IPD sharing plan summary
Other