

# Healthy Start Home Visit Program - school-based approach

<b>Submission date</b> 13/06/2016	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 21/07/2016	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 07/08/2018	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The Healthy Start Home Visit Program has been developed to promote the health of preschool children. It does this by helping school teachers and parents work together on a program offering ways to improve child health (focusing on nutrition, activities, safety in the home and dental health), learning (for example, reading), child behaviour and parenting skills. This study aims to adapt this program into a school-based parent training program, to empower pre-primary parents with parenting needs to effectively promote healthy life styles for their pre-primary children.

### Who can participate?

Parents identified as having parenting needs and their children.

### What does the study involve?

The schools taking part in the study are randomly allocated to one of two groups. Those in group 1 (the control group) carry on as usual. Those in group 2 (intervention group) undergo the Healthy Start Home Visit Program. The program is delivered through school-based parent training programs, with parent ambassadors (PA) as assistants. The program first facilitates PAs to develop skills and knowledge in enhancing children's healthy life styles. This is followed by the training so-called Healthy Start Parents (HSP) HSPs are parents that are in need of support (have parenting needs) and have children who are attending pre-primary institutions. Priority is given for disadvantaged families. Each institution has 1 school representative, either teacher or school social worker, to participate in the PA training and assist in HSP school-based program. Assessments take place before the start of the program, after the program completes and then six months later. These include for example, tests of parenting stress and how supported they feel, child behaviour, and child learning.

### What are the possible benefits and risks of participating?

Not provided at time of registration

### Where is the study run from?

Twenty pre-primary institutions, Hong Kong.

When is the study starting and how long is it expected to run for?  
July 2016 to August 2017

Who is funding the study?  
Quality Education Fund (Hong Kong)

Who is the main contact?  
1. Ms Yin Kwan Heung (public)  
2. Ms Cynthia Leung (scientific)

## Contact information

**Type(s)**  
Public

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**Type(s)**  
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## Additional identifiers

**Protocol serial number**  
EDB/QEF 22/17/14

## Study information

**Scientific Title**  
Evaluation of Healthy Start Home Visit Program - school-based approach in disadvantaged families

**Acronym**

HSHVP

**Study objectives**

The Healthy Start Home Visit Program (HSHVP)- School Approach can enhance parents' competence and confidence in promoting their pre-school children's development in physical, cognitive and psychosocial aspects.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Human Subjects Ethics Sub-Committee of the Hong Kong Polytechnic University, 02/06/2016

**Study design**

Cluster randomized controlled trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Assessment includes pre and post intervention and follow-up tests of parenting stress, parent general efficacy, parent perceived social support, child behaviour, and child learning, parent feeding practice, oral health practice. Moreover, sense of efficacy for school representatives, either school teachers or social workers, will also be assessed.

**Interventions**

Schools are randomly assigned to one of two groups - the intervention group and the control group (business as usual)

The intervention includes 2 parts:

Part I: intensive parent ambassador (PA) training -it aims to facilitate PAs to develop skills and knowledge in helping parents enhance children's healthy life styles, in physical, cognitive and psychosocial aspects.

Part II: Healthy Start Parent (HSP) school-based program - Provide training to 200 parents through 12 taught sessions, 2 revision sessions and 3 joint-school talks. The parent training will be conducted by project workers and an educational psychologist, assisted by PAs who completed the training in Part I. The content of the program includes the following domains:

1. Psychosocial areas - parent-child relationship, praise, reward, increasing positive behaviours, decreasing inappropriate behaviours
2. Cognitive areas – reading and language skills, preschool concepts
3. Physical areas – nutrition, physical exercises, learning through play (conducted in talks) and home safety (by one-off home visit or individual consultation)
4. Each 2 hour taught session will include feedback on the activities the week before, teaching of each protocol session, role play to practise working on the worksheets and activities and conclusion

5. Revision sessions - 2 hands-on practice sessions will be held to enhance HSP's skills in establishing child relationship and reading

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Both parent ambassadors and Healthy Start Parents' outcomes will be measured:

Part I. The PAs will be assessed using standardized questionnaires both before and after training, and after delivery of the Healthy Start Parent training program, to examine the changes in:

1. Parenting stress (Parenting Stress Index)
2. Parent general efficacy (GSE)
3. Parent perceived social support (Duke-UNC Functional Social Support Questionnaire)
4. Child behaviour (Eyberg Child Behaviour Inventory)

Part II. Assessment for HSPs includes pre and post HSP training and follow-up tests of:

1. Parenting stress (Parenting Stress Index)
2. Parent general efficacy (GSE)
3. Parent perceived social support (Duke-UNC Functional Social Support Questionnaire)
4. Child behaviour (Eyberg Child Behavior Inventory)
5. Child learning
6. Parent feeding practice
7. Oral health practice

The above tests will be administered before (pre) and after program completion (post) and 6 months after program completion (follow-up)

## **Key secondary outcome(s)**

1. Co-working school teachers/ social workers' efficacy before PA training and after HSP school-based program, using the questionnaire adapted from Teachers' Sense of Efficacy Scale – short form
2. Parent participation in school activities, parent-teacher meetings and parent practice of exercises at home, assessed using a log that will be kept for those participating in the program
3. Parents views in relation to the program materials, activities and delivery format, collected through focus groups

## **Completion date**

31/08/2017

## **Eligibility**

### **Key inclusion criteria**

The PA and HSP must meet the following criteria:

1. The participating parent show parenting needs
2. Can read Chinese and have children who are attending pre-primary institutions
3. The parent and the children should normally reside in Hong Kong

Priorities are given to HSPs from disadvantaged families, including single-parent families, Mainland new arrivals and low-income families.

**Participant type(s)**

Other

**Healthy volunteers allowed**

No

**Age group**

Other

**Sex**

All

**Key exclusion criteria**

1. Parents with children having major developmental problems
2. History of domestic violence
3. Drug abuse
4. Mental illness in the family

**Date of first enrolment**

01/07/2016

**Date of final enrolment**

30/09/2016

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

Hong Kong

**Study participating centre**

Rock of Ages Lutheran Kindergarten

Hong Kong

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**Study participating centre**

Tsuen Wan Our Lady Kindergarten

Hong Kong

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**Study participating centre**

Tsing Yi Trade Association Kindergarten

Hong Kong

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**Study participating centre**  
**Kowloon Rhenish School and Kindergarten**  
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**Study participating centre**  
**Sham Shui Po Baptist Church Kindergarten**  
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**Study participating centre**  
**HKCS Shek Kip Mei Nursery School**  
Hong Kong  
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**Study participating centre**  
**Kin Sang Baptist Church Bradbury Pre-School**  
Hong Kong  
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**Study participating centre**  
**Guideposts Kindergarten 2nd Branch (Kin Sang Estate)**  
Hong Kong  
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**Study participating centre**  
**Karlam Kindergarten (Tuen Mun Branch)**  
Hong Kong  
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**Study participating centre**  
**Hoh Fuk Tong Kindergarten (Tuen Mun Church, CCC, HK Council)**  
Hong Kong  
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**Study participating centre**  
**CCC Tuen Mun Church Kindergarten**  
Hong Kong  
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**Study participating centre**  
**Lok Sin Tong Tang Tak Lim Kindergarten**  
Hong Kong  
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**Study participating centre**  
**Yan Chai Hospital Ming Tak Kindergarten**  
Hong Kong  
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**Study participating centre**  
**POH Mrs Chu Kwok King Memorial Kindergarten**  
Hong Kong  
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**Study participating centre**  
**Yuen Long Church (CCC) Long Ping Estate Chan Kwong Kindergarten**  
Hong Kong  
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**Study participating centre**  
**NAAC Yuen Long Day Nursery**  
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**Study participating centre**  
**HKCS Tin Heng Nursery School**  
Hong Kong  
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**Study participating centre**

**Yuen Long Merchants Association Kindergarten**

Hong Kong

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**Study participating centre**

**Tai Po Rhenish Church Kindergarten**

Hong Kong

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**Study participating centre**

**Tai Po Baptist Kindergarten Wan Tau Tong Estate Branch**

Hong Kong

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**Study participating centre**

**NAAC Fanling Day Nursery**

Hong Kong

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**Study participating centre**

**Dawning Views Elementi English Kindergarten**

Hong Kong

852

**Study participating centre**

**CCWF King Shing Kindergarten**

Hong Kong

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## **Sponsor information**

**Organisation**

Quality Education Fund

## **Funder(s)**



**Funder type**  
Charity

**Funder Name**  
Quality Education Fund (Hong Kong)

## Results and Publications

Individual participant data (IPD) sharing plan

**IPD sharing plan summary**  
Not expected to be made available

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	10/07/2018		Yes	No
<a href="#">Participant information sheet</a>		30/06/2016	26/07/2016	No	Yes
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes