Testing the effectiveness of the Parents Plus Pathways programme for parents of adolescents with disabilities

Submission date	Recruitment status	Prospectively registered
29/04/2020	No longer recruiting	∐ Protocol
Registration date	Overall study status	Statistical analysis plan
06/05/2020	Completed	Results
Last Edited	Condition category	Individual participant data
06/05/2020	Mental and Behavioural Disorders	Record updated in last year

Plain English summary of protocol

Background and study aims

Parents who have adolescents with intellectual disability often have additional needs and higher levels of stress. Despite this, there are no current parenting programmes specifically designed for this population. The aim of this study is to test whether a Parents Plus programme designed for these parents improves their adolescents' behavioural and emotional difficulties, improves their parenting and family adjustment and increases their parenting confidence and satisfaction. The researchers also hope to test whether it helps parents achieve the goals they have for themselves and their adolescent.

Who can participate?

Parents who have an adolescent with an intellectual disability who are linked in with participating Irish disability services

What does the study involve?

The study involves completing questionnaires on three different occasions and taking part in an eight-week parenting programme. Participants may be asked to complete the questionnaires twice before they do the programme, and once afterwards, or once before and twice afterwards.

What are the possible benefits and risks of participating?

The benefit of taking part is that parents may learn new skills and meet other parents who can help them meet their goals for their child and family. The risk is that this will not happen. There are no additional risks for completing the questionnaires, but it will take up some time.

Where is the study run from?

The study is being co-ordinated by Parents Plus and the School of Psychology, Trinity College Dublin (Ireland)

When is the study starting and how long is it expected to run for? September 2018 to September 2020

Who is funding the study? Parents Plus (Ireland)

Who is the main contact?

1. John Sharry
John@parentsplus.ie

2. Charlotte Wilson
cewilson@tcd.ie

Contact information

Type(s)

Public

Contact name

Dr John Sharry

Contact details

Parents Plus
Mater Hospital
Eccles Street
Dublin
Ireland
D07 R2WY
+353 (0)1 854 5185
john@parentsplus.ie

Type(s)

Scientific

Contact name

Dr Charlotte Wilson

ORCID ID

https://orcid.org/0000-0002-0800-153X

Contact details

School of Psychology Aras an Phiarsaigh Trinity College Dublin Dublin Ireland D02 PD91 +353 (0)1 896 3237 cewilson@tcd.ie

Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

Nil known

Study information

Scientific Title

Parents Plus Pathways programme: a pragmatic randomised controlled trial

Study objectives

The Parents Plus Pathways Programme will positively impact parenting behaviour, adolescent behaviour, parenting satisfaction and confidence, and parents will meet their personally set goals compared to a waitlist control group.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 10/06/2019, Trinity College Dublin School of Psychology ethics committee (School of Psychology, Trinity College Dublin, Dublin 2, Ireland; +353 (0)1 896 3907; psycheth@tcd.ie), ref: SPREC042019-01

Study design

Wait-list randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Behavioural and emotional difficulties

Interventions

Wait-list randomised controlled trial with a 3-month follow-up period for the intervention group. Disability services that registered to complete the training in the intervention were randomised to an immediate intervention group and a waitlist control group. No masking or blinding was possible. The randomisation was completed by a researcher who had no knowledge of the services involved. The study was facilitated centrally through Parents Plus and Trinity College Dublin, but the intervention took place in 24 different sites.

The intervention being tested is the Parents Plus Pathways Programme for parents of adolescents with intellectual or developmental disabilities. This is an 8-week group programme. It covers strategies for managing behaviour in adolescents with intellectual and developmental disabilities through positive parenting strategies, and strategies for managing being a parent in that context. Each group session is 1.5 hours long and covers a strategy for managing adolescent behaviour and a strategy for managing as a parent.

The control group was a waitlist group who were offered the group after the intervention group programme ended.

Intervention Type

Behavioural

Primary outcome(s)

- 1. Problem behaviours, prosocial behaviours, and emotional difficulties measured using the CAPES (Child Adjustment and Parental Efficacy Scale)
- 2. Parenting behaviours and family adjustment measured using the PAFAS (Parent and Family Adjustment Scale)

Measured at pre-intervention, post-intervention and 3-month follow up for intervention group, and at baseline and two months later (pre-intervention) and two months following this (post-intervention) for waitlist-control group

Key secondary outcome(s))

- 1. Parental self-efficacy measured using the CAPES
- 2. Parental satisfaction measured using the Kansas Satisfaction Scale
- 3. Parent goals for self and parent goals for child measured using the Parents Plus goal setting procedure

Measured at pre-intervention, post-intervention and 3 month follow up for intervention group, and at baseline and 2 months later (pre-intervention) and 2 months following this (post-intervention) for waitlist-control group.

Completion date

01/09/2020

Eligibility

Key inclusion criteria

There were two types of inclusion criteria. Parents who were eligible to take part were determined by each service. The researchers instructed services that the programme was for parents of adolescents with intellectual or developmental disabilities. However, as it was a pragmatic trial they left it up to services to determine individual eligibility. They would suggest that it was:

- 1. A parent of an adolescent (aged 12-20) with an intellectual or developmental disability
- 2. A parent who is willing and able to attend 8 group sessions

Service inclusion criteria included:

- 1. A service whose clients were children, adolescents and/or young adults with intellectual disabilities and/or developmental disabilities
- 2. A service who had two practitioners who could attend training
- 3. A service who was willing to take part in the evaluation and request and collect data from parents

Participant type(s)

Carer

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

There were no official exclusion criteria. Each service was requested to invite suitable participants and therefore the exclusion criteria were left up to individual services.

Date of first enrolment

18/06/2019

Date of final enrolment

20/01/2020

Locations

Countries of recruitment

United Kingdom

Northern Ireland

Ireland

Study participating centre Brothers of Charity, Galway

Woodlands Centre, Renmore Galway Ireland H91 KN20

Study participating centre Brothers of Charity, Ballincollig

Positive Behavioural Support Services
Chapel Gate
Ballincollig
Cork
Ireland
P31 EP26

West Cork Child Development Service

St Mary's Road, Dunmanway Cork Ireland P47 PD89

Study participating centre St Paul's Special School, Beaumont

Beaumont Woods,
Beaumont
Dublin 9
Dublin
Ireland
D09 VY30

Study participating centre

Down Syndrome Ireland, Ballymount
Unit 3, Park Way House
Western Parkway Business Park
Ballymount Drive,
Dublin 12
Dublin
Ireland
D12 HP70

Study participating centre Down Syndrome Centre, Cabinteely

Shrewsbury House Old Bray Road Cabinteely Dublin 18 Dublin Ireland D18 KX60

Study participating centre CAMHS ID

Skehard Road Cork Ireland T12 YR2P

Study participating centre Treetops Children's Services

Cork Street Dublin 8 Dublin Ireland D08 DH31

Study participating centre Daughters of Charity

23 Ashtown Road Navan Road Dublin 7 Dublin Ireland D07 E4EK

Study participating centre Cheeverstown House

Templelogue Road Dublin 6 Dublin Ireland D6W TX36

Study participating centre South Kildare Network Disability Team

Cill Dara Primary Healthcare Campus Curragh Road Kildare Ireland R51 RX51

Study participating centre School Age Disability Team

Rossecourt Resource Centre Balgaddy Lucan Co Dublin Ireland K78 R9C9

Study participating centre Child Development Team

Bailis Resource Centre Johnstown Co. Meath Navan Ireland C15 W303

Study participating centre COPE Foundation

Bonnington Middle Glanmire Road Montenotte Cork Ireland T23 PT93

Study participating centre Ability West

Blackrock House Dún Na Carraige Blackrock Salthill Galway Ireland H91 R254

Study participating centre Scoil Chiaráin Special School

Saint Canice's Road Dublin 11 Dublin Ireland D11 VK64

Study participating centre Stewarts Care

Mill Lane Palmerstown Dublin 20 Dublin Ireland D20 DV79

Study participating centre Children's Services Centre, Kilcreene Hospital Complex Ballycallan Road Kilkenny Ireland R95 DK07

Study participating centre Beechpark Disability Service

Beechpark Service Bryan S. Ryan Building Main Road Tallaght Dublin Ireland D24 HH7F

Study participating centre Children's Early Intervention Service

Northern Health & Social Care Trust Headquarters
Bretten Hall
Bush Road
Antrim
Belfast
United Kingdom
BT41 2RL

Study participating centre West Limerick Children's Services

28 Oak Park Newcastle West Limerick Ireland V42 E248

Study participating centre

Letterkenny Youth and Family Service

New Line House Glencar Letterkenny Ireland F92 CDC0

Study participating centre Donegal Down Syndrome Centre

4 Garda Terrace
High Road
Letterkenny
Ireland
F92 TX3X

Sponsor information

Organisation

Parents Plus

Funder(s)

Funder type

Charity

Funder Name

Parents Plus

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Charlotte Wilson (cewilson@tcd.ie). Data files with fully anonymised data, both raw data and subscales for each measure (CAPES, PAFAS, KSS, Goals) along with some basic demographic data (age of child and parent, gender of child and parent, number of children with disabilities in the family, diagnoses) will be available from Summer 2021 for at least 10 years (indefinitely if it is possible to formally archive). Data will be made available to researchers who have ethical approval to conduct studies that are in line with the original aims of the study. Consent from participants has been given for this, and none of the data will be identifiable.

IPD sharing plan summary

Available on request

Study outputs

Output type Details Date created Date added Peer reviewed? Patient-facing?

Participant information sheet 11/11/2025 No Yes