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Evaluation of a primary care based parent training programme: a randomised controlled trial of effectiveness in reducing children's behaviour problems

Submission date
23/01/2004

Recruitment status
No longer recruiting

Registration date
23/01/2004

Overall study status
Completed

Last Edited
02/12/2013

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
Childhood behaviour problems are an important public health issue because of their prevalence, stability over time, poor prognosis in terms of future physical and mental health problems, crime, drug and alcohol misuse, and cost to society. A childs behaviour is associated with the parenting they receive. Parents differ in how they raise their children and what style of parenting they pursue. There are many influences on parenting styles, including culture, parental mental health, education and a wealth of literature on child-rearing. Some parenting styles appear to be more helpful for the childs development, others less so. The best child outcomes appear to be related to parenting characterised by warmth, affection, caring, clear communication, consistent discipline, having confidence in parenting and not over-controlling the child. Only about a third of parents have adopted the most helpful parenting styles.

One method of developing more helpful parenting practices is through the use of group-based parenting programmes. These may be based on a number of different theoretical principles, and several different types of parenting programme are currently available. The Webster-Stratton Parents and Children Series parenting programme was found to develop skills most closely matching those identified as key for best parenting . This programme aims to reduce child behaviour problems, strengthen the relationship between parents and their children, reduce over-controlling parental behaviours, and develop authoritative parenting skills such as the use of clear commands, setting limits and providing consistent discipline. The methods include handouts, discussion of video clips, small group discussions, role-play, home practice of parenting skills each week, self-management and cognitive self-control.

This study aims to answer the following questions:
1. Does the Webster-Stratton parenting programme, delivered by health visitors in primary care, meet its aim to improve child behaviour problems (effectiveness) and other objectives (to be easy, useful and appropriate)?
2. What are the effects of the programme on the parents in terms of mental health,

relationships with their child, parenting competence and confidence, and level of support for their parenting (impact)?
3. Is the benefit from the parenting programme confined to families with children already in the clinical range for behaviour problems, or do other families also benefit (the case for targeted or population interventions)?

Who can participate?
Parents registered at Bury-Knowle GP surgery, with children aged between 2 and 8 years and scoring at or above the median on the Eyberg Child Behaviour Inventory questionnaire.

What does the study involve?
Participants were randomly allocated to one of two groups. One group received the Webster-Stratton parenting intervention, a 10-week parent-training programme (one 2-hour session per week) run by a trained health visitor. The other group did not receive the intervention, only the usual health visitor advice available through the GP practice.

What are the possible benefits and risks of participating?
Possible benefits include improvements in the childrens behaviour and improvements in maternal anxiety, depression and self-esteem. No risks were identified

Where is the study run from?
Health Services Research Unit, Oxford University (UK).

When is the study starting and how long is it expected to run for?
The study ran from July 1999 to 2000.

Who is funding the study?
NHS Executive South East (UK).

Who is the main contact?
Jacoby Patterson
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Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
SEO013

Study information

Scientific Title

Study objectives
To investigate the effectiveness of a parent training programme delivered by health visitors in primary care; to quantify levels of behaviour problems among children aged 2-8 yrs in a community sample; quantify changes in behaviour over 12 months; assess the impact of the programme on the mothers' self-esteem, anxiety, depression & perceived stress of parenting

Ethics approval required
Old ethics approval format

Ethics approval(s)
Added 02/12/2013: Applied and Qualitative Research Ethics Committee (formerly NAPREC), 1999

Study design
Randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
GP practice

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Mental and behavioural disorders: Behavioural disorders

Interventions
10 week parent-training programme (1 x 2 hr session/week) run by trained health visitor against control group receiving only usual health visitor advice available through GP practice

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Children -Eyberg Child Behaviour Inventory, Goodman Strengths & Difficulties Questionnaire; Mothers -Abidin Parenting Stress Index, GHQ, Rosenberg Self-Esteem Scale

Secondary outcome measures
Not provided at time of registration

Overall study start date
01/06/1999

Completion date
28/02/2002

Eligibility

Key inclusion criteria
60 parents registered at Bury-Knowle GP surgery, with children aged between 2 and 8 years and scoring more than 1 standard deviation away from population normal on Eyberg Child Behaviour Inventory

Participant type(s)
Patient

Age group
Child

Lower age limit
2 Years

Upper age limit
8 Years

Sex
Both

Target number of participants
60

Key exclusion criteria

Children already receiving treatment for behaviour problems, with severe learning difficulties or autism. Parents with learning difficulties

Date of first enrolment
01/06/1999

Date of final enrolment
28/02/2002

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
Health Services Research Unit
Oxford
United Kingdom
OX3 7LF

Sponsor information

Organisation
NHS R&D Regional Programme Register - Department of Health (UK)

Sponsor details
The Department of Health
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Sponsor type
Government

Website
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Funder(s)

Funder type
Government

Funder Name
NHS Executive South East (UK)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

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?
Results article	results	01/06/2004		Yes	No