

"Happy Parenting Program" Macau version for parents who work on shifts

Submission date 18/10/2018	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 19/11/2018	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 25/03/2019	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

The aim of this study is to evaluate the effectiveness of a parent training program for shift workers working in Macau integrated holiday resorts who are parents of young children.

Who can participate?

Shift workers working in integrated holiday resorts in Macau, with children aged 2 to 7 years

What does the study involve?

Participants are randomly allocated to the intervention group or the control group. The intervention group participants attend an 8-week parent training program (1 two-hour session per week). The program includes topics such as strategies to enhance the parent-child relationship, strategies to help children regulate their emotion, strategies to increase positive behaviour and strategies to manage misbehaviour. Those in the control group attend the parent training program upon the completion of the program by the intervention group participants.

What are the possible benefits and risks of participating?

It is expected that there will be a decrease in child behavior problems, parental stress and dysfunctional parenting strategies, as well as an increase in use of emotion coaching strategies among the intervention group participants after participation in the program. The risk of participating is anticipated to be minimal. Should any participants become distressed about parenting issues during the program, the facilitators on site (psychologists or social workers) will offer support and discuss referral for follow-up services where needed.

Where is the study run from?

The study will be conducted in three integrated resort centres in Macau. The program will be delivered by social workers from YMCA in Macau, under the supervision of educational psychologists and social workers from Heep Hong Society in Hong Kong.

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

April 2018 to December 2019

Who is funding the study?
Galaxy Entertainment Group Foundation (Hong Kong)

Who is the main contact?
Stanley Chan

Contact information

Type(s)
Scientific

Contact name
Mr Stanley Chan

Contact details
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Hong Kong
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
N/A

Study information

Scientific Title
"Happy Parenting Program" Macau version for parents who work on shifts: a randomized controlled trial

Study objectives
Parents who attended the "Happy Parenting Program" Macau version for parents who work on shifts will report lower child behavior problems, lower parental stress and less use of dysfunctional parenting strategies and increase in use of emotion coaching than the control group parents.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Human Subjects Ethics Sub-committee of the Hong Kong Polytechnic University, 03/10/2018

Study design

Randomized controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Prevention

Participant information sheet

Not available in web format, please contact Stanley Chan (stanleychan@heephong.org) to request a participant information sheet

Health condition(s) or problem(s) studied

Child behavior problems

Interventions

Eligible participants who can be released from work by their department/division supervisors will be randomized into intervention and waitlist controlled groups. Stratified randomization will be used and participants are stratified by department/division and random allocation is made within these sub-groups.

Participants assigned to the intervention group will attend an 8-session parent training program and the waitlist control group will attend the program after the intervention group has completed the program.

The parent training program consists of 8 two-hour sessions, and covers topics including strategies to enhance parent-child relationship, strategies to help children regulate their emotion, strategies to increase positive behaviour and strategies to manage misbehaviour. It is expected that participants will meet once per week over 8 weeks. There is no follow-up beyond the 8-week program.

Intervention Type

Behavioural

Primary outcome measure

Child behavior problems measured by Eyberg Child Behavior Inventory at 1 week prior to program and commencement (baseline) and then at the end of the last session

Secondary outcome measures

Measured at 1 week prior to program and commencement (baseline) and then at the end of the last session:

1. Parenting stress measured by Parenting Stress Index
2. Dysfunctional parenting strategies measured by Parenting Scale
3. Emotion coaching measured by Emotion-Related Parenting Styles

Overall study start date

01/04/2018

Completion date

31/12/2019

Eligibility

Key inclusion criteria

1. Parents of a child with normal development aged between 2 and 7
2. Parents are currently living together with their child in Macau
3. Parents are shift workers in three integrated holiday resorts in Macau
4. Parents are able to read Chinese

Participant type(s)

Other

Age group

Adult

Sex

Both

Target number of participants

128

Total final enrolment

155

Key exclusion criteria

Participants with children with developmental disabilities

Date of first enrolment

01/11/2018

Date of final enrolment

07/12/2018

Locations

Countries of recruitment

Hong Kong

Macao

Study participating centre

Heep Hong Society

Unit J-L, 10/F, MG Tower, 133 Hoi Bun Road, Kwun Tong
Kowloon
Hong Kong

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Sponsor information

Organisation

Galaxy Entertainment Group Foundation

Sponsor details

1012 Hutchison House
10 Harcourt Road
Central
Hong Kong
Hong Kong

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Sponsor type

Charity

Funder(s)

Funder type

Charity

Funder Name

Galaxy Entertainment Group Foundation

Results and Publications

Publication and dissemination plan

It is expected that the results will be submitted to refereed international journals for publication.

Intention to publish date

31/12/2020

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are not expected to be made available and will be held for 5 years after publication in Heep Hong Society.

IPD sharing plan summary

Not expected to be made available