

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

|  |   |  |
|--|---|--|
| <b>Submission date</b><br>18/10/2018   | <b>Recruitment status</b><br>No longer recruiting             | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>19/11/2018 | <b>Overall study status</b><br>Completed                      | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>25/03/2019       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan   |
|  |   | <input type="checkbox"/> Results                     |
|  |   | <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**  
c/o Heep Hong Society, Unit J-L, 10/F., MG Tower  
133 Hoi Bun Road, Kwun Tong  
Kowloon  
Hong Kong  
-

## Additional identifiers

**Protocol serial number**  
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

## **Study type(s)**

Prevention

## **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(s)**

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

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

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

## **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

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**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

-

**Sponsor information****Organisation**

Galaxy Entertainment Group Foundation

**Funder(s)****Funder type**

Charity

**Funder Name**

Galaxy Entertainment Group Foundation

## **Results and Publications**

**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