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Letting the Future In: therapeutic intervention for child sexual abuse

Submission date	Recruitment status
21/02/2013	No longer recruiting
Registration date	**Overall study status**
25/02/2013	Completed
Last Edited	**Condition category**
29/01/2018	Mental and Behavioural Disorders

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

Plain English summary of protocol

Background and study aims
The NSPCC has developed a course of therapy called 'Letting the Future In' (LTFI) for children and young people aged between 4 and 18 who have been affected by sexual abuse and are living with a carer who has been assessed as safe. The aims of this study are to determine the effectiveness, costs, strengths and weaknesses of LTFI, and to find out which groups of children benefit the most.

Who can participate?
Children aged between 4-17 years who have made a disclosure of sexual abuse and who have a safe carer who is willing to participate.

What does the study involve?
Participants are randomly allocated to either receiving the therapy immediately or after waiting for 6 months. They are offered up to 24 sessions with a trained social worker or therapist. LTFI also emphasises work with the child's safe carer, who may receive up to six individual sessions as well as joint sessions with the child. Participants complete questionnaires when they join the study and after 6 and 12 months.

What are the possible benefits and risks of participating?
Participants allocated to the waiting list may experience an increase in anxiety and decline in mental health and if necessary can leave the study for immediate treatment.

Where is the study run from?
The School for Policy Studies, University of Bristol (UK).

When is the study starting and how long is it expected to run for?
February 2013 to February 2015.

Who is funding the study?
NSPCC (UK).

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
13718

Study information

Scientific Title
Letting the Future In: therapeutic intervention for child sexual abuse - randomised trial

Acronym
Letting the Future In

Study objectives
The study will evaluate a therapeutic intervention for children affected by sexual abuse. The impact of the intervention on children and their 'safe carer' will be measured using validated measures in a before and after design with follow-up. In teams where demand for the service exceeds the team's capacity to deliver, the research design will take the form of a randomised trial with a waiting list control (RCT). Service use data will be collected from the safe carers as part of a cost-effectiveness analysis.

More details can be found at: http://public.ukcrn.org.uk/Search/StudyDetail.aspx?StudyID=13718

Ethics approval required
Old ethics approval format

Ethics approval(s)

University of Bristol Faculty of Social Sciences and Law, 15/08/2012, ref: FSSLREC150812

Study design
Randomised trial with a waiting list control

Primary study design
Interventional

Study type(s)
Treatment

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

Interventions
Letting the Future In: The intervention offers a therapeutic assessment followed by 20 individual sessions with the child or young person. (An additional 10 sessions may be negotiated with the team manager) and sessions with the 'safe carer'.

Follow Up Length: 6 month(s)

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Trauma Symptoms Checklist (8-16) 54 items, self report (Briere et al. 1996); Timepoint(s): Baseline (T1), 6 months (T2), 12 months (T3)

Key secondary outcome(s))
1. Juvenile Victimisation Questionnaire (10 questions) (Finklehor et al. 2005); Timepoint(s): T1, T3
2. Parenting Stress Index - short form 36 items (Abidin, 1995); Timepoint(s): T1, T2, T3

Completion date
30/04/2013

Eligibility

Key inclusion criteria
1. Male & Female; upper age limit 17 years, lower age limit 6 years
2. Intra- or extra-familial sexual abuse
3. Safe carer willing to collaborate in treatment

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
6 years

Upper age limit
17 years

Sex
All

Key exclusion criteria
Severe learning disability

Date of first enrolment
01/02/2013

Date of final enrolment
30/04/2013

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
University of Bristol
Bristol
United Kingdom
BS8 1TZ

Sponsor information

Organisation
University of Bristol (UK)

ROR
https://ror.org/0524sp257

Funder(s)

Funder type
Charity

Funder Name
NSPCC (UK) - Grant Codes: ORCA 38414

Results and Publications

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?
Funder report results	results			No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes