

# Strengthening parent-teen relationships to reduce risk and enhance healthy development

<b>Submission date</b> 20/06/2011	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 29/07/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 20/09/2018	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The social and economic costs of teen violence and aggression are substantial and rising. Despite recent progress, further research is needed to develop interventions for pre-teens and adolescents, particularly those at the highest level of risk. Few programs have addressed the relevance of gender differences, and important questions remain regarding the need for 'gender sensitive', 'gender tailored' or 'gender specific' programming. Programs that promote and strengthen relationships between youth and their parents may enhance healthy development and reduce violence, aggression and related mental health and social problems. We have developed an intervention to strengthen parent-teen relationships. The aim of this study is to evaluate the short- and long-term effectiveness of this program for girls and boys at high risk for aggression, violence and poor social and mental health.

### What does the study involve?

Youth (aged 13 -16 years of age) with serious conduct problems and their caregivers (biological, adoptive and stable surrogate parents)

### What does the study involve?

Parent and youth pairs are randomly allocated to receive either treatment as usual or a 10-week parent-teen attachment intervention. The effectiveness of the intervention, compared with treatment as usual, is assessed at 6-month intervals over a one-year period.

### What are the possible benefits and risks of participating?

Caregivers or youth may sometimes feel a little upset when talking about problems, but other than this there are no other risks we can foresee.

### Where does the study take place?

Simon Fraser University (Canada)

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

September 2011 to June 2014

Who is funding the project?  
Canadian Institutes for Health Research (Canada)

Who is the main contact?  
Dr Marlene Moretti

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Marlene Moretti

**Contact details**  
8888 University Drive  
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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Strengthening parent-teen relationships to reduce risk and enhance healthy development: a sex and gender framework in translating research into practice

**Study objectives**

1. Evaluate the effectiveness of a parent-teen attachment based intervention for girls and boys compared to treatment usual using a randomized control design, with a one year follow-up period
2. Examine the role of sex and gender in relation to factors that mediate therapeutic gains (attachment security) and moderate treatment outcome (genetic markers)
3. Investigate sex and gender in relation to mechanisms that underlie treatment change: shifts in parenting representations and adolescent stress reactivity

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Simon Fraser Research Ethics Board, submitted June 2011

**Study design**  
Single-centre randomized controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Prevention

## **Health condition(s) or problem(s) studied**

High risk for aggression, violence and poor social and mental health

## **Interventions**

1. A 10-week attachment-focused intervention program for parents or parental surrogates of teens who engage in aggressive, violent, and antisocial behaviour
2. During the enrolment period, all parents seeking clinical services at designated mental health facilities will be provided with information about the trial and invited to participate
3. Following completion of informed consent by parents and assent by youth, parents will complete screening to determine eligibility
4. Eligible parent-youth dyads will be randomly assigned to either the intervention, a 10 week manualized parent-teen attachment intervention - Connect, or treatment as usual (TAU)
5. Parents and youth will complete measures prior to and following treatment, and twice afterwards at six-month intervals post-treatment
6. Caregivers allocated to the intervention arm will attend a 10-week, manualized, attachment-focused parent group
7. Each 1 hour session will Address an attachment principle that captures key aspects of the parent-teen relationship and common parenting challenges
8. The objective of the intervention is to enhance skills related to:
  - 8.1. Secure attachment
  - 8.2. Parental sensitivity
  - 8.3. Partnership and mutuality
  - 8.4. Dyadic affect regulation
9. Treatment as Usual (TAU) Characteristics: Clinics included in the trial also offer an array of services for families, parents and teens
10. TAU is available at each participating mental health centre and will include other forms of parenting groups, family therapy, parent or youth cognitive therapy or supportive counselling
11. Treatment duration is typically short (3-4 months)
12. We will code treatment dose in both treatment conditions in terms of total number of sessions attended, total weeks of treatment, average length of sessions, and total hours in treatment

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. Parent report: Brief Child and Family Phone Interview (BCFPI)
2. Three measures of parenting: The Parenting Sense of Competence Scale (PSOC)
3. The Childrens Report of Parenting Behaviors Inventory (CRPBI)
4. The Caregiver Strain Questionnaire (CGSQ) which measures: the Comprehensive Adolescent-Parent Attachment Inventory Parent Version (CAPAI-P)
5. You report: BCFPI
6. The Self Report of Offending-Revised (SRO-R)

7. The Conflict Tactics Scale Perpetrator subscale (CTS)
8. The Affect Regulation Checklist (ARC): The Comprehensive Adolescent-Parent Inventory Youth Version (CAPAI-Y)

**Key secondary outcome(s)**

1. Parent report: The Parenting Representations Interview Adolescence version
2. Youth biological stress reactivity (salivary cortisol)
3. Genotype moderation (DRD4)
4. Official arrest data
5. Grade point average and absenteeism
6. Other services received

**Completion date**

01/06/2014

## Eligibility

**Key inclusion criteria**

1. English-speaking
2. Parent-youth dyads of youth diagnosed with conduct disorder (t-score of  $\geq 65$ , BCFPI)
3. Available (i.e. no anticipated extended absences)

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Sex**

All

**Key exclusion criteria**

1. Cases that are positive for acute psychosis
2. Imminent risk of suicide will be ineligible and will be referred for immediate alternative services

**Date of first enrolment**

01/09/2011

**Date of final enrolment**

01/06/2014

## Locations

**Countries of recruitment**

Canada

**Study participating centre**  
**Simon Fraser University**  
Burnaby  
Canada  
V5A1S6

## Sponsor information

**Organisation**  
Simon Fraser University (Canada)

**ROR**  
<https://ror.org/0213rcc28>

## Funder(s)

**Funder type**  
Government

**Funder Name**  
Canadian Institutes of Health Research

**Alternative Name(s)**  
Instituts de Recherche en Santé du Canada, Canadian Institutes of Health Research (CIHR), CIHR\_IRSC, Canadian Institutes of Health Research | Ottawa ON, CIHR - Welcome to the Canadian Institutes of Health Research, CIHR, IRSC

**Funding Body Type**  
Government organisation

**Funding Body Subtype**  
National government

**Location**  
Canada

## Results and Publications

Individual participant data (IPD) sharing plan

## IPD sharing plan summary

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/07/2015		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes