

# The Zurich Project on the Social Development of Children and Youth

<b>Submission date</b> 15/09/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 07/10/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 04/10/2011	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
The Zurich Project on the Social Development of Children and Youth: A Combined Cluster-Randomised Controlled Trial to Evaluate the Short- and Long-Term Effectiveness of the PATHS School-Based Prevention Programme and of the Triple P Parent Training Programme

## **Acronym**

z-proso

## **Study objectives**

### **1. PATHS/PFADe**

1.1. Children who were taught the adapted German version of the Promoting Alternative Thinking Strategies training (PATHS/PFADe) during regular school lessons will show an improved development regarding externalising problem behaviour, and social competence as compared to the control group.

1.2. Children who were taught PATHS/PFADe in high quality and intensity will show a better improvement than those who were taught PATHS/PFADe in medium or low quality/intensity

### **2. Standard Triple P parenting programme**

2.1. Children whose parents were taught the Standard Triple P parenting programme will show an improved development regarding externalising problem behaviour as compared to the control group.

2.2. Parents who were taught the Standard Triple P parenting programme will show improved parenting skills as compared to the control group.

### **3. Combined condition**

Children in the combined condition (PATHS & Triple P) will show the highest improvement compared to those in the "PATHS only" and in the "Triple P only" conditions.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Minimally intrusive intervention, therefore ethical approval not required by the Swiss National Science Foundation nor by University of Zurich. Parental consent was obtained and all data stored according to data protection regulations.

## **Study design**

Single location stratified cluster randomised trial with a 2x2 factorial design (embedded in a prospective longitudinal study)

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Externalising problem behaviour, delinquency, social skills, parenting skills

## **Interventions**

1. German adaptation of the "Promoting Alternative Thinking Strategies" Programme (PATHS) called "Programm zur Förderung Alternativer Denkstrategien" (PFADe). PATHS/PFADe is a classroom-based curriculum aimed at improving social skills in children. The intervention was delivered during grade 2 (at age 8 to 9) typically in three weekly units of 20 minutes in all classes that were allocated to the corresponding treatment condition.

More information on the PATHS/PFADe is available at:

- <http://www.pfade.ch/> and  
- <http://www.prevention.psu.edu/projects/PATHS.html>

2. German, Portuguese, Turkish, English, and Albanian version of the "Standard Triple P" parent training. The intervention was made available to all parents in the corresponding treatment condition and consisted of 4 training units (approx. 2.5 hours) in classes of approx. 5 to 15 participants using audio-visual materials and followed by voluntary telephone counselling. The training was delivered at the end of grade 1.

More information on the programme is available at:  
<http://www.triplep.net/>

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Social Behaviour Questionnaire (SBQ) developed by R. Tremblay et al.  
The instrument was administered CAPI parent interviews, in paper-and-pencil teacher questionnaires as well as in an adapted audio-visual self-administered computer-aided child version. It aims at measuring various forms of aggression (physical, reactive, proactive, indirect) as well as ODD, non-aggressive externalising problem behaviour, ADHD, internalising problem behaviour, and prosociality.

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

1. PATHS assessed by Social Problem Solving vignettes developed by Dodge et al.  
2. Triple P assessed by the Alabama Parenting Questionnaire (APQ) developed by Shelton et al.  
The instrument was administered in CAPI parent interviews. It aims at measuring five core dimensions of parenting behaviour, i.e. positive parenting, parental commitment, monitoring, physical punishment, inconsistent discipline.

### **Completion date**

31/10/2013

## **Eligibility**

### **Key inclusion criteria**

All children who entered public primary school in the city of Zurich in summer 2004 (either sex) as well as their parents and teachers

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Other

**Sex**

All

**Key exclusion criteria**

All other children

**Date of first enrolment**

15/08/2004

**Date of final enrolment**

31/10/2013

**Locations****Countries of recruitment**

United Kingdom

England

Switzerland

**Study participating centre****Institute of Criminology**

Cambridge

United Kingdom

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**Sponsor information****Organisation**

Swiss National Science Foundation (Switzerland)

**ROR**

<https://ror.org/00yjd3n13>

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

Other

**Funder Name**

Swiss National Science Foundation (Switzerland)

**Alternative Name(s)**

Schweizerischer Nationalfonds, Swiss National Science Foundation, Fonds National Suisse de la Recherche Scientifique, Fondo Nazionale Svizzero per la Ricerca Scientifica, Fonds National Suisse, Fondo Nazionale Svizzero, Schweizerische Nationalfonds, The Swiss National Science Foundation (SNSF), SNF, SNSF, FNS

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

Switzerland

**Funder Name**

Jacobs Foundation (Switzerland)

**Alternative Name(s)**

Foundation\_JF

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Trusts, charities, foundations (both public and private)

**Location**

Switzerland

**Funder Name**

Swiss Federal Office of Public Health (Switzerland)

**Funder Name**

Ministry of Education of the Canton of Zurich (Switzerland)

**Funder Name**

Swiss Federal Commission for Migration Issues (Switzerland)

**Funder Name**

## 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="#">Book results</a>		01/01/2007		No	No
<a href="#">Other publications</a>				Yes	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes