# New parent group intervention to Manage Repetitive Behaviours in young children with autism spectrum disorder (ASD)

| Submission date                  | Recruitment status                                   | <ul><li>Prospectively registered</li></ul> |  |  |
|----------------------------------|--|--|--|--|
| 11/06/2012                       | No longer recruiting                                 | Protocol                                   |  |  |
| Registration date                | Overall study status                                 | Statistical analysis plan                  |  |  |
| 11/06/2012                       | Completed  | [X] Results                                |  |  |
| <b>Last Edited</b><br>26/08/2016 | Condition category  Mental and Behavioural Disorders | [] Individual participant data             |  |  |
| 70/06/7010                       | Mentarano penavionial Disorders                      |  |  |  |

## Plain English summary of protocol

Background and study aims

Repetitive behaviours (RBs) are a core feature of autism spectrum disorder (ASD). These RBs can cause significant social impairment and distress for the individual and their family, interfere with learning and decrease the likelihood of positive interaction and acquisition of new skills. There is no parent group based intervention targeting RBs for young children with ASD. Most early ASD parent groups focus on social communication skills. We have developed with parents and professionals a new parent-based group intervention that focuses on identification, understanding and management of RBs in young children.

The short-term aim is to conduct a study of our new parent group intervention to help parents understand and manage their childs RBs. This study will inform the design of a larger study and help us identify what level of treatment is required to maximise benefits to individual children with ASD. The long-term objective is to enable parents to have a better understanding of why children with ASD may show several RBs, and manage those behaviours which cause difficulty for the family.

### Who can participate?

We will recruit 36 parents of young children with autism, ASD or Asperger syndrome, aged 3 to 8 years, who show several RBs.

### What does the study involve?

Participating families will be randomly allocated to either the intervention group or the control group. Families in the intervention group will be contacted by the study team to arrange attending the parent group sessions. They will remain under the overall clinical responsibility of local teams and should continue to receive their existing routine care while the group intervention is taking place. Families in the control group will remain under overall clinical care of local teams and should continue to receive their existing routine care. Families in both arms of the trial will receive research assessments at baseline, and after 10, 18 and 24 weeks. If possible we would ask that any medication taken by the child is kept at the same level (i.e., until after the final study assessments have been completed).

What are the possible benefits and risks of participating?

This group course has been shown to be helpful in our preliminary development study. This new study will indicate how feasible and acceptable the Managing Repetitive Behaviour groups are, as well as suggesting how much change occurs in parents confidence and childrens behaviour. We do not think there are any disadvantages or risks if you participate in this study. The questionnaires ask about everyday behaviours of your child, so we do not anticipate that this will cause any problem for you. All travel expenses for attending assessments and group sessions will be reimbursed.

Where is the study run from?
Parent groups will be based in the North East of England (UK)

When is study starting and how long is it expected to run for? February 2012 to February 2014

Who is funding the study? National Institute for Health Research (NIHR) (UK)

Who is the main contact? Dr Vicki Grahame Victoria.Grahame@ntw.nhs.uk

## Contact information

### Type(s)

Scientific

### Contact name

Dr Victoria Grahame

#### Contact details

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## Additional identifiers

Protocol serial number 11829

## Study information

### Scientific Title

Pilot randomised trial of a new parent group intervention to Manage Repetitive Behaviours in young children with autism spectrum disorder (ASD)

### **Acronym**

MRB

### **Study objectives**

This study is a feasibility and acceptability randomised controlled trial (RCT) of a parent group intervention to manage repetitive behaviours in young children with ASD. Parents are randomly allocated to intervention or to a waiting list control. It is hoped that by increasing parents' confidence and knowledge of strategies the impact of RBs on the child and family will be reduced.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

NHS Health Reserach Authority: NRES Committee North East - Newcastle & North Tyneside 1, First MREC approval date 09/12/2011, ref: 11/NE/0379

### Study design

Randomised; Interventional; Design type: Treatment

### Primary study design

Interventional

### Study type(s)

Treatment

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

Topic: Mental Health Research Network; Subtopic: Autism spectrum disorders; Disease: Autism spectrum disorders

### **Interventions**

Parents are randomly allocated to intervention or to a waiting list control.

MRB, Acceptability and feasibility pilot RCT to help parents understand and manage repetitive behaviours in young children with ASD. 8 week manualised parent group intervention. Each session lasting 2 hours per session run by experienced specialist early years teacher and a cotherapist.

Follow Up Length: 6 month(s)

### Intervention Type

Other

#### Phase

Not Applicable

## Primary outcome(s)

Target Repetitive Behaviour Vignette; Timepoint(s): Baseline, end of intervention, 18 weeks and 24 weeks

## Key secondary outcome(s))

- 1. 10min Parent-Child Interaction in Play; Timepoint(s): Baseline, end of intervention, 18 and 24 weeks follow-up
- 2. Clinical Global Index of Improvement (CGI-I); Timepoint(s): 18 weeks and 24 weeks
- 3. Repetitive Behaviours Questionnaire (RBQ2); Timepoint(s): RBQ 2 completed by the parent and teacher. Baseline, end of intervention, 18 and 24 weeks follow-up
- 4. The Parental Self-Efficacy scale; Timepoint(s): Baseline, end of intervention, 18 and 24 weeks follow-up

### Completion date

01/02/2013

## **Eligibility**

### Key inclusion criteria

- 1. Child aged 3 to 8 years old with a diagnosis of ASD
- 2. Parent sufficient spoken English to take part in assessments and groups
- 3. Agree not to try other new interventions while involved in study
- 4. Target Gender: Male & Female; Upper Age Limit 8 years; Lower Age Limit 3 years

### Participant type(s)

**Patient** 

### Healthy volunteers allowed

No

## Age group

Child

## Lower age limit

3 years

## Upper age limit

8 years

#### Sex

Αll

### Kev exclusion criteria

Does not meet inclusion criteria

### Date of first enrolment

10/02/2012

### Date of final enrolment

01/02/2013

## Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Complex Neurodevelopmental Disorders Service
Newcastle
United Kingdom
NE6 4QD

## Sponsor information

### Organisation

Northumberland, Tyne and Wear NHS Foundation Trust (UK)

### **ROR**

https://ror.org/01ajv0n48

## Funder(s)

## Funder type

Government

### **Funder Name**

National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) Grant Codes: PB-PG-1010-23305

## **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? |
|-------------------------------|-------------------------------|-------------------------|----------------|-----------------|
| Results article               | results                       | 01/10/2015              | Yes            | No              |
| Participant information sheet | Participant information sheet | 11/11/2025 11/11/2025   | No             | Yes             |