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Evaluation of the Enhancing Parenting Skills (EPaS) 2014 intervention for parents of children with behaviour problems

Submission date	Recruitment status	[X] Prospectively registered
04/03/2014	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
18/06/2014	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
02/10/2026	Mental and Behavioural Disorders	

Plain English summary of protocol

Background and study aims
The Enhancing Parenting Skills (EPaS) 2014 programme is an 8 session course for professionals that work with children and families. It aims to improve the knowledge and ability of professionals in cases where the child has behavioural problems. This study was set up to determine as to whether the programme is effective in dealing with these problems. Previous studies have shown that participation in the programme does result in improvement in child behaviour. However, the number of families and health visitors that have taken part have been small so far. Here, we will recruit a larger sample of families and health visitors for the study.

Who can participate?
Parents of children aged 2.5 - 4 years who score within the clinical range on a child behaviour questionnaire (Eyberg Child Behaviour Inventory). Parents and children must speak Welsh and /or English.

What does the study involve?
We are recruiting health visitors to complete a 3-day training in the EPaS 2014 programme. Each health visitor finds two families from their caseload to participate in the study. Potential families are asked to complete a questionnaire about their child's behaviour and, if the child has a high Eyberg Child Behaviour Inventory score, are invited to participate in the study. A researcher then contacts the family to arrange a home visit to collect information for the trial (data collection). Families are given an information sheet to read and, if they are happy to take part, a consent sheet to sign. They are then asked to complete a number of questionnaires and a 30-minute observation session. During the observation session, the researcher observes the interaction between the parent and child whilst they are completing a play task chosen by the child. Following the initial data collection visit (known as baseline), families are randomly allocated to either the treatment group or a wait-list control group, ensuring that each health visitor has on treatment family and one control family. Treatment families complete the EPaS 2014 programme immediately, whilst control families are offered the programme 4-months later when the first follow-up data collection visits have been completed. Health visitors will complete a 3-day training in the EPaS 2014 programme (one day every month for 3 months)

whilst working with their treatment family. Every family is required to complete the baseline data collection visit and a 4-month follow-up visit, which is the same as the initial visit. Treatment families are also asked to complete a 8-month follow-up visit, which is the same as the other data collection visits.

What are the possible benefits and risks of participating?
By participating in the study there is an opportunity to get support for their child's behaviour problems that has been shown to be effective in previous studies. All participants will be given access to the programme, although for some participants this will be after the second follow-up data collection point rather than at the beginning. There are no obvious risks to participants.

Where is the study run from?
Banger University (UK)

When is the study starting and how long is it expected to run for?
January 2014 to December 2016

Who is funding the study?
Bangor University (UK)

Who is the main contact?
Miss Margiad Williams
Margiad.Williams@bangor.ac.uk

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Study information

Scientific Title
A randomised controlled trial of the Enhancing Parenting Skills (EPaS) 2014 intervention for parents of children with behaviour problem

Acronym
The EPaS 2014 Project

Study objectives
Aim to evaluate the EPaS 2014 one-to-one intervention, delivered by health visitors, for parents of children with behaviour problems.
The primary research question is: Does the EPaS 2014 intervention lead to reductions in children's behaviour problems?

Ethics approval required
Old ethics approval format

Ethics approval(s)
North Wales Betsi Cadwaladr University Health Board (BCUHB) Research Ethics Committee, 24 /06/2014, ref: 14-WA-0187

Primary study design
Interventional

Study design
Randomised controlled trial with waiting-list control group

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Conduct Disorder, child behaviour problems

Interventions
The families are randomised to two groups: one receives the intervention immediately and the other receives the intervention after a four-month waiting period.
The Enhancing Parenting Skills (EPaS) 2014 programme is a one-to-one intervention delivered by health visitors to parents of a child with behaviour problems. Training for health visitors includes assessment methods, case analysis, and intervention strategies. The intervention is delivered in weekly home visits for 10-12 weeks. Each health visitor will deliver the intervention to two families; one immediately and one after the 4-month follow-up assessment (wait-list control group). Intervention families will have three data collection points: baseline, 4 months and 8 months. Wait-list control families will only undertake two data collection points: baseline and 4-month follow-up.

Intervention Type
Behavioural

Primary outcome(s)
Eyberg Child Behaviour Inventory (Child Behaviour) measured at baseline, 4-months, and 8-months

Key secondary outcome(s)
1. The Arnold-O'Leary Parenting Scale (Parenting Skills), measured at baseline, 4 months, and 8 months

2. The Beck Depression Inventory (Parental Depression), measured at baseline, 4 months, and 8 months
3. The Conners Abbreviated Parent-Teacher Questionnaire (Hyperactivity Symptoms), measured at baseline, 4 months, and 8 months
4. Direct observation of parent-child interaction (Parent and Child Behaviour), measured at baseline, 4 months, and 8 months
5. A demographic questionnaire (Family Characteristics), measured at baseline only
6. Peabody Picture Vocabulary Scale (Child Language), measured at baseline, 4 months, and 8 months

Completion date
31/12/2016

Eligibility

Key inclusion criteria
1. Parent of child aged 2.5 to 4 years
2. Child will be rated by health visitor as in clinical range for behaviour problems using the Eyberg Child Behaviour Inventory
3. Parent and child will speak either Welsh and/or English
4. Parent consents to participate, including being observed interacting with their child

Participant type(s)
Mixed

Healthy volunteers allowed
No

Age group
Mixed

Sex
All

Total final enrolment
58

Key exclusion criteria
1. Child is incorrect age
2. Child does not score in clinical range on the ECBI
3. Parent and child do not speak Welsh or English
4. Child has a clinical diagnosis such as ASD, ADHD, learning difficulties, etc.
5. Parent does not consent

Date of first enrolment
01/07/2014

Date of final enrolment
31/12/2015

Locations

Countries of recruitment
United Kingdom

Wales

Study participating centre
Bangor University
College Road
Bangor
Wales
LL57 2DG

Sponsor information

Organisation
Bangor University (UK)

ROR
https://ror.org/006jb1a24

Funder(s)

Funder type
University/education

Funder Name
Bangor University (UK)

Alternative Name(s)

Funding Body Type
Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Margiad Williams (margiad.williams@bangor.ac.uk). All data is anonymised and in SPSS databases. Data will be available until 31/12/2020.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		25/09/2019	02/10/2026	Yes	No
Protocol article		20/05/2015		Yes	No
Basic results		19/12/2017	22/01/2018	No	No