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Pilot feasibility study of the PIA Parent Program

Submission date
11/12/2024

Recruitment status
No longer recruiting

Registration date
17/02/2025

Overall study status
Completed

Last Edited
17/02/2025

Condition category
Other

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
Parenting an adolescent child is often challenging due to the massive psychological, physiological, and social-relational changes that adolescents go through. Parents of adolescents who recently migrated into a new social-cultural context may be at particular risk for experiencing elevated stress and frustration due to their limited knowledge of the culture, institutions, and social system. Thus, they may not be able to provide support and guidance to their adolescent child who may need additional support in navigating and socially integrating in the host society. The current parenting program, the PIA Parent Program, targets parents who arrived in Sweden after 2015, following the major immigration wave in Europe. Sweden admitted the highest number of refugees in 2015 and the following couple of years relative to its population size all over Europe. Thus, supporting the adjustment and well-being of the newly arrived families became a major concern. The program uses the parent training approach. Parents in groups, with the help of one or two group leaders, discuss the themes in weekly meetings over four weeks. The main focus and the content of the sessions have been developed based on extant literature on immigrant and refugee parents' experiences of resettlement, and a set of interviews which aimed to examine the recently arrived parents' experiences and concerns in Sweden. The goal of this study is to test the feasibility of the implementation process and preliminary outcomes of the program for recently arrived immigrant parents who have adolescent children.

Who can participate?
Parents of 12-16-year-old children who migrated to Sweden after 2015

What does the study involve?
The program uses the well-established parent training paradigm to promote parents' skills in helping their children become resilient citizens of society. The program aims to promote the skills to be good role models, improve relationships with their children, develop their communication skills, increase knowledge about the Swedish school system, and skills that may promote the engagement of parents in their child's schooling.

What are the possible benefits and risks of participating?
The participants of the PIA Parent Program have the opportunity to develop a new perspective on challenges related to immigration, develop feelings of efficacy in handling and overcoming these challenges, and acquire tools they can use to promote their own and their adolescent

children’s adjustment and social integration. In fact, the pilot tests of this program showed that the parents found participation enjoyable and considered the content of the program relevant and helpful.
The discussions during the program sessions are not about negative experiences or private matters. However, discussions may evoke emotions in some participants. Therefore, the facilitators will be trained in communication skills and in recognizing if something like this is happening. The participants are also informed that their participation is voluntary, and they can leave the session or the study at any time. The group leader and research leader will serve as contact persons if participants feel the need to talk to someone after the session.

Where is the study run from?
Örebro University (Sweden)

When is the study starting and how long is it expected to run for?
January 2021 to March 2023

Who is funding the study?
Swedish Research Council (Vetenskapsrådet) (Sweden)

Who is the main contact?
Dr Metin Ozdemir, metin.ozdemir@oru.se

Contact information

Type(s)
Public, Scientific, Principal investigator

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Additional identifiers

Protocol serial number
2021-02036

Study information

Scientific Title

Promoting recently arrived immigrant parents' adjustment and well-being: a pilot feasibility study of the PIA Parent Program

Acronym
PIAParent_Pilot

Study objectives
This study focuses on understanding the feasibility and acceptability of the PIA Parent Program content and program implementation process. Specific questions are:
1. How do the recently arrived parents perceive participating in the program?
2. How do the group leaders (facilitators) experience the program implementation process?
3. What are the preliminary effects of the program on parents' skills, perceptions, and attitudes?
4. What background characteristics of the parents are related to their participation, retention, perception of the program and program implementation, and program outcomes?

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 11/05/2021, Swedish Ethical Review Authority (Box 2110, Uppsala, 75002, Sweden; +46 (0)10 475 08 00; registrator@etikprovning.se), ref: 2021-02036

Primary study design
Interventional

Study design
Single group pre-, post-test design

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Promoting the adjustment and well-being of recently arrived immigrant parents in Sweden

Interventions
The PIA-Parent program is a short parenting support program to promote newly arrived immigrant and refugee parents' skills in helping their children become resilient citizens of society. The program focuses on important themes in parenting and the aim is to increase the level of knowledge about being a parent of teenagers in a new cultural context. The program aims to give parents the skills to be good role models, improve parent-child attachment, develop their open communication skills, and increase knowledge about the Swedish school system and their obligations and rights as parents. The intervention also focuses on how to communicate with the school and how parents can support their children's schoolwork. Finally, the program focuses on helping parents to encourage their children to become part of society such as to join a sports or cultural association to promote their sense of belonging. These topics are covered in four meetings.

The program takes 4 weeks. The sessions are led by two group leaders who were trained in the PIA Parent program and can speak the mother tongue of the participants.

Groups meet for 2.5 hours weekly over a 4-week period. The participants answer pre-test and post-test measures before the program starts and after the program is completed, respectively. Parents answer session reports after each meeting is completed, and the group leaders answer a set of questions to report about the implementation process. In addition, interviews with parents are conducted to develop insight into their experiences of participating in the program.

Intervention Type
Behavioural

Primary outcome(s)
1. Parent-child relationship quality measured using the secure-base subscale of the Network of Relationships Inventory (NRI) at pre-test and post-test
2. Warmth measured using the warmth subscale of the Family Check-up (FCU) Caregiver Assessment Scale at pre-test and post-test
3. Conflict measured using the conflict subscale of the FCU Caregiver Assessment Scale at pre-test and post-test
4. Parent-child communication measured using the companionship subscale of the Network of Relationships Inventory (NRI) at pre-test and post-test
5. Parents' use of validation strategies was measured using a 5-item measure at pre-test and post-test
6. Parents’ perceived efficacy to support their child’s schooling measured using the Parental Self-Efficacy for Helping the Child Succeed in School Scale at pre-test and post-test

Key secondary outcome(s)
1. Sense of societal belonging measured using the adult version of the Societal Belongingness Scale developed based on the Adolescents’ Societal Belongingness Scale (ASBS) at pre-test, post-test, and follow-up
2. Hope regarding the future and hope for achieving the future goals were measured with single items each at pre-test and post-test

Completion date
31/03/2023

Eligibility

Key inclusion criteria
1. Parents who were born in another country and living in Sweden up to 6 years by at start of the program
2. Parents have a child between ages 12 and 16 years
3. The parents should be able to follow the programs in Swedish or in one of the other languages that the program materials are available: Arabic, Dari, Kurdish, Somalian, and Tigrinya

Participant type(s)
Other

Healthy volunteers allowed
No

Age group

Adult

Lower age limit
25 Years

Upper age limit
100 Years

Sex
All

Total final enrolment
54

Key exclusion criteria
Participants who self-report that they currently receive treatment for a psychological problem or psychiatric illness.

Date of first enrolment
01/09/2021

Date of final enrolment
31/12/2022

Locations

Countries of recruitment
Sweden

Study participating centre
Örebro University
School of Behavioural, Social and Legal Sciences
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701 82

Sponsor information

Organisation
Örebro University

ROR
https://ror.org/05kytsw45

Funder(s)

Funder type
Government

Funder Name
Vetenskapsrådet

Alternative Name(s)
Swedish Research Council, VR

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Sweden

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study could be available upon request from Dr Metin Ozdemir, metin.ozdemir@oru.se. Individual participant data regarding the primary and secondary outcomes collected during the trial will be shared after the de-identification and publication of the key studies. Data could be provided along with the study protocol and codebook to researchers who provide a methodologically sound proposal to achieve the aims in the approved research proposal and for individual participant data meta-analysis, given that there is no ethical and legal restriction. To gain access, data requestors will need to sign a data access agreement.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Study website	Study website	11/11/2025	11/11/2025	No	Yes