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Being A Parent - Enjoying Family Life: researching a new group for parents and caregivers with significant emotional and interpersonal needs.

Submission date
02/08/2021

Recruitment status
No longer recruiting

Registration date
14/09/2021

Overall study status
Completed

Last Edited
04/12/2025

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered
[X] Protocol
[X] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Background and study aims
Parenting interventions (programmes which support parents/caregivers with parenting skills) are the recommended mental health treatment for children under the age of 11 years and are highly effective at reducing child behaviour difficulties. Many of these parenting interventions for child behaviour do not consider the parent's own emotional wellbeing and mental health difficulties. Research shows that parent/caregiver mental health impacts both parenting and the child's behavioural/emotional development, increasing risk for child behavioural/emotional difficulties. Many parents/caregivers who experience long-standing difficulties in coping with strong emotions and struggle to trust in relationships can also find it challenging to use consistent and positive parenting strategies, especially as many of these parents/caregivers have experience inconsistent relationships with their own parents. Parents and caregivers who experience long-standing emotional and relationship difficulties also face different barriers to accessing parenting support, including different parenting concerns, high levels of stress and adversity in their past or current lives, lack of social support and high levels of stigma and concerns about being judged. Therefore it is vital that we develop tailored, understanding parenting programmes for parents and caregivers with long-standing emotional and relationship challenges.

BaP-Enjoying Family Life is for parents and caregivers with long-standing emotional and/or relationship difficulties and who have children aged between 2-11 years with emotional and/or behavioural difficulties. BaP-Enjoying Family Life is a new version of the well-established peer-led, group parenting programme, Empowering Parents Empowering Communities-Being a Parent (EPEC-BaP). BaP-Enjoying Family Life helps parents/caregivers understand and explore the impact of emotional wellbeing on parenting and provides skills to manage relationship conflict, strong feelings in parents/caregivers and their child(ren), and strengthen warm family relationships. Unlike EPEC-BaP, BaP-Enjoying Family Life is not currently part of routine care.

Our research study aims to see what parents and caregivers think about our new parenting programme compared to EPEC-BaP and the extent to which it helps them and their children. We also want to learn more about how best to use a method called a Randomised Controlled Trial (RCT) to study the impact and effectiveness of BaP-Enjoying Family Life. We are using a feasibility RCT method to compare our new parenting programme, BaP-Enjoying Family Life, with our standard EPEC-BaP parenting programme. By taking part, parents have a 50:50 chance of receiving BaP-Enjoying Family Life or EPEC-BaP.

Who can participate?
Parents and caregivers can sign up to the study themselves via an interest form. They will be given information about the study and asked to consent to take part. Parents and caregivers are eligible to take part if:
1. They look after a child aged 2-11 years who lives at home with you most of the time
2. This child experiences emotional and/or behavioural difficulties AND
3. The parent/caregiver experience long-standing difficulties with managing emotions and/or relationships (measured using a questionnaire after parents/caregivers have consented to take part).
Parents/caregivers who don't meet the criteria above will be informed of other local parenting support.

What does the study involve?
Parents/caregivers who are eligible and consent to take part in the study will complete a set of questionnaires and at-home interview with them and their child to get an understanding of their child's behaviour, their parenting and how things are for their family in general. These assessments will be completed before, immediately after and 6 months after attending the parenting group. Parents/caregivers will then be randomly allocated to either BaP-Enjoying Family Life or EPEC-BaP and be offered to attend the groups either online or in person. Both groups are run for 1hr 30 mins (Online)- 2 hours (in-person) weekly with a break in the middle to fit into the school terms. EPEC-BaP has 9 weekly sessions, whereas BaP-Enjoying Family Life has 10 weekly sessions.

What are the possible benefits and risks of participating?
Parents and caregivers participating in this trial will benefit from a high standard of parenting support intended to help them and their child. Parents/caregivers will still be able to receive support from other mental health/social services. There are no known risks to taking part in parenting interventions. Some of the questions may cause discomfort. Parents/caregivers can choose not to answer any questions and a researcher will be present to talk through any concerns or questions whilst parents complete the questionnaires. Parents/caregivers can choose not to participate in the study at any time.

Where is the study run from?
King’s College London, the Centre for Parent and Child Support (CPCS), and South London and Maudsley (SLaM) NHS Foundation Trust (UK)

Who is funding the study?
1. King’s College London (UK)
2. South London and Maudsley (SLaM) NHS Foundation Trust (UK)

When is the study starting and how long is it expected to run for?
October 2020 to July 2023

Who is the main contact?
Ellie Baker, ellie.baker@kcl.ac.uk

Contact information

Type(s)
Scientific

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Type(s)
Public

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Additional identifiers

Integrated Research Application System (IRAS)
297116

Study information

Scientific Title

Feasibility randomised controlled trial of Being a Parent - Enjoying Family Life: a specialised intervention for parents and caregivers with significant emotional and interpersonal needs.

Study objectives
The study's primary aim is to assess the feasibility and acceptability of the trial research methods and BaP-Enjoying Family Life intervention to support the development of a future definitive Randomised Controlled Trial. More specifically, the trial aims to:
1. Assess feasibility parameters for participant retention, recruitment, and BaP-Enjoying Family Life acceptability.
2. Examine trial methods viability, including randomisation.
3. Investigate parents/caregivers' experience of the trial design, procedures and intervention experiences, and themes arising from BaP-Enjoying Family Life implementation, including:
a. A fine grain understanding of parents/caregivers' subjective, lived experiences and meaningful insights into trial design, research procedures and intervention condition
b. the key themes derived from BaP-Enjoying Family Life facilitator and supervisor perspectives arising from intervention delivery and fidelity.
4. Obtain outcome variance estimates for future sample size calculation.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 30/07/2021, London- Camden and King's Cross Research Ethics committee (NHSBT Newcastle Blood Donor Centre, Holland Drive, Newcastle upon Tyne, NE2 4NQ, UK; +44 (0) 207 104 8285; camdenandkingscross.rec@hra.nhs.uk), ref: 21/LO/0473

Primary study design
Interventional

Study design
Single center two arm parallel-group feasibility randomized controlled trial with a nested process evaluation

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Parents of children aged 2 - 11 who are concerned about their child's behaviour and who themselves have significant emotional and interpersonal difficulties, including those with a diagnosis of personality disorder.

Interventions
Seventy-two parent/caregiver participants recruited via community pathways will be randomised using a minimisation approach to either: (i) BaP-Enjoying Family Life or (ii) standard Empowering Parents Empowering Communities (EPEC)-Being a Parent.

EPEC-Being a Parent is a well-established peer-led group-format parenting intervention consistent with NICE guidelines for parents/caregivers of children aged 2-11 years who report child behavioural problems. BaP-Enjoying Family Life is derived from the standard EPEC-Being a Parent programme and uses the same peer-led service delivery model. However BaP-Enjoying Family Life has been adapted for parents and caregivers who have significant emotional and

interpersonal needs, focusing on the impact of emotional wellbeing on parenting and providing skills in emotion regulation, reflective function and managing relationship conflict.

BaP-Enjoying Family Life consists of 10 two hour weekly sessions for 6-10 parents/caregivers with a weeks break in the middle to fit in with the local school terms. EPEC-Being a Parent consists of 9 two hour weekly sessions for 6-10 parents/caregivers also with a weeks break in the middle. Both groups use interactive activities in pairs/small groups and practical activities to complete at home, covering topics on parenting strategies, discipline and parent-child communication. BaP-Enjoying Family Life has additional adaptations which support parent emotion regulation and reflective function.

Intervention Type
Behavioural

Primary outcome(s)
Feasibility outcome:
1. Rate of participant identification and retention, measured through structured record sheets.
Clinical outcome:
2. Child behavioural problems, measured using the parent-report Eyberg Child Behaviours Inventory pre, post and at 6 months post intervention

Key secondary outcome(s)
Secondary feasibility outcomes are intervention acceptability, measured using a treatment acceptability rating scale administered post intervention.
Secondary clinical outcomes are:
1. Parent/caregiver concerns about child behavioural and emotional difficulties, measured using the concerns about my child visual analogue scale at pre, post and 6 month post intervention.
2. Parenting behaviour measured using parent-report Arnold O'Leary Parenting Scale at pre, post and 6 month post intervention.
3. Quality and Quantity of cognitive stimulation and emotional support in the home environment, measured using the Home Observational Measurement of the Environment, an observational and structured interview assessment, at pre, post and 6 month post intervention.
4. Parent/caregiver Satisfaction, measured using the Kansas Parent Satisfaction Scale at pre, post and 6 month post intervention.
5.Parent/caregiver self efficacy, measured using the Brief Parent Self-efficacy Scale at pre, post and 6 month post intervention.
6. Parent/caregiver Reflective function, measured using the Parent reflective functioning questionnaire at pre, post and 6 month post intervention.
7. Parent/caregiver emotional functioning, measured using the Brief Adjustment Scale- 6 at pre, post and 6 month post intervention.
8. Group Cohesion, measured using the Group Cohesiveness Scale at post intervention.

Qualitative interviews with a subsample of participants will also be conducted post-intervention to develop a fine grain understanding of trial and intervention experience and evaluate trial and intervention processes.

Completion date
31/07/2023

Eligibility

Key inclusion criteria
Prent inclusion criteria:
1. Primary parental caregiver (self-report of substantial caregiving responsibility), including non-biological caregiver, for index child
2. Aged between 18 - 65 years
3. Persistent emotional and relationship difficulties, assessed by a score of ≥3 on the Structured Assessment of Personality- Abbreviated Scale
4. Caregiver must have proficient written and spoken English
5. Caregiver must have capacity to provide informed consent to participate.

Index Child inclusion criteria:
6. Aged 2 - 11 years
7. Living with parents/caregiver
8. Caregiver reported behavioral difficulties

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Mixed

Sex
All

Total final enrolment
77

Key exclusion criteria
Parent exclusion criteria:
1. Presence of psychosis, significant brain injury and/or learning disability
2. Engaged in another structured parenting intervention or previous attendance to BaP-Enjoying Family Life/EPEC-Being a Parent group
3. Receiving inpatient mental health treatment
4. Caregiver pregnancy/breastfeeding
5. Family is subject to safeguarding proceedings to remove child from the home

Index child exclusion criteria:
6. Presence of neurodevelopmental disorder and/or psychosis
7. Not residing with index parents/caregivers

Date of first enrolment
04/10/2021

Date of final enrolment
10/10/2022

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
South London and Maudsley NHS Foundation Trust
Centre for Parent and Child Support
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Sponsor information

Organisation
South London and Maudsley NHS Foundation Trust

ROR
https://ror.org/015803449

Organisation
King's College London

ROR
https://ror.org/0220mzb33

Funder(s)

Funder type
University/education

Funder Name
Institute of Psychiatry, Psychology and Neuroscience, King’s College London

Alternative Name(s)
Institute of Psychiatry, Psychology & Neuroscience, King's College London, Institute of Psychiatry, Psychology & Neuroscience, Institute of Psychiatry, Psychology and Neuroscience, Institute of Psychiatry, Psychology & Neuroscience at King's College London, Institute of

Psychiatry, Psychology and Neuroscience at King's College London, IoPPN, King's College London, IoPPN

Funding Body Type
Government organisation

Funding Body Subtype
Research institutes and centers

Location
United Kingdom

Funder Name
South London and Maudsley NHS Foundation Trust

Alternative Name(s)

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are available from the corresponding author on reasonable request. Dr. Crispin Day, Crispin.1.day@kcl.ac.uk. The anonymised data will be stored in a CSV file and will be available from the study completion date (30th September 2023) for 7 years, as is consistent with King's College London GDPR policies. Access will be provided upon review of each request. Consent will need to be sought from participants for any additional research and analysis that exceeds existing participant consent.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		02/12/2025	04/12/2025	Yes	No
Protocol article		18/11/2022	24/11/2022	Yes	No
HRA research summary			28/06/2023	No	No
Statistical Analysis Plan	version 2	09/12/2022	12/12/2022	No	No