

Effects of targeting fathers versus mothers in cognitive behavioral parent training for parents of children with an anxiety disorder

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		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Anxiety disorders are one of the most common mental disorders in pre-adolescent children. International prevalence rates range from 2.6% to 41.2%. This study examines whether there is a difference between a father or a mother helping their children overcome anxiety disorders by means of Cognitive Behavioral Parent Training (CBPT). The extent to whether changes in parents own anxiety, their parenting, and sense of parental competence are related to a reduction in childrens anxiety levels is investigated.

Who can participate?

Fathers and mothers of anxiety disorder children of 7-12 years old participated in the study.

What does the study involve?

Effectiveness of Father and Mother CBPT was compared and the training had the same format and content for fathers and mothers.

What are the possible benefits and risks of participating?

There were no risks to participants. The treatment of childrens anxiety disorders might have benefited from enrolling in the study.

Where is the study run from?

The study was run in the University of Amsterdams mental health clinic for children and parents (Netherlands).

When is the study starting and how long is it expected to run for?

Between November 2007 and April 2010.

Who is funding the study?

The study was funded by the Research Institute Child Development and Education, University of Amsterdam (Netherlands).

Who is the main contact?

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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
ecpow11-2007

Study information

Scientific Title
Effects of targeting fathers versus mothers in cognitive behavioral parent training for parents of children with an anxiety disorder

Study objectives
This study compares father cognitive behavioral parent training (CBPT) and mother CBPT for parents of children with an anxiety disorder, in order to investigate:
1. Whether father or mother CBPT is more effective in decreasing anxiety levels in children in the short and longer term
2. The extent to whether changes in parents own anxiety, their parenting, and sense of parental competence is related to a reduction in childrens anxiety levels in the short and longer term

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics Commission of Child Development and Education, University of Amsterdam, 1 November 2007

Study design
A single centre interventional randomized controlled longitudinal trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Childhood anxiety disorders

Interventions

The cognitive behavioral parent training (CBPT) is based on earlier work of Bögels and Siqueland (2006) and Bodden et al. (2008).

The training consists of 2 hour group meetings once a week for 6 weeks. Father and mother CBPT has the same format and content. Its main ingredients are:

1. Psycho-education
2. Challenging anxious thoughts
3. Exposure with a reward system
4. Parenting behaviors
5. Courageous modeling
6. Acting as a parent-team

The therapists were trained clinical psychologists. The first follow-up period is 6 weeks, the second is 6 months after the CBPT finished.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Diagnostic status of the children using the Anxiety Disorder Interview Schedule Child and Parent versions (ADIS C/P) (Silverman & Albano, 1996). To consider change in the number of anxiety disorders and their interference their combination was examined (number of anxiety disorders × mean interference).
2. Childrens anxiety symptoms using the Screen for Child Anxiety Related Emotional Disorders (SCARED-71). Child, father, and mother completed the SCARED-71 (Bodden et al., 2009), and their reports were aggregated into an overall score for child anxiety symptoms.

Key secondary outcome(s)

1. Parenting behavior using the Parental Rearing Questionnaire (PRQ). Father and mother completed a self- and partner-report version of the subscales autonomy granting, overcontrol, and rejection of the PRQ (Bögels & Van Melick, 2004; new subscale structure Verhoeven, Bögels, Van der Bruggen, 2011). Self- and partner-report were aggregated into an overall score of parents autonomy granting, overcontrol, and rejection.
2. Challenging parenting behavior using the questionnaire Challenging Parenting Behavior (Majdandzic, De Vente, & Bögels, 2010). Father and mother completed a self- and partner-report version. Self- and partner-report were aggregated into an overall score of parents challenging behavior.
3. Parents' sense of competence using the Sense of Competence subscale of Parenting Stress

Index (PSI; Abidin, 1983; De Brock, Vermulst, Gerris, & Abidin, 1992). Father and mother completed a self-report version.

4. Parents own anxiety using the Screen for Child Anxiety Related Emotional Disorders Adult version (SCARED-A; Bögels & Van Melick, 2004). Father and mother completed a self-report version.

Completion date

01/05/2010

Eligibility

Key inclusion criteria

1. Fathers and mothers of anxiety disorder children of 7-12 years old, referred or recruited by community announcement
2. The child having a primary anxiety disorder on the Anxiety Disorder Interview Schedule (ADIS) [Silverman & Albano, 1996]
3. Both parents willing and able to participate in CBPT

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Prior child CBT and no parent treatment in relation to the child's anxiety
2. Other severe psychiatric problems that might interfere with treatment

Date of first enrolment

01/11/2007

Date of final enrolment

01/05/2010

Locations

Countries of recruitment

Netherlands

Study participating centre

University of Amsterdam

Amsterdam

Netherlands
1090 GE

Sponsor information

Organisation

University of Amsterdam (UK)

ROR

<https://ror.org/04dkp9463>

Funder(s)

Funder type

University/education

Funder Name

Research Institute Child Development and Education, University of Amsterdam (Netherlands)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration