ISRCTN15194500 https://doi.org/10.1186/ISRCTN15194500

Evaluation of the 'Strengthening Families, Strengthening Communities' parenting programme

Submission date
28/01/2019

Recruitment status
No longer recruiting

Registration date
27/02/2019

Overall study status
Completed

Last Edited
28/08/2024

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol

Background and study aims
Childhood is an important stage of life which has long lasting effects into adulthood. Unfortunately many children now experience emotional and behavioural problems which can lead to problems within their family, school and local communities. Strengthening Families, Strengthening Communities (SFSC) is a parenting programme delivered across the country. This study aims to assess whether the SFSC parenting programme is working in helping those who attend to feel better in themselves, feel less stressed and generally being more able to cope with looking after their families. We will also assess if the programme has an effect on children's behaviour and well being. The study will take place across 7 urban areas of England where the SFSC programme is offered.

Who can participate?
We are asking parents/carers of children aged 3-18 years who plan to start the SFSC programme to take part in the study. In total 676 parents agreeing to take part will be randomly allocated (like flipping a coin) into two groups: the test group will start the programme immediately, and the control group will start the programme in 10 months time.

What does the study involve?
All the parents agreeing to take part in the study will be interviewed in person or by telephone at the start, after the programme has been completed and then 6 months later. The interviews will each last approximately 30 minutes.

What are the possible benefits and risks of participating?
The results of this project will provide valuable information on whether the SFSC programme is effective in helping parents cope better with looking after their families. All parents involved will be sent a £10 gift token after they complete the 6-month interview as a gesture of thanks for their participation. At the end of the project everyone who has been involved will be sent a summary of the study findings.
Possible disadvantages of taking part in the study include the time involved for the interviews and the potential stress caused by being asked questions about how parents feel about

themselves and their family. Every effort will be made to arrange interviews at a convenient time for parents. The interviews will be conducted by skilled and experienced researchers.

Where is the study run from?
The study will run from seven urban areas across England:
• Greater Manchester
• Yorkshire/Humberside (Calderdale; Hull; Kirklees; Leeds; York; Barnsley)
• South London (Lewisham; Lambeth; Southwark; Wandsworth)
• North London (Islington; Brent; Enfield; Barnet)
• West London (Hammersmith and Fulham; Kensington and Chelsea; Ealing; Hounslow)
• East London (Tower Hamlets; Waltham Forest; Hackney; Barking and Dagenham)
• Bristol
The project is being led by University College London.

When is the study starting and how long is it expected to run for?
March 2019 to December 2024

Who is funding the study?
This study is being funded by the National Institute for Health Research (NIHR) – Public Health Research Programme.

Who is the main contact?
Professor Richard Watt, r.watt@ucl.ac.uk

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
Together Protocol Version 1 (16/122/35)

Study information

Scientific Title
A randomised controlled trial evaluating the effectiveness and cost effectiveness of 'Strengthening Families, Strengthening Communities': a community led parenting programme

Acronym
TOGETHER

Study objectives
In an ethnically diverse population of families with children aged 3-18 years living in socially disadvantaged areas across England, does the offer of the Strengthening Families, Strengthening Communities (SFSC) parenting programme compared to waiting list controls significantly enhance parental well-being and child social and emotional well-being?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 17/02/2019, UCL Ethics Committee (Helen Dougal, UCL Research Ethics Administrator, Office of the Vice-Provost (Research), University College London, 2 Taviton Street, London, WC1H 0BT; 020 7679 8717; ethics@ucl.ac.uk), ref: 1538/002

Primary study design
Interventional

Study design
Multi-centre wait list controlled randomised trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Parental mental well-being and child socio-emotional well-being.

Interventions
Strengthening Families, Strengthening Communities (SFSC) is a group based universal parenting programme designed to support parents with children aged up to 18 years to improve their well-being, confidence and competence in parenting; develop better relationships with their children; explore strategies to put appropriate boundaries in place; support their children to minimise risky behaviours; and help children transition through childhood to adulthood. In addition, it aims to empower parents to play a more active role in their local communities.

Originally developed in the US, the Race Equality Foundation (an independent charitable community organisation committed to race equality) has adapted the programme for the UK. Since 2000 it has been delivered by family and social care organisations across England. Based upon social learning theory, it uses interactive methods to encourage parents to share their experiences and undertake practical activities to develop their skills, confidence and self-esteem. The 13-week programme is delivered by trained family workers guided by a detailed programme manual and supporting quality assurance resources.

Participants enrolling on the SFSC programmes (n=52 clusters in total) across the 7 areas will be approached to participate in the study, consent sought and agreed, baseline outcome data collected and then individually randomised to intervention or waiting list controls. Those randomised to the wait list control arm will be offered a place in the programme once the 6-month follow-up data have been collected.

Intervention Type
Behavioural

Primary outcome(s)
Parental mental well-being will be measured using the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) at baseline, end of programme and then 6 months

Key secondary outcome(s)
To be collected at baseline, end of programme and then 6 months
1. Child socio-emotional well-being will be measured by the Strengths and Difficulties Questionnaire (SDQ) – parent report.
2. Parenting practices: measured via a) Parenting Scale – a parent report of dysfunctional parenting practices; b) Parental Sense of Competence Scale – measuring parenting competencies, efficacy and satisfaction in parenting.
3. Child-parent relationship and parental stress - measured by Child-Parent Relationship Scale (short version)
4. Family relationships and conflict – measured using the Quality of Marriage Index
5. Social support – measured by selected items used in the Millennium Cohort Study and the Avon Longitudinal Study of Parents and Children.
6. Parental quality of life: – measured by the EQ-5D-5L.
7. Community engagement and use of local services – measured by items from the Citizenship Survey and Buckner Social Cohesion Scale.
8. Use of NHS, social care, criminal justice system and mainstream/special education services measured using retrospective questionnaires, adapted from previous measures on the Database of Instruments for Resource Use Measurement (http://www.dirum.org/).

Completion date
31/12/2024

Eligibility

Key inclusion criteria
1. Parents attending the SFSC parenting programme in the participating areas
2. Parents of children aged 3-18 years

Participant type(s)
Mixed

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Key exclusion criteria
1. Unable or unwilling to provide written informed consent to participate
2. Already participating in another research study

Date of first enrolment
01/07/2019

Date of final enrolment
31/12/2022

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
UCL
Department of Epidemiology and Public Health
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1-19 Torrington Place
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Sponsor information

Organisation
University College London

ROR
https://ror.org/02jx3x895

Funder(s)

Funder type

Government

Funder Name
National Institute for Health Research

Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type
Government organisation

Funding Body Subtype
National 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.
Richard Watt, r.watt@ucl.ac.uk
The type of data that will be shared: All non-personal identifiable data
When the data will become available: within 2 weeks of a data request, they will be available for 5 years
By what access criteria data will be shared including with whom: Anyone can request any data for any analysis
Consent from participants was obtained
Participants were anonymised and given ID numbers

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		19/10/2021	23/05/2022	Yes	No