

# Online parent training for reducing parenting stress during the coronavirus pandemic

<b>Submission date</b> 15/05/2020	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 23/05/2020	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 21/05/2020	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

In January 2020, the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern (WHO, 2020). In that time of crisis which generates stress throughout the population, supporting mental and psychosocial well-being is warranted. Internet-based programs have been identified as an alternative means of intervention delivery during the pandemic.

The study aims to evaluate the engagement in, satisfaction with, and efficacy of an internet-based parent-training program for reducing parenting stress during the Covid-19 pandemic.

### Who can participate?

Parents of at least one child below the age of 18 years old, with internet access, own mobile phone or computer.

### What does the study involve?

Participants will be randomly allocated to either complete the online training program without having any contact with other participants or the clinician who follows their completion, or in addition to the program an online forum will be added to the structure of the training, where participants can share their experiences and contact each other, and ask the clinician, or in addition to this, the clinician will give personal feedback to assignments submitted by the participants.

### What are the possible benefits and risks of participating?

Possible benefits of participating will be that participants will receive information about potential mental health challenges of the pandemic and effective coping strategies that help to avoid the adverse psychological effects of the pandemic in parents and children. They can practice these skills during the training. An additional benefit is that if one of the participants is identified as needing further professional help, the moderator will contact him or her and help him or her get the appropriate help/treatment.

Potential risks: Thinking about the pandemic and raising awareness of their own and their children's stress reaction, worries and coping capacities may be anxiety provoking. In that case the participant can contact the moderator, and the moderator will help him or her get the appropriate help/treatment.

Where is the study run from?

1. Eötvös Loránd University (Hungary)
2. Heim Pál National Pediatric Institute (Hungary)

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

April 2020 to December 2020

Who is funding the study?

Eötvös Loránd University (Hungary)

Who is the main contact?

Dr Monika Miklósi, miklosi.monika@ppk.elte.hu

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Protocol serial number

2020/185

## Study information

### Scientific Title

Online parent training for reducing parenting stress during the COVID-19 pandemic: a randomized controlled trial

### Study objectives

The online training program will result in a significant reduction in parents' level of stress and a significant increase in well-being and parental self-efficacy

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Approved 12/05/2020, Faculty of Education and Psychology, Research Ethics Committee of the Eötvös Loránd University (Izabella 46, Budapest 1064, Hungary; + (36-1) 461-2600 / 5614; molnar.mark@ppk.elte.hu), ref: 2020/185

### **Study design**

Interventional randomized controlled study

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

### **Health condition(s) or problem(s) studied**

Parental stress during COVID-19 pandemic

### **Interventions**

The study aims to examine the effect of an online parent training in reducing parental stress during Covid-19 pandemic and to determine the optimal design of the program by means of engagement in, satisfaction with, and efficacy of the program.

The training program consists of two modules, one focusing on parents' stress, and the second focusing on children's stress and parenting practices that are appropriate during the pandemic time. Each module consists of 5 topics with short psychoeducative videos and written materials, while quizzes, worksheets, and feedback forms are included for increasing engagement. Parents can flexibly go through the topics during two weeks, requiring a 15-30-minutes daily online activity.

To explore the optimal structure of the training, participants will be randomized into three conditions.

In group 1., parents complete the online training program without having any contact with other participants or the clinician who follows their completion. The clinician contacts a parent only in case of emergency.

In group 2., an online forum will be added to the structure of the training, where participants can share their experiences and contact each other, and ask the clinician. The clinician will be involved in the forum and answer the questions.

In group 3., in addition to this, the clinician will give personal feedback to assignments submitted by the participants.

Block randomization with randomly selected block sizes of 6, 12 is used. The randomization scheme is generated by using the Web site Randomization.com (<http://www.randomization.com>)

### **Intervention Type**

Behavioural

**Primary outcome(s)**

In the parent, according to self-report, measured in four time-points: at baseline, post-treatment, 1- and 3-months follow-up:

1. Perceived stress (Perceived Stress Scale, four-item version, PSS4)
2. Psychological well-being (WHO Well-being Index, WBI)
3. Parenting stress (Parental Stress Scale, shortened)
4. Parental competence (Parental Sense of Competence Scale, PSOC)

**Key secondary outcome(s)**

According to self-report, measured in four time-points: at baseline, post-treatment, 1- and 3-months follow-up:

1. Parenting behaviour (Multidimensional Assessment of Parenting Behavior, MAPS)
2. Children's quality of life (Inventar zur Erfassung der Lebensqualitaet für Kindern und Jugendlichen, ILK)

**Completion date**

15/12/2020

**Eligibility**

**Key inclusion criteria**

1. Being a parent of at least one child below the age of 18 years old
2. Internet access, own mobile phone or computer

Though both parents can take part in the training, only data from one parent per family will be included in analyses

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

18/05/2020

**Date of final enrolment**

30/11/2020

## Locations

### Countries of recruitment

Hungary

### Study participating centre

#### Eötvös Loránd University

Psychological Institute

Izabella 46

Budapest

Hungary

1064

### Study participating centre

#### Heim Pál National Pediatric Institute

Faludi 5

Budapest

Hungary

1138

## Sponsor information

### Organisation

Heim Pál National Pediatric Institute LÉTRA Foundation

## Funder(s)

### Funder type

University/education

### Funder Name

Eötvös Loránd University

## Results and Publications

Individual participant data (IPD) sharing plan

All data generated or analysed during this study will be included in the subsequent results publication.

**IPD sharing plan summary**

Other

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes