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1-2-3 Magic treatment for families with children with attention deficit hyperactivity disorder (ADHD)

Submission date
14/09/2021

Recruitment status
No longer recruiting

Registration date
06/12/2021

Overall study status
Completed

Last Edited
23/03/2026

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol

Current plain English summary as of 23/02/2022:
Background and study aims
Children with attention deficit hyperactivity disorder (ADHD) are often unable to think coherently before reacting to situations (impulsivity). This can be tedious for parents/carers to manage and if not approached correctly can cause the situation to escalate instead of being neutralised. 1-2-3 Magic is a psychological behavioural intervention that equips parents with tools to manage problem behaviours. 1-2-3 Magic aims to educate parents/carers and even teachers about ADHD and also aids parents with effective strategies, such as communication skills, for handling their child's symptoms.1-2-3 Magic also teaches parents to be confident in raising their child in order to build a healthy parent-child relationship. Although there are a few previous studies on 1-2-3 Magic, they do not observe the efficacy of 1-2-3 Magic specifically in children with ADHD. This research is important in improving the wellbeing of both children with ADHD and their parents/carers, in order to create a greater quality of life. 1-2-3 Magic teaches parents how to diffuse tantrums and negative behaviours and to encourage positive behaviours, this could improve home life, and the parent-child relationship can be mended. Theoretically, not only does 1-2-3 Magic improve wellbeing at home but also at school. If teachers are equipped with 1-2-3 Magic the classroom may be a safer environment for the children with ADHD and their peers. 1-2-3 Magic has already been used by different organisations, including some NHS trusts, but there has been no formal clinical trial conducted to evaluate the effectiveness especially for families with children diagnosed with ADHD in the UK.
This study will be the first to research the effectiveness of such an intervention in the UK specifically in families with children with ADHD. NICE guidelines recommendations for research regarding ADHD are "What is the clinical and cost-effectiveness, and optimum length, of a brief parent-training intervention for parents and carers of children and young people with attention deficit hyperactivity disorder (ADHD) aged 5 to 18 years?" Therefore this study falls into the NICE guideline recommendations.

Who can participate?
Parents of children aged 12 years old and under with diagnosed ADHD

What does the study involve?
Parents will attend six sessions of two and a half hours per session over a course of 6 weeks. The sessions will consist of training in behavioural management techniques using the key tools “1-2-3 Magic” and the “Evaluation tools on parenting.”
Parents of ADHD children will be recruited through the National Attention Deficit Disorder Information and Support Service (ADDISS). 100 participants will be randomly allocated into either group 1, 2 or 3. Follow-up time from the first to the last observation time for each person is 12 months. Each group will have the opportunity to attend the 1-2-3 Magic intervention with 3 months apart between each group. Group 1 will receive the intervention at month 1 while groups 2 and 3 will serve as control groups/wait-list groups. Groups 2 and 3 will receive standard care, including parent support groups, general advice, one-to-one consultations, resources, a wraparound service building relationships between parent and child, and psychoeducation for the parents while waiting to receive the intervention. At month 4, group 2 will receive intervention and group 3 will remain the control group. Finally, group 3 will also receive the intervention at month 7.

What are the possible benefits and risks of participating?
1-2-3 Magic is a psychological behavioural intervention that equips parents with tools to manage problem behaviours. 1-2-3 Magic aims to educate parents/carers and teachers about ADHD and aids parents with effective strategies, such as communication skills, for handling their child’s symptoms. 1-2-3 Magic enables parental confidence in raising their child and building a healthy parent-child relationship.
Participants will receive a £5 Tesco voucher at 5 different timepoints upon completion of the outcome measurement questionnaires.
There are no risks of participating. All participants are waiting to be involved in this intervention in the first place, therefore this study allows them all a chance to participate, when previously they may have to wait for months to a year to join.

Where is the study run from?
1. University College London (UK)
2. ADDISS (UK)

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

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Prof. Ian Wong
wongick@hku.hk

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Previous plain English summary:
Background and study aims
Children with attention deficit hyperactivity disorder (ADHD) are often unable to think coherently before reacting to situations (impulsivity). This can be tedious for parents/carers to manage and if not approached correctly can cause the situation to escalate instead of being neutralised. 1-2-3 Magic is a psychological behavioural intervention that equips parents with tools to manage problem behaviours. 1-2-3 Magic aims to educate parents/carers and even teachers about ADHD and also aids parents with effective strategies, such as communication skills, for handling their child’s symptoms.1-2-3 Magic also teaches parents to be confident in

raising their child in order to build a healthy parent-child relationship. Although there are a few previous studies on 1-2-3 Magic, they do not observe the efficacy of 1-2-3 Magic specifically in children with ADHD. This research is important in improving the wellbeing of both children with ADHD and their parents/carers, in order to create a greater quality of life. 1-2-3 Magic teaches parents how to diffuse tantrums and negative behaviours and to encourage positive behaviours, this could improve home life, and the parent-child relationship can be mended. Theoretically, not only does 1-2-3 Magic improve wellbeing at home but also at school. If teachers are equipped with 1-2-3 Magic the classroom may be a safer environment for the children with ADHD and their peers. 1-2-3 Magic has already been used by different organisations, including some NHS trusts, but there has been no formal clinical trial conducted to evaluate the effectiveness especially for families with children diagnosed with ADHD in the UK.
This study will be the first to research the effectiveness of such an intervention in the UK specifically in families with children with ADHD. NICE guidelines recommendations for research regarding ADHD are "What is the clinical and cost-effectiveness, and optimum length, of a brief parent-training intervention for parents and carers of children and young people with attention deficit hyperactivity disorder (ADHD) aged 5 to 18 years?" Therefore this study falls into the NICE guideline recommendations.

Who can participate?
Parents of children with diagnosed ADHD, under the age of 12 years.

What does the study involve?
Parents will attend six sessions of two and a half hours per session over a course of 6 weeks. The sessions will consist of training in behavioural management techniques using the key tools "1-2-3 Magic" and the "Evaluation tools on parenting."
Parents of ADHD children will be recruited through the National Attention Deficit Disorder Information and Support Service (ADDISS). 84 participants will be randomly allocated into either group 1, 2 or 3. Follow-up time from the first to the last observation time for each person is 12 months. Each group will have the opportunity to attend the 1-2-3 Magic intervention with 3 months apart between each group. Group 1 will receive the intervention at month 1 while groups 2 and 3 will serve as control groups/wait-list groups. Groups 2 and 3 will receive standard care, including parent support groups, general advice, one-to-one consultations, resources, a wraparound service building relationships between parent and child, and psychoeducation for the parents while waiting to receive the intervention. At month 4, group 2 will receive intervention and group 3 will remain the control group. Finally, group 3 will also receive the intervention at month 7.

What are the possible benefits and risks of participating?
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There are no risks of participating. All participants are waiting to be involved in this intervention in the first place, therefore this study allows them all a chance to participate, when previously they may have to wait for months to a year to join.

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Who is funding the study?
Investigator initiated and funded

Who is the main contact?
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Contact information

Type(s)
Public

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Additional identifiers

Protocol serial number

19227/003

Study information

Scientific Title
A randomised wait-list controlled trial evaluating 1-2-3 Magic and its effectiveness on families with children with ADHD

Study objectives
1-2-3 Magic will reduce child problem behaviours, improve parenting self-efficacy and strengthen child-parent relationships.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 29/11/2021, University College London Research Ethics Committee (University College London, 2 Taviton St, London, WC1E 6BT, UK; +44 (0)20 7679 8717 ext: 28717; ethics@ucl.ac.uk), ref 19227/003

Primary study design
Interventional

Study design
Randomized wait-list controlled trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Behavioural parenting programme for parents with children with ADHD

Interventions
To test the effectiveness of the 1-2-3 Magic Programme administered online via Zoom, a randomised waiting-list controlled trial has been designed to evaluate whether 1-2-3 Magic can reduce parents' perceived severity of their child's symptoms of ADHD, thereby building parent confidence and improving familial relationships.

84 parents of children with diagnosed ADHD, under the age of 12, will attend six sessions of two and a half hours per session over a course of 6 weeks. The sessions will consist of training in behavioural management techniques using the key tools "1-2-3 Magic" and the "Evaluation tools on parenting."

The 1-2-3 Magic programme has a duration of 6 weeks, with one session per week.

Arm 1:
Arm 1 will start their intervention within the same month of the baseline and just after the baseline measurement in month 1. Arm 1 will complete questionnaires at six timepoints. Arm 1's baseline questionnaire will also pose as their pre-intervention questionnaire: baseline/month 1 (pre-intervention), 6 weeks after pre-intervention, month 3, month 6, month 9 and month 12.

Arm 2:
Arm 2 will start their intervention 3 months after the baseline in March 2022. Arm 2 serve as the control group for 3 months. Arm 2 will complete questionnaires at 6 timelines: baseline (month 1), month 3 (pre-intervention), 6 weeks after pre-intervention, months 6, months 9 and months 12.

Arm 3:
Arm 3 will start their intervention 6 months after the baseline, in July 2022. Arm 3 serve as the control group for 6 months. Arm 3 will complete questionnaires at 6 timelines: baseline (month 1), months 3, months 6 (pre-intervention), 6 weeks after pre-intervention, months 9 and months 12.

Randomisation will be conducted via online random allocators.

Intervention Type
Behavioural

Primary outcome(s)
Parent self-efficacy measured through Tool to Measure Parenting Self-Efficacy (TOPSE) will be measured at the baseline session, before the first session (for arms 2 and 3), the last session of the programme and 6 months follow-up

Key secondary outcome(s)
Child disruptive behaviour through Eyberg Child Behaviour Inventory (ECBI) will be measured at the baseline session, before the first session (for arms 2 and 3), the last session of the programme and 6 months follow-up

Completion date
30/05/2023

Eligibility

Key inclusion criteria
Current participant inclusion criteria as of 25/07/2023:
1. Parents of children aged 12 years old and under
2. Parents of children with an official diagnosis of ADHD
3. Parents who speak, read, and write proficient English

Previous participant inclusion criteria:
1. Parents of children under the age of 12 years
2. Parents of children with an official diagnosis of ADHD
3. Parents who speak, read, and write proficient English

Participant type(s)
Mixed

Healthy volunteers allowed
No

Age group

Adult

Sex
All

Total final enrolment
100

Key exclusion criteria
Individual cannot read, write or speak proficient English

Date of first enrolment
01/12/2021

Date of final enrolment
31/03/2022

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
ADDISS
10th Floor
Hyde House
The Hyde
London
England
NW9 6LH

Sponsor information

Organisation
University College London

ROR
https://ror.org/02jx3x895

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Other publications	Recruitment methods	17/10/2023	23/10/2023	Yes	No
Other unpublished results	Thesis Results section		19/03/2026	No	No
Other unpublished results	Short summary of results		23/03/2026	No	No