ISRCTN15450239 https://doi.org/10.1186/ISRCTN15450239

# A randomised controlled trial of the Solihull Approach ten week group for parents, 'Understanding your child's behaviour' (UYCB)

**Submission date**
26/07/2018

**Recruitment status**
No longer recruiting

**Registration date**
01/08/2018

**Overall study status**
Completed

**Last Edited**
18/05/2021

**Condition category**
Mental and Behavioural Disorders

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

## Plain English summary of protocol

Background and study aims
The aim of this study is to find out if the Solihull Approach parent's group 'Understanding your child's behaviour' (UYCB) has an effect on parent-child relationships, parental well-being and children's behaviour.

Who can participate?
Parents/carers who have expressed an interest in improving their understanding of their child's behaviour by attending a Solihull Approach parenting group

What does the study involve?
Parents are asked to fill in a questionnaire booklet when they start and finish the 10-week, 2 hours a week group. The group explores issues such as tuning in to children, exploring feelings, parenting styles, what is being communicated through behavior, temper tantrums and what might be meant by them, sleep patterns, and behavioural difficulties. Parents who wish to join a course but make their enquiries too late are asked to join a group to fill in the same questionnaire booklet at the start and then 10 weeks later so that the answers of both groups can be compared to work out if changes from the first booklet to the second are different (better) if parents have attended a group.

What are the possible benefits and risks of participating?
By taking part in the research parents are helping to make sure that the best possible parenting group is being delivered to parents. Completing questionnaire packs can be time consuming but the researchers have tried hard to balance the amount of questionnaires with making sure enough information is gathered to be able to accurately tell whether the Understanding Your Child's Behaviour Group is helpful for parents.

Where is the study run from?
1. Flying Start (UK)
2. Solihull Parenting Team (UK)

When is the study starting and how long is it expected to run for?
April 2013 to August 2018

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Dr Rebecca Johnson
rebecca.johnson2@heartofengland.nhs.uk

# Contact information

### Type(s)
Scientific

### Contact name
Dr Rebecca Johnson

### ORCID ID
https://orcid.org/0000-0002-4839-6310

### Contact details
UHB NHS Foundation Trust
Bishop Wilson Clinic
Craig Croft
Chelmsley Wood
Birmingham
United Kingdom
B37 7TR
+44 (0)2122964448
rebecca.johnson2@heartofengland.nhs.uk

# Additional identifiers

### Protocol serial number
Heart of England NHS Foundation Trust - Medical Innovation Development Research Unit: R&D Code: 2014004PSYCH

# Study information

### Scientific Title
A randomised controlled trial of the Solihull Approach ten week group for parents, 'Understanding your child's behaviour' (UYCB)

### Acronym
Solihull Approach UYCB RCT

### Study objectives
1. The primary hypothesis, based on the fact that the Solihull Approach is a relationship-focussed theoretical framework, was that UYCB would result in improved scores on the Child Parent

Relationship Scale and, consistent with previous studies (Alexandris et al. 2013; Cabral, 2013), the prosocial and conduct scores of the Strengths and Difficulties Questionnaire.
2. The secondary hypothesis was that attendance at UYCB would also result in improvements in parental wellbeing (DASS-21 scores) and overall child behaviour (SDQ scores).
3. The null hypothesis was that there would be no difference between attendees (experimental group) and those waiting to attend (control group) over an equivalent 10-week period.

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
NHS Research Ethics Service West Midlands - Coventry and Warwick, 16/04/2014, ref: 14/WM /0115

## Primary study design
Interventional

## Study design
Parallel-group, non-matched samples, randomised controlled trial

## Study type(s)
Prevention

## Health condition(s) or problem(s) studied
Parenting, infant, child and adolescent mental health

## Interventions
A parallel-group, non-matched samples, randomised controlled trial (RCT) of a Solihull Approach parenting programme where participants are allocated to the intervention group or to the wait list control, with an imbalanced, self-selecting allocation ratio of 10:1. A mixed design, with one between-subjects independent variable (attendance of a 10-week UYCB course) and one within-subjects independent variable (pre- and post- time points). The dependent variable consisted of participants' responses to three questionnaires, repeated at time two. The randomising factor was time of enquiry about the availability of a parenting programme.

UYCB introduces parents to the underpinning theoretical model of containment, reciprocity and behaviour management, with an emphasis on the links between behaviour and emotions, and parental as well as child emotional regulation. In 2 hour long sessions, over 10 weeks, it explores issues such as: tuning in to children; exploring feelings; parenting styles; what is being communicated through behaviour; temper tantrums and what might be meant by them; sleep patterns, and behavioural difficulties, see www.solihullapproachparenting.com for session titles.

Groups were advertised through universally accessible services for families and the usual clinical practice pathways of parenting support teams in both areas. Participants voluntarily contacted Flying Start (Wrexham) or the Parenting Team (Solihull) with a request to join a Solihull Approach group or were referred by local community services. If contact was made before week 2 of a group starting at the venue of their choice parents were assigned to the experimental group and undertook the UYCB course. If contact was made after week 2 but more than 10 weeks before the next group was due to start, parents were assigned to the control group, with

a view to attending an UYCB group at the beginning of the following academic term. The randomisation method was therefore time of enquiry, this was repeated three times a year to control for seasonal bias.

During week 1 of the intervention, or the first week after requesting to attend a group, the experimental and control group participants respectively were given: an information sheet, a booklet containing pre-questionnaires and a consent form, and a 'parent record' (demographics) form. If in the experimental group, participants started the 10-week course.

Following week 1 for the experimental and control group, facilitators (or research team member for controls) checked all forms were fully completed. Because the DASS-21 measures elements of the mental health of the parents, they were examined within a week of return and action was taken for clinically high scores. This involved contacting the parent to advise them who they could contact locally for support. Forms were then returned to the research team.

Upon week 10, for the experimental group, participants who had completed at least 70% of the intervention were invited to complete a post questionnaire booklet. For the control group, a research team member visited consenting parents at home at a time convenient to them and completed a post questionnaire booklet with them. The DASS-21 was checked again within a week of return and action was taken if necessary. The forms were then returned to the research team. Finally, parents from the control group joined a 10-week UYCB course.

### Intervention Type
Other

### Primary outcome(s)
The relationship between parent and child, measured using the Child-Parent Relationship Scale – Short Form (CPRS) (Pianta, 1992). Two subscales of the SDQ were also of specific interest ('prosocial behaviour' and 'conduct problems') as these have previously been found to be associated with the quality of the relationship (Alexandris et al., 2013). Measured at two timepoints, pre and post intervention

### Key secondary outcome(s)
Measured at two timepoints, pre and post intervention:
1. Childrens' behaviour, measured using the Strengths and Difficulties Questionnaire (SDQ) (Goodman, 1997)
2. Parental emotional health and well-being, measured using the Depression, Anxiety and Stress Scale – Short Version (DASS-21) (Lovibond & Lovibond, 1995)

### Completion date
01/08/2018

## Eligibility

### Key inclusion criteria
1. Caring responsibility for child(ren) aged 0-18 years
2. Parents/carers who have expressed an interest in improving their understanding of their child' s behaviour by attending a Solihull Approach parenting group

### Participant type(s)
Carer

**Healthy volunteers allowed**
No

**Age group**
Adult

**Lower age limit**
18 Years

**Sex**
All

**Key exclusion criteria**
Attendance of fewer than 7 out of 10 group sessions, with sessions missed occurring on consecutive weeks

**Date of first enrolment**
01/04/2014

**Date of final enrolment**
01/09/2017

# Locations

**Countries of recruitment**
United Kingdom

England

Wales

**Study participating centre**
**Flying Start**
Hafod Y Wern school site
Deva Way
Wrexham
United Kingdom
LL13 9HD

**Study participating centre**
**Solihull Parenting Team**
Bishop Wilson Clinic
Craig Croft
Birmingham
United Kingdom
B37 7TR

# Sponsor information

### Organisation
University Hospitals Birmingham NHS Foundation Trust (formerly Heart of England NHS Foundation Trust)

### ROR
https://ror.org/014ja3n03

# Funder(s)

### Funder type
Other

### Funder Name
Investigator initiated and funded

# Results and Publications

### Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study are not expected to be made available due to consent not being given by the participants. The data will be held at University Hospitals Birmingham NHS Foundation Trust.

### IPD sharing plan summary
Not expected to be made available

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | | 01/09/2019 | 18/05/2021 | Yes | No |
| HRA research summary | | | 28/06/2023 | No | No |