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Parenting UR Teens - a randomised trial of a parenting programme for parents of teenagers

Submission date
26/03/2015

Recruitment status
No longer recruiting

Registration date
27/03/2015

Overall study status
Completed

Last Edited
27/11/2019

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
During adolescence, young people experience significant change - physically, psychologically and socially. This time can be very challenging for young people and their parents. It is important that parents provide young people with emotional support, set reasonable boundaries, and act as role models. At the same time, though, they have to come to terms with their child's increasing independence. Friends become more important than family, and taking risks is part and parcel of adolescence for most young people. Moderate amounts of conflict between parent and teen are normal, but high levels of family conflict are unhelpful. In families who experience intense levels of conflict, young people are more likely to have behavioural problems and problems at school, running away and poor mental health. Providing support to parents is recognised as a significant factor in improving children's lives. A review concluded that group-based parenting programmes are effective in improving child conduct problems, parental mental health and parenting skills, but this focused on children aged between 3 to 23 years. We know very little about what works for parents whose children are older. This study was designed to assess the effectiveness of a parenting programme called Parenting UR Teens. The programme was developed by a voluntary agency that specialises in supporting parents (Parenting NI). It aims to help parents develop their parenting skills and knowledge; improve parent-teen relationships; improve parental mental health and family functioning, and reduce parental stress. Parenting UR Teen is a group-based programme, delivered over eight two-hour sessions and organised around the following themes: i) building firm foundations, ii) parenting styles, iii) teen development, iv) self-esteem, v) rules and consequences, vi) conflict, vii) problem solving and viii) pulling it all together. Sessions consist of presentations by programme facilitators, group discussions, role-plays, and problem solving and homework tasks.

Who can participate?
Parents of adolescents who were concerned about the challenge of parenting their teenager(s).

What does the study involve?
Over an 18-month period, Parenting NI advertise the programme in 13 places in Northern Ireland. For the duration of the study, parents who apply to attend the course are informed that agreeing to take part in a study is a condition of being offered a place on the programme. Parents who agree are randomly allocated to either start at the next available date (usually a

couple of weeks), or to be placed on a waiting list for a programme in about 12 weeks' time. Parents who take part in the study are asked to complete a number of questionnaires. Those allocated to the intervention group complete these at the beginning and end of the programme. Those allocated to the wait-list control group (who get the programme about 2-3 months later) also complete questionnaires. They do this before the start of the programme attended by the intervention parents and before and after they attend their own programme.

What are the possible benefits and risks of participating?
Potential benefits include improved knowledge and skills in parenting adolescents as all participants eventually receive the intervention. No risks associated with taking part in this study have been identified.

Where is the study run from?
13 locations across Northern Ireland

When is the study starting and how long is it expected to run for?
August 2010 to July 2012

Who is funding the study?
The study was funded by Parenting NI by means of a grant from Atlantic Philantropies

Who is the main contact?
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Contact information

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Study information

Scientific Title
A randomised trial of the effectiveness of a parenting programme for parents of adolescents

Acronym
Parenting UR Teen

Study objectives
Compared with those on a waiting list, parents attending the Parenting Ur Teen Programme will improve their parenting knowledge and skills, have fewer conflicts with their teenager, and parents and adolescents will have more positive relationships.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Research Ethics Committee of the School of Sociology, Social Policy and Social Work, Queen's University, Belfast

Primary study design
Interventional

Study design
Exploratory randomized controlled trial with waitlist control

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Adolescent problem behaviour

Interventions
Over an 18-month period, Parenting NI advertised the programme in 13 places in Northern Ireland. For the duration of the study, parents who applied to attend the course were informed that agreeing to take part in a trial was a condition of being offered a place on the programme. Parents who agreed were randomised to start at the next available date (usually a couple of weeks), or be placed on a waiting list for a programme in approximately 12 weeks' time.

Parents who took part in the study were asked to complete a number of questionnaires. Those randomised to the intervention group complete these at the beginning and end of the

programme. Those randomised to the wait-list control group (who got the programme about 2-3 months later) also completed questionnaires. They did this before the start of the programme attended by the intervention parents and before and after they attended their own programme.

Intervention Type
Behavioural

Primary outcome(s)
1. Parental wellbeing, measured by General Health Questionnaire (GHQ) and the Stress Index for Parents of Adolescents (SIPA_
2. Parent-adolescent relationship, assessed by Parent Adolescent Relationships Questionnaire (PARQ)
3. Adolescent social functioning, assessed by parent report on the SIPA and the Child Disclosure Domain of the Stattin and Kerr Parental Monitoring scales

Primary outcomes for the experimental group were measured immediately pre and post intervention. Those in the wait-list control completed the measures at three points: before the intervention group commenced their programme, and 3 months later, immediately before and after receiving the intervention.

Key secondary outcome(s)
1. Parenting (monitoring, parental knowledge and parental control), assessed using the Stattin and Kerr Parental Monitoring scales
2. Family functioning (communication, problem-solving and maladaptive beliefs), assessed using the relevant subscales of the PARQ
3. Teen social functioning (i.e., moodiness and social isolation, risk of behaving in a delinquent manner, perseverance at school), assessed by parental report using the relevant domains of the Stress Index for Parents of Adolescents (SIPA)

Secondary outcomes for the experimental group were measured immediately pre and post intervention. Those in the wait-list control completed the measures at three points: before the intervention group commenced their programme, and 3 months later, immediately before and after receiving the intervention.

Completion date
31/07/2012

Eligibility

Key inclusion criteria
1. Parents of adolescents who were concerned about the challenge of parenting their teenager (s)
2. Parents could either seek to attend the programme because of an existing difficulty or in anticipation of the need to develop their parenting skills to meet the challenge of parenting an adolescent
3. Parents who applied to attend courses run between January 2011 and April 2012 in 13 locations across Northern Ireland
4. For the duration of the study, participation in the study was also an eligibility criterion for participation in the parenting programme

Participant type(s)

Other

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
324

Key exclusion criteria
Parents were deemed ineligible to participate in the programme if they did not live with their adolescent child, or if they had severe mental health difficulties. In these circumstances, the programme organisers would offer alternative support (e.g., one-to-one sessions, a place on an alternative programme within the organisation).

Date of first enrolment
02/12/2010

Date of final enrolment
13/02/2012

Locations

Countries of recruitment
United Kingdom

Northern Ireland

Study participating centre
Queen's University Belfast
Belfast
United Kingdom
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Sponsor information

Organisation
Queens University, Belfast

ROR

https://ror.org/00hswnk62

Funder(s)

Funder type
Charity

Funder Name
Atlantic Philanthropies

Alternative Name(s)
The Atlantic Philanthropies, atlanticphil, Atlantic, The Atlantic Philanthropies (Bermuda) Limited, AP

Funding Body Type
Private sector organisation

Funding Body Subtype
International organizations

Location
Bermuda

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results in funder's report:	01/06/2012		Yes	No