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# Developing a Hong Kong version of the "Happy Parenting Program - Round the clock" for parents who work long hours

| Submission date | Recruitment status | [X] Prospectively registered |
|---|---|---|
| 08/02/2021 | No longer recruiting | [_] Protocol |
| **Registration date** | **Overall study status** | [_] Statistical analysis plan |
| 19/02/2021 | Completed | [X] Results |
| **Last Edited** | **Condition category** | [_] Individual participant data |
| 14/08/2023 | Other | |

## Plain English summary of protocol

Background and study aims
Child behaviour refers to general behavioral problems that parents encounter when rearing their children, such as throwing a temper, refusal to follow instructions, etc. Hong Kong parents usually work long hours and mainly rely on caregivers, such as grandparents and domestic helpers to take care of their children. The study was designed to support them by introducing brief and effective parenting strategies to manage their children, as well as tips to cooperate with caregivers in order to ensure the consistency of behavioural management strategies.

The aim of this study is to evaluate the effectiveness of a parent training program for working parents of young children, who work long hours, in Hong Kong.

Who can participate?
Working parents, of children aged 2 to 7 years, in Hong Kong

What does the study involve?
Participants will be allocated to one of two groups, with an equal chance of being in either group (like tossing a coin). One of the groups of participants will attend an 8-week parent training program (1 session per week, 2 h duration per session). The program includes topics such as strategies to enhance the parent-child relationship, strategies to help children regulate their emotions, strategies to increase positive behaviour, and strategies to manage misbehaviour.

Participants in the other group will be able to attend the parent training program upon the completion of the program by the intervention group participants.

What are the possible benefits and risks of participating?
It is expected that there will be a decrease in child behavior problems, parental stress, and dysfunctional parenting strategies, as well as an increase in the use of emotion coaching strategies among the parents who attend the "Happy Parenting Program - Round the clock" program sessions.

The risk of participating is anticipated to be minimal. Should any participants become distressed about parenting issues during the program, the facilitators on-site (psychologists or social workers) will offer support and discuss referral for follow-up services where needed.

Where is the study run from?
The program will be delivered by social workers in Heep Hong Society (Hong Kong) and conducted in local kindergartens in Hong Kong

When is the study starting and how long is it expected to run for?
From June 2020 to August 2022

Who is funding the study?
Partnership Fund for the Disadvantaged (Hong Kong)

Who is the main contact?
Ms Heidi Sze-To, heidiszeto@heephong.org

# Contact information

### Type(s)
Scientific

### Contact name
Ms Heidi Sze-To

### Contact details
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# Additional identifiers

# Study information

### Scientific Title
"Happy Parenting Program - Round the clock" Hong Kong version for parents who work long hours: a randomized controlled trial

### Study objectives
Parents who attend the "Happy Parenting Program - Round the Clock" Hong Kong version for parents who work long hours will report lower child behavior problems, lower parental stress, less use of dysfunctional parenting strategies, and an increase in the use of emotion coaching than the control group parents

## Ethics approval required
Old ethics approval format

## Ethics approval(s)
Current ethics approval as of 02/03/2021:
Approved 01022021, Human Subjects Ethics Sub-committee of the Hong Kong Polytechnic University (Room Z404, 4/F, Block Z, The Hong Kong Polytechnic University, Hung Hom, Kowloon, Hong Kong; +852 2766 6378; kaxton.siu@polyu.edu.hk), ref: HSEARS20210223004

Previous ethics approval:
Approved 01/06/2020, Human Subjects Ethics Sub-committee of the Hong Kong Polytechnic University (Room Z404, 4/F, Block Z, The Hong Kong Polytechnic University, Hung Hom, Kowloon, Hong Kong; +852 2766 6378; herman.lo@polyu.edu.hk0), ref: HSEARS20200417001

## Primary study design
Interventional

## Study design
Randomized waitlist controlled trial

## Study type(s)
Prevention

## Health condition(s) or problem(s) studied
Child behavior problems

## Interventions
17 local kindergartens will be randomized into intervention and waitlist controlled groups using a random number table by the person responsible for the data analysis.

Baseline assessments for all participants will take place 1 week prior to commencement of the program.

Participants assigned to the intervention group will attend an 8-session parent training program and the waitlist control group will attend the program after the intervention group has completed the program.

The parent training program consists of eight 2-h sessions and covers topics including strategies to enhance the parent-child relationship, strategies to help children regulate their emotions, strategies to increase positive behaviour, and strategies to manage misbehaviour. It is expected that participants will meet once per week over 8 weeks. There is no follow-up beyond the 8-week program.

## Intervention Type
Behavioural

## Primary outcome(s)
Child behavior problems measured using the Eyberg Child Behavior Inventory at baseline and 8 weeks

### Key secondary outcome(s)
1. Parenting stress measured using the Parenting Stress Index at baseline and 8 weeks
2. Dysfunctional parenting strategies measured using the Parenting Scale at baseline and 8 weeks
3. Emotion coaching measured using the Emotion-Related Parenting Styles at baseline and 8 weeks

### Completion date
31/08/2022

## Eligibility

### Key inclusion criteria
1. Parents of a child with normal development, aged between 2 and 7 years
2. Parents who are currently living together with their child in Hong Kong
3. Working
4. Able to read Chinese

### Participant type(s)
Healthy volunteer

### Healthy volunteers allowed
No

### Age group
Adult

### Sex
All

### Total final enrolment
242

### Key exclusion criteria
Parents to children with developmental disabilities

### Date of first enrolment
01/03/2021

### Date of final enrolment
30/06/2021

## Locations

### Countries of recruitment
Hong Kong

### Study participating centre

**MOE Kindergarten**
Shop A-1 Within E5-E73 Blocks 11-14 Tsuen Wan Centre Shopping Arcade Phase 2
No.86 Tsuen King Circuit
Tsuen Wan
New Territories
Hong Kong
Hong Kong
-

**Study participating centre**
**Heep Hong Society Healthy Kids Nursery School**
G/F - 1/F Hoi Yan House
Hoi Fu Court
Mong Kok
Kowloon
Hong Kong
Hong Kong
-

**Study participating centre**
**Wisely Kindergarten**
1-3 Basements & G/F 129-133 Caine Road Central
Hong Kong
Hong Kong
-

**Study participating centre**
**Christian And Missionary Alliance Church Verbena Kindergarten**
Podium 1 Block 7 Verbena Heights
8 Mau Tai Road
Tseung Kwan O
New Territories
Hong Kong
Hong Kong
-

**Study participating centre**
**The Church Of Christ In China Chai Wan Church Day Nursery**
Level 2 Govt Block
New Jade Garden
Chai Wan

Hong Kong
Hong Kong
-

**Study participating centre**
**Dawning Views Elementi English Kindergarten**
G22-24 Dawning Views Shopping Plaza
23 Yat Ming Rd
Fanling
New Territories
Hong Kong
Hong Kong
-

**Study participating centre**
**Lutheran Philip Hse Oi Lun Nursery School**
3/F Hin Keng Neighbourhood Community Centre
Hin Wo Lane
Shatin
New Territories
Hong Kong
Hong Kong
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**Study participating centre**
**Sheung Shui Wai Chow Kindergarten (Branch)**
G/F Tin Cheung House
Tin Ping Estste
Sheung Shui
New Territories
Hong Kong
Hong Kong
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**Study participating centre**
**Gigamind Kindergarten**
Block B, Maywood Court
Phase 6, Kingswood Villas
9 Tin Lung Road
Tin Shui Wai
New Territories

Hong Kong
Hong Kong
-

**Study participating centre**
**St Clare's Kindergarten**
3-6 Prospect Place
Bonham Road
Hong Kong
Hong Kong
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**Study participating centre**
**Shaukiwan Kai Fong Welfare Community Centre Cheung Kam Tim Memorial Kindergarten**
G & 2/F, 103 Nam On Street
Shau Kei Wan
Hong Kong
Hong Kong
-

**Study participating centre**
**Heep Hong Society Shanghai Fraternity Association Healthy Kids Kindergarten**
Units 10-16
G/F, Kwai Tak House
Kwai Fong Estate
Kwai Chung
New Territories
Hong Kong
Hong Kong
-

**Study participating centre**
**Hay Nien Kindergarten**
G/F, Banyan House
Kwong Yuen Estate
Sha Tin
New Territories
Hong Kong
Hong Kong
-

**Study participating centre**
**Ka Fuk Kindergarten**
G/F, Ka Yiu House
Ka shing Court
Fanling
New Territories
Hong Kong
Hong Kong
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**Study participating centre**
**Peace Evangelical Centre Kindergarten (Ngau Tau Kok)**
G/F, Sheung Mun House
Upper Ngau Tau Kok Estate
Phase I
Kwun Tong
Kowloon
Hong Kong
Hong Kong
-

**Study participating centre**
**New Jade Elementi Kindergarten**
Level 4 & 5 Government Building Block
New Jade Shopping Arcade
Kut Shing Street
Chai Wan
Hong Kong
Hong Kong
-

**Study participating centre**
**Lick Hang Kindergarten**
No.3, Nam Pin Wai
Mui Wo
Lautau Island
New Territories
Hong Kong
Hong Kong
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# Sponsor information

### Organisation
Partnership Fund for the Disadvantaged

# Funder(s)

### Funder type
Government

### Funder Name
Partnership Fund for the Disadvantaged

# Results and Publications

### Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study will be stored in a non-publically available repository. The copies of the filled questionnaire will be kept in the psychologist office in a locked cabinet. Raw data (SPSS) will be kept on HHS internal FTP link for 5 years, that only colleagues who are involved in the project would be authorized to access. Only the result of data analysis will be included in the research paper but not the raw data set.

### IPD sharing plan summary
Stored in repository

### Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|---|---|---|---|---|
| Results article | | 08/08/2023 | 14/08/2023 | Yes | No |
| Basic results | | 11/04/2022 | 11/04/2022 | No | No |