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The Zurich Project on the Social Development of Children and Youth

Submission date	Recruitment status
15/09/2010	No longer recruiting
Registration date	**Overall study status**
07/10/2010	Completed
Last Edited	**Condition category**
04/10/2011	Mental and Behavioural Disorders

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Study information

Scientific Title
The Zurich Project on the Social Development of Children and Youth: A Combined Cluster-Randomised Controlled Trial to Evaluate the Short- and Long-Term Effectiveness of the PATHS School-Based Prevention Programme and of the Triple P Parent Training Programme

Acronym
z-proso

Study objectives
1. PATHS/PFADe
1.1. Children who were taught the adapted German version of the Promoting Alternative Thinking Strategies training (PATHS/PFADe) during regular school lessons will show an improved development regarding externalising problem behaviour, and social competence as compared to the control group.
1.2. Children who were taught PATHS/PFADe in high quality and intensity will show a better improvement than those who were taught PATHS/PFADe in medium or low quality/intensity

2. Standard Triple P parenting programme
2.1. Children whose parents were taught the Standard Triple P parenting programme will show an improved development regarding externalising problem behaviour as compared to the control group.
2.2. Parents who were taught the Standard Triple P parenting programme will show improved parenting skills as compared to the control group.

3. Combined condition
Children in the combined condition (PATHS & Triple P) will show the highest improvement compared to those in the "PATHS only" and in the "Triple P only" conditions.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Minimally intrusive intervention, therefore ethical approval not required by the Swiss National Science Foundation nor by University of Zurich. Parental consent was obtained and all data stored according to data protection regulations.

Primary study design
Interventional

Study design
Single location stratified cluster randomised trial with a 2x2 factorial design (embedded in a prospective longitudinal study)

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Externalising problem behaviour, delinquency, social skills, parenting skills

Interventions
1. German adaptation of the "Promoting Alternative Thinking Strategies" Programme (PATHS) called "Programm zur Förderung Alternativer Denkstrategien" (PFADe). PATHS/PFADe is a classroom-based curriculum aimed at improving social skills in children. The intervention was delivered during grade 2 (at age 8 to 9) typically in three weekly units of 20 minutes in all classes that were allocated to the corresponding treatment condition.
More information on the PATHS/PFADe is available at:
- http://www.pfade.ch/ and
- http://www.prevention.psu.edu/projects/PATHS.html

2. German, Portuguese, Turkish, English, and Albanian version of the "Standard Triple P" parent training. The intervention was made available to all parents in the corresponding treatment condition and consisted of 4 training units (approx. 2.5 hours) in classes of approx. 5 to 15 participants using audio-visual materials and followed by voluntary telephone counselling. The training was delivered at the end of grade 1.
More information on the programme is available at:
http://www.triplep.net/

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Social Behaviour Questionnaire (SBQ) developed by R. Tremblay et al.
The instrument was administered CAPI parent interviews, in paper-and-pencil teacher questionnaires as well as in an adapted audio-visual self-administered computer-aided child version. It aims at measuring various forms of aggression (physical, reactive, proactive, indirect) as well as ODD, non-aggressive externalising problem behaviour, ADHD, internalising problem behaviour, and prosociality.

Key secondary outcome(s)
1. PATHS assessed by Social Problem Solving vignettes developed by Dodge et al.
2. Triple P assessed by the Alabama Parenting Questionnaire (APQ) developed by Shelton et al.
The instrument was administered in CAPI parent interviews. It aims at measuring five core dimensions of parenting behavious, i.e. positive parenting, parental commitment, monitoring, physical punishment, inconsistent discipline.

Completion date
31/10/2013

Eligibility

Key inclusion criteria
All children who entered public primary school in the city of Zurich in summer 2004 (either sex) as well as their parents and teachers

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
All

Key exclusion criteria
All other children

Date of first enrolment
15/08/2004

Date of final enrolment
31/10/2013

Locations

Countries of recruitment
United Kingdom

England

Switzerland

Study participating centre
Institute of Criminology
Cambridge
United Kingdom
CB3 9DT

Sponsor information

Organisation
Swiss National Science Foundation (Switzerland)

ROR
https://ror.org/00yjd3n13

Funder(s)

Funder type
Other

Funder Name
Swiss National Science Foundation (Switzerland)

Alternative Name(s)

Schweizerischer Nationalfonds, Swiss National Science Foundation, Fonds National Suisse de la Recherche Scientifique, Fondo Nazionale Svizzero per la Ricerca Scientifica, Fonds National Suisse, Fondo Nazionale Svizzero, Schweizerische Nationalfonds, The Swiss National Science Foundation (SNSF), SNF, SNSF, FNS

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
Switzerland

Funder Name
Jacobs Foundation (Switzerland)

Alternative Name(s)
Foundation_JF

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
Switzerland

Funder Name
Swiss Federal Office of Public Health (Switzerland)

Funder Name
Ministry of Education of the Canton of Zurich (Switzerland)

Funder Name
Swiss Federal Commission for Migration Issues (Switzerland)

Funder Name
Julius Baer Foundation (Switzerland)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Book results		01/01/2007		No	No
Other publications				Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes