

Clinical Trial Of A Brief Lifestyle Parenting Intervention: Lifestyle Triple P Seminar Series

ACTRN12612000865819

Status	RECRUITING
Sponsor	Parenting and Family Support Centre, University of Queensland
Enrollment	153 participants

Plain Language Summary

This study tests a brief parenting program (called Lifestyle Triple P) that helps parents of overweight children aged 3 to 10 develop better habits around food, activity, and parenting. The program involves three 90-minute group sessions for parents. The study compares parents who attend the program with parents who receive usual care, and follows up at 6 and 12 months to check on children's weight and family habits.

You may be eligible if:

- Your child is aged 3 to 10 years and is overweight
- You as a parent can attend all three 90-minute sessions

You may NOT be eligible if:

- Your child has a severe developmental delay, intellectual disability, or serious chronic illness
- Your child is currently seeing another professional for behavioral or emotional issues
- Your child takes long-term medications that affect growth or weight
- Your child is already seeing a dietician for weight management
- You expect major life disruptions over the next 12 months

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (2)

- Child aged 3 to 10 years inclusive
- Parent can attend all three 90 minute parent sessions

Exclusion (1)

- Child diagnosed with a severe developmental delay, intellectual or physical disability, or chronic illness. - Child is currently consulting another professional for child behaviour difficulties or emotional problems. - Child is taking any long-term medication that affects growth or weight control (including inhaled or oral steroids, anti-epileptics or other). - Child is currently consulting a dietician for the child's weight management. - Parent foresees major disruptions in the next 12 months that make it difficult for parents to complete the study

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000865819>

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