

Tuning in to Teens for Residential Care Workers: A Pilot Study

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Status	RECRUITING
Sponsor	University of Melbourne
Enrollment	130 participants

Plain Language Summary

This study is evaluating a modified version of the 'Tuning in to Teens' program, adapted specifically for workers in residential care homes who look after young people in out-of-home care. These young people often have complex emotional needs, and the relationships between residents and care workers have a major impact on their wellbeing. The program teaches care workers how to coach young people through difficult emotions and manage their own emotional responses.

Residential care homes will be randomly assigned to either receive the Tuning in to Teens for Residential Care Workers (TINT RCW) program immediately or continue with standard care. Researchers will assess changes in the quality of care relationships, the emotional skills of workers, and the emotional regulation and behaviour of young residents.

You may be eligible if you are employed as a worker in a residential care home and have sufficient English to complete the study questionnaires. There are no significant exclusion criteria beyond this, and all genders are welcome to participate.

Key Eligibility Criteria

Inclusion (1)

- Residential care worker must be employed and working in a residential care home.

Exclusion (1)

- If the residential worker has insufficient English to complete measures.

Locations (1 total)

VIC, Australia