

# The Karitane 'My Toddler and Me' study: A Randomised Controlled Trial comparing Parent-Child Interaction Therapy with Toddlers (PCIT-T), Circle of Security-Parenting (COS-P) and Waitlist controls in the treatment of disruptive behaviours in children aged 14-24 months

ACTRN12618001554257

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Status	RECRUITING
Sponsor	University of New South Wales
Enrollment	150 participants

## Plain Language Summary

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It is normal for toddlers to have tantrums and act out, but when these behaviours become severe and persistent, they can be a warning sign of lasting difficulties. Early intervention during toddlerhood — when the brain is highly responsive to learning — offers the best window for meaningful change. Two approaches are compared in this study: Parent-Child Interaction Therapy with Toddlers (PCIT-T), a program developed specifically for this age group that integrates attachment and behaviour strategies, and Circle of Security-Parenting (COS-P), a group-based program focused on strengthening the parent-child relationship.

One hundred and fifty toddlers aged 14 to 24 months whose parents report significant behaviour difficulties will be randomly assigned to PCIT-T, COS-P, or a six-month waitlist control group. Researchers will measure changes in child behaviour, emotional regulation, parent-child attachment, and parental wellbeing. Parents in the waitlist group will be offered treatment after six months if their toddler still has difficulties.

To be eligible, the child must be aged between 14 and 24 months, and the parent must have concerns about their child's behaviour and find it difficult to manage. Only one parent per family can participate. Families where a parent has severe depression with suicidality or a serious mental health condition that significantly impairs functioning, or who do not speak English proficiently, are not eligible.

## Key Eligibility Criteria

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### Inclusion (1)

- To be included in the study, the child must be aged 14-24 months, and the parent must give a positive response to two brief screening questions ['Do you have concerns about your child's behavior?' and 'Do you have difficulties managing your child's behavior?']. Only one parent per family can participate.

### Exclusion (1)

- Families will be excluded from the study if there is evidence of severe parental depression with suicidality or other serious mental health conditions causing significant impairment in cognition or behaviors (e.g., psychosis) or if they are not proficient in speaking the English language.

## Locations (1 total)

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Karitane - Carramar, NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001554257>

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