

Evaluation of the effectiveness of Coping with Accident REactions (CARE) screen and-treat early intervention for improving recovery from trauma reactions in young injured children and their parents

ACTRN12619000914167

Status	RECRUITING
Sponsor	University of Queensland
Enrollment	120 participants

Plain Language Summary

When very young children experience a traumatic injury — a serious accident, fall, or collision — they can develop lasting emotional and psychological difficulties, including post-traumatic stress disorder (PTSD). Parents are also significantly affected. Around 10–30% of injured children aged 1–6 are at high risk of developing these problems. The CARE (Coping with Accident Reactions) program is an early intervention developed specifically for toddlers and young children that helps both the child and their parents manage the emotional aftermath of trauma.

This study is testing whether the CARE program, delivered by trained hospital staff as part of routine clinical care, effectively reduces PTSD symptoms and psychological distress in young children and their families. Children aged 1–6 presenting to Queensland Children's Hospital after an unintentional injury will be screened for trauma risk and, if appropriate, offered the program.

Eligibility is for children aged 1–6 who have been seen at the hospital after an accidental traumatic injury, with families who speak sufficient English to participate and whose situation is not assessed as too complex for the program. This study could help establish early psychological intervention as a standard part of paediatric trauma care, potentially preventing years of mental health difficulties for young injury survivors and their families.

Key Eligibility Criteria

Inclusion (1)

- Children will be considered eligible if (1) the child presents to the Queensland Children's Hospital (QCH) Brisbane following an unintentional traumatic injury, and (2) the child aged 1-6 years.

Exclusion (1)

- Participants will be excluded if (1) their English is insufficient for completing surveys and the intervention (2) if family situation is assessed to be too complex (i.e. risk to child's safety).

Locations (1 total)

Queensland Children's Hospital - South Brisbane, QLD, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12619000914167>

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