

Protocol of a mixed-method feasibility, acceptability, and appropriateness trial of the Bright Tomorrows Parenting app in engaging parents of young children aged 0-5 years, in brain-building activities

ACTRN12622000800729

Status	RECRUITING
Sponsor	Telethon Kids Institute
Enrollment	35 participants

Plain Language Summary

The first five years of a child's life are a critical window for brain development, but many parents don't have easy access to science-based information about how to support their child's learning and emotional growth. The Bright Tomorrows Parenting app is designed to fill that gap — it delivers activity ideas, developmental information, and links to support services in a format parents can use any time, anywhere.

This 8-week study tests whether using the app regularly helps parents feel more confident, more responsive to their child, and more empowered in their parenting role — and whether these changes benefit the child's social and emotional development. Participants download the app, engage with its content over 8 weeks, and complete questionnaires before and after.

Any primary caregiver (biological parent, grandparent, foster carer) aged 18 or older with a child aged 0–5 years can participate, provided you live in Western Australia, own an Apple or Android device, and can read English well enough to use the app. Children born very prematurely or with diagnosed disabilities such as cerebral palsy, autism, or intellectual disability are excluded from the study. The app trial is run by the Telethon Kids Institute.

Key Eligibility Criteria

Inclusion (7)

- i. 18-years or older at the time of consent
- ii. Live in metropolitan Perth and/or major cities or areas outside of major cities in Western Australia (WA) and regional WA as defined by the Australian Standard Geographical Classification System (Australian Bureau of Statistics, 2011)
- iii. Own an Apple or Android device
- iv. Have a current email address or be willing to obtain one
- v. Willing to create a profile on the Bright Tomorrows Parenting app and commit to recommended procedures (recommended dosage and data collection requirements) and
- ... and 2 more (see full listing online)

Exclusion (3)

- i. Parents of children 0-5 years, aged less than 18-years at the time of consent
- ii. Children aged 0-5 years, born very preterm (born at 28-32 weeks of gestation) or extremely preterm (born at <28 weeks of gestation) or with a medical diagnosis (e.g., intellectual disability, cerebral palsy, autism, attention deficit hyperactivity disorder or chronic illness like hearing loss or visual impairment)
- iii. Parents who participated in previous user-testings of the Bright Tomorrows Parenting app or report using the app frequently with their child were not eligible in the current trial to minimise the impact of confounding variables on outcomes.

Locations (1 total)

WA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12622000800729>

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