

Measuring change in parenting programs

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Status	RECRUITING
Sponsor	The University of Sydney
Enrollment	144 participants

Plain Language Summary

Parenting programs can be very effective for helping families manage challenging child behaviours like aggression, defiance, and hyperactivity. But how do therapists and parents know if the program is actually working session by session? This study tests whether using brief session-by-session measurement tools — and sharing that feedback with both the parent and therapist — leads to better outcomes than simply measuring at the beginning and end of the program.

The program being delivered is a Behavioural Parent Training (BPT) program delivered via telehealth, designed for parents of children aged 3–9. Parents will be randomly assigned to either receive feedback-enhanced care (Measurement-Based Care) or standard care where assessments happen only at key timepoints. Researchers will compare outcomes including changes in children's disruptive behaviours, parenting practices, parent satisfaction, and family wellbeing.

You may be eligible if you are a parent or caregiver of a child aged 3 to 9 years 11 months living in New South Wales, are concerned about your child's disruptive behaviours, can attend weekly telehealth sessions for 8–10 weeks, and have reliable internet access. Families experiencing domestic violence, active child protection matters, or whose child has autism (level 2 or 3) or intellectual disability are not eligible.

Locations (1 total)

NSW, Australia