

The Thriving Kids and Parents Schools Project: Protocol of an Incomplete Stepped Wedged Cluster Randomised Trial Evaluating the Effectiveness of a Triple P Seminar Series

ACTRN12623000852651

Status	RECRUITING
Sponsor	The Australian Government Department of Education, Skills and Employment
Enrollment	5,000 participants

Plain Language Summary

The COVID-19 pandemic significantly increased anxiety, depression, and loneliness in children and families. Schools are ideally placed to help address this, and the Triple P — Positive Parenting Program — has a strong track record for improving children's mental health at a population level. This study is the first large-scale trial of a new, brief version of Triple P delivered as a series of three seminars in primary schools, focused on positive parenting, helping children manage anxiety, and keeping children safe from bullying.

The trial involves at least 300 schools across South Australia, Queensland, and Victoria. Schools will be randomly assigned to start the seminar series immediately or after a 6-week delay. Parents attending the seminars will complete surveys at the start, 6 weeks, and 12 weeks to measure changes in their child's wellbeing, their own parenting confidence, and specific parenting skills related to anxiety and safety.

You may be eligible to participate as a parent if you have at least one child of primary school age, are interested in parenting information, and can attend three separate seminar sessions. There are no exclusion criteria for parents.

Key Eligibility Criteria

Exclusion (1)

- None.

Locations (1 total)

QLD,SA,VIC, Australia