

A play-based investigation into children's coping pre and post vaccination. A view from the child and parent's perspectives (pilot).

ACTRN12624000186550

Status	RECRUITING
Sponsor	Deakin University
Enrollment	50 participants

Plain Language Summary

Getting vaccinations can be a stressful experience for young children, especially those aged 3 to 6. This study explores whether play-based therapy sessions before, during, and after a vaccination appointment can help children cope better with the needle — reducing fear and distress while building confidence and understanding through age-appropriate activities.

Participants will be randomly assigned to either receive play therapy sessions alongside their vaccination or have their vaccination as usual. The study uses an innovative combination of play assessments and eye-tracking technology (using special glasses that measure gaze and attention) to understand how children respond. Parents will also be asked to share their observations of their child's coping before and after.

Eligible participants are children aged 3 to 6 years who need a vaccination and can attend sessions at the Torquay Medical Health and Wellness Clinic. Children with a known needle phobia, significant adverse childhood experiences, vision impairment, a chronic or life-limiting illness, or a play developmental level below 24 months are not eligible.

Key Eligibility Criteria

Inclusion (3)

- vaccination procedure.
- Those who are able to attend the Torquay Medical Health and Wellness Clinic for all
- allocated play therapy sessions as well as their vaccination procedure.

Exclusion (16)

- Children with a play level less than 24 months as scored on the PPE-DC (Pretend Play
- Enjoyment Developmental Checklist) as they will not have the play ability to take
- part.
- Children who have been required to have repeated injections or have a known
- needle phobia or significant aversion to needles will be excluded as it will skew
- ... and 11 more (see full listing online)

Locations (1 total)

VIC, Australia