

Evaluating the acceptability, feasibility, and short-term effects of a coach-supported, online parenting program ('PiP Kids-Autism') for parents of autistic children, targeting child depression and anxiety.

ACTRN12624000394549

Status	RECRUITING
Sponsor	Monash University
Enrollment	45 participants

Plain Language Summary

This Monash University study is testing an online parenting program called PiP Kids-Autism, designed to help parents of autistic children (aged 8–11) support their child's mental health — specifically reducing symptoms of anxiety and depression. Many autistic children experience significant anxiety and low mood, and parents play a critical role in helping manage these challenges.

The program has two parts: up to 15 self-guided online education modules and up to 8 one-on-one video coaching sessions with a provisional psychologist. The coaching helps parents learn and apply practical skills with their child. The study will assess whether the program reduces anxiety and depression in children, improves parenting confidence, and is acceptable and practical to use.

You may be eligible if you are a parent or guardian living in Australia with an autistic child aged 8–11 who can speak in phrases and sentences, can read and speak English, and have internet access. Your child would need to not be currently on medication for anxiety or depression, and not require emergency-level behavioural support.

Key Eligibility Criteria

Inclusion (4)

- Parents/guardians:
- of autistic children aged 8 - 11 who live in Australia
- who can read and speak English
- have internet access

Exclusion (4)

- Child does not yet have phrase speech (meaningful multi-word utterances that include an action word such as "I am jumping on the trampoline").
- Child has a significant neurologic or metabolic disorder, chromosomal abnormality, motor or sensory impairment, or a life-threatening medical condition.
- Child requires acute treatment or intensive intervention (i.e. behaviours that have resulted in physical injuries to self or others requiring emergency care services more than once in the last 4 months, and/or ongoing behaviours that require ambulance/hospital/police contact).
- Child is currently taking medication for anxiety or depression.

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000394549>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.