

Assessing My Emotions: A brief parent-child psychological intervention for children with emotional difficulties aged 5-13 years

ACTRN12625000046404

Status RECRUITING
Sponsor Monash University
Enrollment 120 participants

Plain Language Summary

Many children experience big emotions they don't yet have the words or skills to manage — this can show up as anxiety, sadness, frequent tantrums, or difficulty regulating their feelings. When left unsupported, these emotional struggles can affect a child's school performance, friendships, and family relationships. Parents play a central role in helping their child navigate difficult emotions, and with the right guidance, they can make a significant difference.

The My Emotions study is testing a brief, structured psychological intervention designed to help children aged 5 to 13 years with emotional difficulties, delivered by provisional psychologists in real-world clinical settings. The programme involves working with both the child and their parent or caregiver. Families will be randomly assigned to start the programme straight away or to join a waitlist before receiving it, allowing researchers to compare outcomes between the two groups at the 3-month mark.

This study is open to children aged 5 to 13 years living in Victoria, whose parents or caregivers have noticed emotional difficulties. The parent or caregiver must have sufficient English proficiency to complete online questionnaires and consent forms. Families will be screened before enrolment; those where the child has acute mental health risks will be referred to specialist services rather than enrolled in the study.

Key Eligibility Criteria

Inclusion (4)

- Child aged 5-13 years
- Child with parent/caregiver-reported emotional problems
- Child and parent/caregiver living in Victoria
- Parent/caregiver sufficient English proficiency to provide informed consent and answer online questionnaires.

Exclusion (1)

- Participants will be excluded if they have acute mental health risks as identified in the screening questionnaire. Under the direction of a senior supervisor or clinic manager, they will be excluded from the research study and referred to the Child and Youth Mental Health Service in their area and/or to their paediatrician for treatment.

Locations (1 total)

VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000046404>

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