

Group interventions for parent-child dyads impacted by parental disturbances of self organisation: A Bayesian Adaptive trial.

ACTRN12625000373471

Status	RECRUITING
Sponsor	Tresillian Family Care Centres
Enrollment	200 participants

Plain Language Summary

Parenting is demanding at the best of times — and for parents who are also struggling with their own emotional regulation, negative self-image, or difficulties in relationships (a pattern sometimes called Disturbances of Self Organisation, or DSO), parenting young children can feel especially overwhelming. This study is comparing two group therapy programs for parents seeking mental health support, to see which is more effective at improving emotional wellbeing and strengthening the parent-child relationship.

The study is run through Tresillian Family Care Centres, and parents attend group sessions over several weeks. Researchers will track how well participants manage their emotions and how the relationship with their child (aged 0 to 3) develops as a result of the program.

You may be eligible if you are 18 or older, are the legal guardian of a child aged 0 to 3, are seeking group support at Tresillian for mental health concerns, and screen positively for difficulties managing emotions or behaviour. You must be able to commit to attending sessions regularly and communicate in English. People who cannot commit to safety for themselves or others are not eligible.

Key Eligibility Criteria

Inclusion (7)

- Parents who:
- Are the legal guardian of a child aged 0 – 3 years
- Are seeking group intervention at Tresillian due to mental health concerns
- Screen positively to difficulties managing emotions and/or behaviour
- Have willingness and capacity to provide informed consent
- ... and 2 more (see full listing online)

Exclusion (5)

- Parents who:
- Cannot commit to working towards safety for themselves or others
- Do not endorse difficulties with emotion regulation or impulsive behaviour
- Are not able to commit to attending the group regularly
- Are not able to communicate easily in English

Locations (3 total)

Tresillian Nepean Family Care Centre - Kingswood, NSW, Australia
Tresillian Wollstonecraft Family Care Centre - Wollstonecraft, NSW, Australia
Tresillian Family Care Centre - Belmore - Belmore, NSW, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000373471>

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