

# Evaluating the effect of the Partners in Parenting Kids (PiP Kids) online program on parental self efficacy and child anxiety and depression, delivered in partnership with the Raising Children Network.

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Status	RECRUITING
Sponsor	Monash University
Enrollment	2,000 participants

## Plain Language Summary

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Anxiety and depression in children are increasingly common and can have a lasting impact on their development, relationships, and quality of life. The Partners in Parenting Kids (PiP Kids) program is an online resource designed to help parents and caregivers of children aged 5–11 build skills to prevent or reduce these symptoms in their children. Rather than treating children directly, the program empowers parents — because what happens at home has a huge influence on a child's emotional wellbeing.

The program consists of up to 14 self-guided online modules that parents can work through at their own pace. When you sign up, you can choose a tailored pathway (where the content is personalised based on a short self-assessment) or a flexible pathway (where you choose the modules yourself). The study aims to evaluate how many parents engage with the program, whether it improves parenting confidence, and whether children's anxiety and depression symptoms improve.

Any parent or caregiver living in Australia with a child aged 5–11 is welcome to participate — there are no exclusion criteria. The program is hosted through the Raising Children Network website and is completely free to access. Participants will be asked to complete questionnaires before and after using the program.

## Key Eligibility Criteria

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### Inclusion (1)

- Parents/caregivers who live in Australia, who self nominate via the Raising Children Network.

### Exclusion (1)

- None.

## Locations (1 total)

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