

Tech-Together: A family-based intervention promoting healthy screen use for Australian adolescents

ACTRN12626000364370

Status	RECRUITING
Sponsor	School of Health and Rehabilitation Sciences, The University of Queensland
Enrollment	38 participants

Plain Language Summary

Tech-Together is a short family-based program designed to help Australian adolescents and their parents develop healthier screen habits. With teenagers spending more time than ever on devices — for entertainment, social media, and schoolwork — researchers at the University of Queensland want to understand whether a structured program delivered through schools can help families set boundaries, have better conversations about screens, and reduce excessive or unbalanced screen use.

The intervention runs for about 2–3 weeks and includes interactive sessions at school, short educational videos, activities for parents, and strategies families can try at home together. The study is being run in South-East Queensland secondary schools and will look at whether the program is feasible and acceptable before testing it on a larger scale. Questionnaires will be completed before and after the program to measure changes in screen habits and wellbeing.

You may be eligible if your child is in Year 7 or Year 8 at a participating school in Brisbane, and you as a parent or caregiver are willing to take part alongside them. Your family must have lived in Australia for at least five years. Families are not eligible if the young person has a developmental condition that would prevent them from engaging with the program materials.

Key Eligibility Criteria

Inclusion (1)

- Eligible participants are typically developing adolescents enrolled in Year 7 or Year 8 at participating secondary schools in Brisbane, together with one consenting parent or primary caregiver. Both the adolescent and parent/caregiver must provide written informed consent prior to participation. Families must have resided in Australia for at least five years to ensure contextual relevance of the intervention materials, and neither the adolescent nor the parent may be concurrently participating in another screen use–related intervention or trial.

Exclusion (1)

- Adolescents will be excluded if they have developmental or cognitive conditions that would substantially limit their ability to participate in the intervention activities or complete study measures, or if they are currently participating in another intervention or clinical trial targeting screen use or related behavioural outcomes. Families will also be excluded if either the adolescent or parent/caregiver declines or withdraws consent to participate. Families who have resided in Australia for less than five years will be excluded to ensure participants are familiar with the local schooling and digital environment.

Locations (1 total)

QLD, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12626000364370>

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