

# The effectiveness of Mindful with your toddler

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON20096

### Source

NTR

### Brief title

TBA

### Health condition

Not applicable

## Sponsors and support

**Primary sponsor:** UvA minds

**Source(s) of monetary or material Support:** Not applicable

## Intervention

## Outcome measures

### Primary outcome

Parental stress

### Secondary outcome

Maternal mental problems, mindfulness, mindful parenting, sensitiviteit, mind-mindedness,

self-efficacy, bonding, child attachment style, and child behavior.

## Study description

### Background summary

The effectiveness of the intervention Mindful with your toddler, a mindful parenting training for mothers with a toddler who experience stress in motherhood, offered in either a clinical or a non-clinical setting, is studied. We include 5 measurement occasions, and both mother, child, and observed parent-child interaction outcomes.

### Study objective

Mindful with your toddler is effective in reducing parental stress

### Study design

waitlist, pretest, posttest, 2-month follow-up and long-term follow-up (8 to 12 months after the training)

### Intervention

Mindful with your toddler

## Contacts

### Public

UvA minds  
Eva Potharst

0617698305

### Scientific

UvA minds  
Eva Potharst

0617698305

## Eligibility criteria

## Inclusion criteria

Mothers with a toddler aged 18 to 48 months who experience parental stress

## Exclusion criteria

Current severe depression, current psychosis, current severe PTSD, current drug abuse

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-03-2019
Enrollment:	40
Type:	Anticipated

### IPD sharing statement

**Plan to share IPD:** No

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

#### Register ID

NTR-new NL7786

Other Ethical commission of the University of Amsterdam : 2019-CDE-10084

## Study results

### Summary results

The effectiveness of Mindful with your toddler.