

Randomised trial of the effectiveness of the Incredible Years parent training for low SES and migrant youth in deprived neighbourhoods

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The aim of the study is to evaluate the effectiveness of the Incredible Years (IY) training to reduce behavior problems in young children. Also, the effect of IY on parenting skills and parenting stress will be examined.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Personality disorders and disturbances in behaviour
Study type	Interventional

Summary

ID

NL-OMON34840

Source

ToetsingOnline

Brief title

Incredible Years

Condition

- Personality disorders and disturbances in behaviour

Synonym

disruptive behavior; aggressive behavior

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Utrecht

Source(s) of monetary or material Support: ZonMw

Intervention

Keyword: Behavior parent training, disruptive behavior problems, Incredible Years, randomized controlled trial

Outcome measures

Primary outcome

The primary outcome of the study is the observed problem behavior of the child (DPICS-R).

Secondary outcome

Secondary study parameters are parent reported problem behavior of the child (ECBI), parental parenting skills (DPICS-R & PPI) and parenting stress (NOSI-K)

Study description

Background summary

Externalising problem behavior in children is often observed and has severe consequences for the child as well as its environment (SCP, 2006). Behavior parent training is shown effective in reducing aggressive behavior in young children (McCart et al., 2006). Research on the effectiveness of behavior parent training in the Netherlands, however, is usually conducted among caucasian, middle-class parents while especially children of parents with low SES living in deprived neighborhoods have the highest prevalence of problem behavior (e.g. Orobio de Castro & Junger, 2008).

Study objective

The aim of the study is to evaluate the effectiveness of the Incredible Years (IY) training to reduce behavior problems in young children. Also, the effect of IY on parenting skills and parenting stress will be examined.

Study design

A randomized controlled trial with a waiting list control condition.

Intervention

The IY program is a 12-week training where parents learn parenting skills specifically tailored to reduce the problem behavior of children with ODD or CD. Parents watch video's together, discuss them, and practice in roleplays with different parenting techniques. Trainers are not prominently teaching parents new skills, but are part of the group and guide the discussion by asking open-end question and emphasis positive parenting techniques. This way, parents are encouraged to come up with their own solutions to their problems and will not develop a dependency upon the professionals.

Study burden and risks

We expected parental load to be minimal in the study. Participants are not at any risk for injury caused by participating in the study. Studying the effectiveness of the IY program for this specific population is important due to the absence of evidence for the effectiveness of behavior parent training programs for immigrant and low SES families in the Netherlands.

Contacts

Public

Universiteit Utrecht

Heidelberglaan 1
3584 CS Utrecht
NL

Scientific

Universiteit Utrecht

Heidelberglaan 1
3584 CS Utrecht
NL

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Children (2-11 years)

Elderly (65 years and older)

Inclusion criteria

Parents (caretakers) and children aged 3-8

Child's IQ > 80

Diagnosis of CD, ODD or behavior problems NOS

Exclusion criteria

Autism spectrum disorder (ASD) in the child

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	28-04-2011
Enrollment:	400
Type:	Actual

Ethics review

Approved WMO

Date: 21-04-2010

Application type: First submission

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

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
CCMO	NL30652.041.09