

# Families in the Frontline 2.0: An evaluation of the After Deployment, Adaptive Parenting Tools (ADAPT) parenting intervention for veteran families

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Completed
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON46806

### Source

ToetsingOnline

### Brief title

ADAPT for veteran families

### Condition

- Other condition

### Synonym

Affected deployment-related family functioning within veteran families

### Health condition

Traumagerelateerde gezondheidsproblematiek

## Research involving

Human

## Sponsors and support

**Primary sponsor:** Universiteit Utrecht

**Source(s) of monetary or material Support:** Landelijk zorgsysteem Veteranen-PAO

## Intervention

**Keyword:** Family functioning, Parenting interventions, Post-traumatic stress disorder (PTSD), Veteran families

## Outcome measures

### Primary outcome

Family functioning, measured using the SCORE-15, which is filled in by the veteran.

### Secondary outcome

Family functioning as noted by the partner using the SCORE-15, the veteran\*s reported child functioning (SDQ), the partner\*s reported child functioning (SDQ), the veteran\*s reported couple adjustment (ERC), the spouse\*s reported couple adjustment (ERC), veteran\*s PTSD symptom severity (PCL-5), veteran\*s emotion regulation (DERS), and veteran\*s mentalization (perspective-taking (BHP) and reflective functioning (RFQ)). Secondary study parameters are assessed all time-points (see Figure 1). See section 6.3.3 C1

Onderzoeksprotocol for the measures.

## Study description

### Background summary

A growing body of evidence highlights the potential challenges military

families face following war-time deployment of veterans. The enhancement of parenting might be of crucial importance in supporting military parents and their children, as it is well documented that improved parenting practices is associated with increased family functioning and child adjustment. However, there remains a dearth of empirically supported parenting programs addressing family functioning within veteran populations. In particular, interventions that are tailored to the needs of veteran families are relatively new and under-studied.

## **Study objective**

Primary objective is to investigate the effectiveness of ADAPT vs TAU on family functioning of veteran families as reported by the veteran. Secondary objective is to investigate the effectiveness of ADAPT versus TAU on family functioning as reported by the veteran's partner, child functioning as reported by the veteran and partner separately, couple adjustment as reported by the veteran and partner separately. PTSD symptom severity, emotion regulation, and mentalization, are included indices on a veteran level.

## **Study design**

An observational design will be applied with a two-arm model in which the intervention group/ADAPT+TAU will be compared with the control group/TAU.

## **Intervention**

ADAPT is a group-based parenting intervention program delivered in 14 weekly multifamily sessions of 2 hours each. ADAPT is given by two therapists, trained in ADAPT. Groups are mixed, consisting of 10 veteran couples, including couples who are enrolled in this study and couples in treatment without participating in this study. Children do not enrol in ADAPT. Within ADAPT, the following five core parenting skills are trained: skill encouragement, positive involvement, family problem-solving, monitoring, and effective discipline. Emotion regulation capacities are additionally learned through mindfulness exercises and emotion coaching (i.e., how to respond effectively to the child's emotional distress). Various training methods will be utilized, such as role play, practice, and discussion. The program is furthermore web-enhanced such that all skills taught within sessions are summarized in short video vignettes available online, together with home practice assignments, quizzes, skill summaries, and mindfulness exercises.

## **Study burden and risks**

ADAPT is already implemented and tested among American military families and the first empirical results are promising. ADAPT is moreover evaluated as feasible and acceptable among military family members. Therefore, it is not likely that

ADAPT will be counterproductive. Besides one computer task, measurements include questionnaires which are brief and some are even already part of the routine outcome measurement. The assessments are not upsetting and well supervised. The risk and burden are therefore minimal. When this study ends, care/treatment is offered to the couples when needed. Participants can potentially benefit from this study as it immediately increases the availability of a parenting intervention. In the long term this study adds to the evidence for programs targeting family functioning among veteran families.

## Contacts

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

1. One parent is being deployed (i.e. is a veteran)
2. Family disfunctioning: the totalscore on the SCORE-15 (a family functioning measure), as

filled in by the veteran, is above 30

3. Parents aged 18 years or older
4. Parents having at least one child living with them (aged 4-12)
5. Veterans attribute the family problems to the deployment

## Exclusion criteria

1. Acute suicidality according to the DSM-5
2. Current psychotic disorder
3. Current abuse of partner or child(ren)
4. Neurological-, physical-, cognitive-, or intellectual deficits among veteran or partner which interferes with ADAPT group participation.
5. Couples receiving any form of couple, family, or parenting related therapy
6. Couples are excluded when the veterans' totalscore on the SCORE-15 is 37.5 or higher

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Treatment

### Recruitment

NL	
Recruitment status:	Completed
Start date (anticipated):	20-12-2018
Enrollment:	80
Type:	Actual

## Ethics review

Approved WMO

Date:	22-01-2018
Application type:	First submission
Review commission:	METC NedMec

## 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	NL64138.041.17