

# Teen Tips: parenting tips for youth well-being

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<b>Ethical review</b>	Not available
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Family issues
<b>Study type</b>	Observational non invasive

## Summary

### ID

NL-OMON57487

### Source

Onderzoeksportaal

### Brief title

Teen Tips

### Condition

- Family issues

### Synonym

parenting, mental well-being

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Erasmus Universiteit Rotterdam

**Source(s) of monetary or material Support:** Derde geldstroom (anders, zoals collectebussenfondsen, Europese Unie, vakministeries of bedrijven)

## Intervention

- Other intervention

## Explanation

N.a.

## Outcome measures

### Primary outcome

<ul><li>Increase&nbsp;Need-supportive parenting (consisting of structure, autonomy support, and support)</li><li>Reduction in Overparenting</li></ul>

### Secondary outcome

<ul><li>Improvement in Adolescent well-being (operationalized as life satisfaction and emotional well-being, and the absence of depressive and anxiety symptoms)</li></ul>

## Study description

### Background summary

Adolescent mental health problems are on the rise. Preventive strategies are therefore needed to safeguard the mental health of next generations. Parenting is a high-potential target for preventing adolescent mental health problems and fostering well-being.

### Study objective

In this study we aim to understand if (personalized) parenting tips strengthen parenting (e.g.: more structure, autonomy support, relatedness, less overparenting) and improve adolescent well-being (e.g.: higher life satisfaction, lower symptoms of depression/anxiety).

### Study design

Both the control group (n = 300 parents and one of their children) and the intervention groups (condition A, n = 100 and condition B, n = 100) will be followed intensively with varying time intervals and densities of measurements as explained below. The intervention is part of the 100-day diary study and will start from day 50 onwards (see section 5).

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measurements as explained below. The intervention is part of the 100-day diary study and will start from day 50 onwards (see section 5).

**Online baseline questionnaire.** One week before the start of the intensive longitudinal data collection, all participants receive an online baseline questionnaire via the e-mail service Qualtrics, which takes a maximum of 45 minutes to complete.

**Experience Sampling for three weeks.** From day 1 onwards, adolescents and parents complete micro-questionnaires to report on their feelings and real-time interactions with each other. Starting October 21, 2024, they will respond at 111 semi-random moments (5-6 times a day over 21 days, from October 21 to November 11). The data collected with these questionnaires form the basis for the parenting reports.

**100 days of daily reporting.** Simultaneously, participants engage in 100 structured daily diaries from October 21, 2024, to January 28, 2025. The intervention starts at day 50.

**25 weeks of follow-up.** Additionally, they will participate in 25 weekly assessments starting on October 27, 2024, and continuing until September 2026. Each of these brief assessments will take a maximum of 2-5 minutes to complete. The control group will receive 100 weekly assessments, continuing until September 2026.

**Half yearly follow up. An online** survey (max 30 minutes to complete) will also be administered after six months (April 2025). The control group will receive a total of five half-yearly follow-up surveys.

**Intervention**

An online parenting intervention is delivered through an app, as described under section 5. Parents receive parenting tips 18 times. An example of tips presented to parents (in Dutch), can be found below. All tips are based on a theoretical foundation. In condition B, parents receive a choice of three tips, in condition A parents receive one tip at a time (in this case the tip in bold).

For a complete overview of tips, please see the full study codebook on OSF:

Theoretical foundation	Title per tip	Explanation presented to parents before the tip	Content of tips
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**Dit is een doe-opdracht. Maak samen met je kind een planning voor de week. Is het helemaal duidelijk wat je van elkaar kunt verwachten?**

We starten met een rondje eerlijke feedback van je kind. Vraag je kind eens waar jij als ouder al heel duidelijk bent? En even heel eerlijk, waar kun je helderder zijn? De eerste tip gaat over zelfstandigheid. Bespreek eens met je kind wiens verantwoordelijkheid het is dat het huiswerk gedaan is, of wie bepaalde taken in huis doet. Hoe denk je dat je kind gaat reageren?

Verwachtingen (formuleren van verwachtingen, creëren van voorspelbaarheid en vastleggen van consequenties)	Weekplanning	Het kan fijn zijn om van elkaar te weten waar je aan toe bent. Is het duidelijk wie wat doet, wat wel en niet kan en wat je van je kind verwacht? En zijn de consequenties helder als het niet gebeurt? Deze tips helpen je hiermee op weg. Kies er eentje die jou het meeste aanspreekt.
	Snap je me?	
	Dit kan je echt zelf!	

## Study burden and risks

No risks are expected as part of participation in the current study. At most, participants may become more aware of either their parenting behaviors, or their own well-being. Participants are free to use the parenting report or parenting tips as they see fit and are not required to implement them in their parenting practices. Participants are provided with contact information for the research team if they have any questions or remarks.

However, the quantity of administered surveys may present a burden to participants. To minimize this burden, the surveys have been designed to be as short as possible. The research team is readily available for contact with participants. Participants are free to stop their participation at any moment.

## Contacts

### Scientific

Erasmus Universiteit Rotterdam  
E.K. van Logchem  
Burgemeester Oudlaan 50  
Rotterdam 3062 PA  
Netherlands  
+31 10 754 6670

### Public

Erasmus Universiteit Rotterdam  
E.K. van Logchem

Burgemeester Oudlaan 50  
Rotterdam 3062 PA  
Netherlands  
+31 10 754 6670

## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Adolescents (12-15 years)

Adolescents (16-17 years)

### Inclusion criteria

#### Parents are eligible to participate if they:

- participate with one child between 12 and 17 years;
- speak and understand Dutch;
- have caregiving responsibilities for the child and live in the same household as the child (at least 3 days of the week);
- own a smartphone and are willing to install the Avicenna app.

#### Adolescents are eligible to participate if they are:

- between 12 and 17 years old at the start of the study (October 2024);
- participate with one parent;
- they must see their parent on most days (which is on average minimally 3 days a week);
- speak and understand Dutch;
- If they own a smartphone and are willing to install the Avicenna app;
- Only one parent-adolescent dyad can participate per family.

In the case that the family consists of several eligible adolescents or parents, the family decides themselves who wants to participate.

## Exclusion criteria

Adolescents are unable to take part in the study if a sibling within their household is already enrolled.

## Study design

### Design

Study phase:	N/A
Study type:	Observational non invasive
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	No intervention
Primary purpose:	Other

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	14-10-2024
Enrollment:	1000
Duration:	15 months (per patient)
Type:	Anticipated

### Medical products/devices used

Product type:	N.a.
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### IPD sharing statement

**Plan to share IPD:** Undecided

#### Plan description

N.a.

## Ethics review

Not available

Date: 10-03-2025

Application type: First submission

Review commission: CCMO

## 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
Research portal	NL-009451