

# Family Empowerment (FAME): A pilot implementation and evaluation.

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It is hypothesized that FAME has a positive impact on family functioning and prevents further development of parental symptoms of anxiety and depression.

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving nog niet gestart
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON20143

### Bron

NTR

### Verkorte titel

N/A

### Aandoening

Refugees, Secondary prevention, Multi-family groups, Feasibility study

Vluchtelingen, Secundaire preventie, Meergezinsgroepen, Wenselijkheid en uitvoerbaarheid

### Ondersteuning

**Primaire sponsor:** Foundation Centrum '45 (part of Arq Psychotrauma Expert Group)

**Overige ondersteuning:** Kinderpostzegels

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

The main study parameters are the difference in pre- versus post FAME family functioning

and parental symptoms of depression/anxiety between the families living in asylum centres and families living in family locations.

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SCORE-15 <br>

Family functioning will be measured using the Systemic Clinical Outcome and Routine Evaluation (SCORE-15; Stratton, Bland, Janes, & Lask, 2010). The SCORE-15 is a self-report questionnaire assessing changes in family relationships. The SCORE includes 19 questions, which take less than 10 minutes to complete. The questionnaire can be used to monitor and report indicators of progress in systemic therapy. It is an overall measure of family functioning as well as 'sub-scale' scores on the dimensions: strength and adaptability, overwhelmed by difficulties and disrupted communication. The validity as an index of therapeutic change is established. The questionnaire is acceptable and has strong consistency and reliability (Stratton et al., 2013).

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PHQ-4 <br>

Parental symptoms of depression/anxiety are assessed using the Patient Health Questionnaire for Depression and Anxiety (PHQ-4; Kroenke, Spitzer, Williams, & Löwe, 2009), an ultra-brief screener for depression and anxiety. It can be either self-administered or administered by health care personnel. Reliability and validity of the PHQ-4 were supported by Löwe et al. (2010). Moreover, the authors offer normative data to compare scale scores with a general population reference group.

## **Toelichting onderzoek**

### **Achtergrond van het onderzoek**

Families applying for asylum have often experienced multiple potentially traumatic events and face continuous stressors, such as a long and complex asylum procedure. Studies have indicated that experiencing traumatizing events can impact parenting behavior and child development (Van Ee, 2012). To target these at-risk families, the prevention program Family Empowerment (FAME) was developed (Mooren & Bala, 2016). This program aims to strengthen parenting skills and prevent further development of emotional problems. This study concerns a pilot implementation and evaluation of FAME.

Country of recruitment: the Netherlands

### **Doel van het onderzoek**

It is hypothesized that FAME has a positive impact on family functioning and prevents further development of parental symptoms of anxiety and depression.

### **Onderzoeksopzet**

Pre- and post FAME. Post-measurements will be planned approximately a week after FAME has finished.

## **Onderzoeksproduct en/of interventie**

Family Empowerment (FAME) is a secondary prevention program. Both parents and their children living in asylum seeker centers as well as parents and children living in family locations will receive seven sessions of FAME. The sessions are based on group- and systemic therapy (Asen & Scholz, 2010). Each session consists of an energizer: an activity to warm up the participants and promote group interactions. Then the main activity, focused on the theme of the session, will take place. The sessions are ended by reflecting on what the participants discussed and practiced with.

The themes and activities of FAME are based on the metaphor “the bucket and the treasure chest”. The bucket is a metaphor for the number of stressful factors and problems families are exposed to. The bucket is filled with soluble and insoluble problems. The treasure chest on the other hand represents the sources of support of the families. During the program, families and trainers will focus on questions such as: What are sources of stress in the bucket, and what are sources of support in the treasure chest? All sessions aim to support parents in taking care of their children in such difficult times.

A manual on FAME has been published: ‘Goed ouderschap in moeilijke tijden’ (Mooren & Bala, 2016). This manual describes the program for children aged 6 to 12. The program will be further adapted to fit the other age groups.

## **Contactpersonen**

### **Publiek**

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### **Wetenschappelijk**

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

To be eligible to participate in this study, a subject must meet the following criteria:

- At least one caregiver participates (male or female)
- At least one child aged 0-18 will participate
- Living in an asylum center or family location

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

A potential subject who meets any of the following criteria will be excluded from participation in this study:

- Not being able to function in a group or to profit from participating: (Severe psychiatric illness, such as psychosis; Severe mental challenges; Severe behavioral problems)
- Although participants speaking a different language in the group is not an obstacle to taking part in this study, the limit to the number of interpreters present in one group is three interpreters.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm

Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

## Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-02-2018
Aantal proefpersonen:	60
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	08-01-2018
Soort:	Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 46624  
Bron: ToetsingOnline  
Titel:

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL6723
NTR-old	NTR6934
CCMO	NL63272.058.17
OMON	NL-OMON46624

## Resultaten