

Welcome to the SPARCLAR Trial Newsletter!

We hope that you and your family are well and staying safe during these extremely challenging times.

As you may remember, your follow-up appointment is due to take place this summer. Following government guidelines to limit social contact, all of our follow-up interviews will now take place over the phone or video call. These appointments will remain flexible to best accommodate you and your family's needs.

We want to thank you for taking part in the SPARCLAR trial, your contribution has been invaluable!

Below is an update on what has been happening so far.

BACKGROUND

Attention-Deficit/Hyperactivity Disorder (ADHD) is characterised by problems in attention, impulse control and activity regulation.



ADHD affects 5% of school aged children¹. It burdens families², impacts relationships³ and can lead to life-long adjustment problems (e.g., crime, substance misuse)⁴.



Parenting groups that are empowering and focus on positive parenting may be an important step to reducing negative impacts of ADHD and increase their quality of life.

Is it feasible to conduct a randomised controlled trial (RCT) of two parent programmes that already have some evidence of effectiveness for parents of children with ADHD?



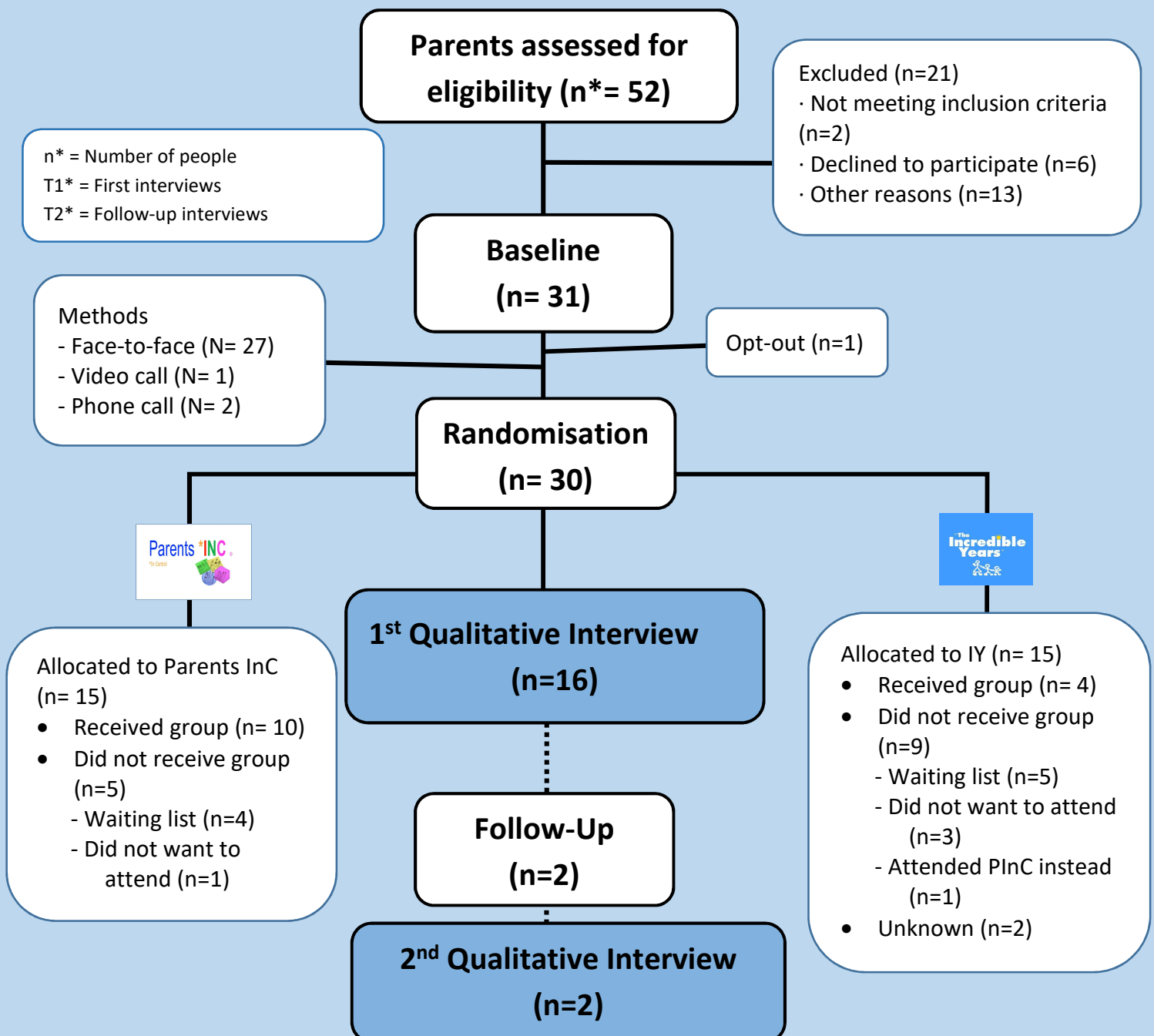
Question 1: Are parents willing to be randomised to Parents InC or Incredible years?

Question 2: Are the proposed methods & measures feasible and acceptable to participants?

METHOD

- ➔ This is a feasibility Randomised Control Trial comparing Parents InC (PInC) with Incredible Years (IY)
- ➔ Our participants are parents of children aged 5-12 years with ADHD
- ➔ We recruited 30 participants, 15 per parenting programme
- ➔ Participants are follow-up at 12 months
- ➔ Recruited until Dec 2019/January 2020

PROGRESS TO DATE



EARLY RESULTS

From interviews with 7 parents

Was randomisation acceptable to participants?

"I did want more the Parents InC one than the IY because I had known about the IY like previous[ly]..."

"...I didn't actually mind; for me it was more of I just wanted something that I could help me learn different ways of how to like care for [son]..."

"...if either of the groups were going to help then that's fine by me."

Most participants were happy with the group they were randomised to as they were just looking for parenting support. A few were wanted to join one group over the other due to time constraints, learning content or having attended one of the groups previously.

Were the study procedures acceptable to participants?

"Was that the big huge thing [questionnaire] on the phone? Yeah, no that was fine. I mean the fact that you were flexible enough to do it over the phone(...) So over the phone was great, although there were a number of your questions that I thought were terrible, didn't make any sense, and there was quite a lot of repetitive stuff in there, but it was fine."

"I did it online and we did it on Skype. So we had face-to-face consultation and she filled out the paperwork on face-to-face time. That was really useful."

"Text reminders I love, but I know that they are not maybe for everybody, but for me they are great."

"...I think maybe in future if they are going people just say 'right look it is quite a lengthy questionnaire'..."

Participants were happy with the procedures, however some were surprised by the length of the questionnaire booklet. Different methods (phone, Skype, face-to-face) of data collection to suit the participant was well received.

What are participants' hopes and expectations for their participation?

"Pretty much just a happier household, that's it really, not to make my children perfect or anything, that's never going to happen, just (...) a better relationship with my kids, yeah that's it."

"...I've made loads of good friends during the course that I have same issues that I have, so if I am having a bad day and the course isn't on we can phone each other and met up for a coffee and just vent out what's happening."

"...hopefully when the course starts backs up that I can find out more as he gets older how to control his anger issues..."

Participants' hopes and expectations ranged from being able to control anger issues to having a better relationship with their kids.

NEXT STEPS

- Follow-up data collection started early 2020
- We will have full results in January 2021
- We will then decide on whether to progress to a full-scale randomised control trial

REFERENCES

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This study is sponsored by:



Thank you for taking the time to read our SPARCLAR Trial Newsletter.

Our researchers will be in touch with you regarding the follow-up data this summer.

Until then we hope you and your families are keeping well in these challenging times.

All the best from your SPARCLAR Team.