



An online **P**arenting **I**ntervention to **P**revent affective disorders in high-risk **A**dolescents: **The PIPA Trial**

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Background

10-25% of school aged children experience mental health difficulties with 50% established by age 14.

Families are well-placed to notice changes in young people's mental health and provide support.

Schools also play an important role in helping support the mental wellbeing of their students.

It is important that schools and families work together to support young people – good support networks can have a significant impact on outcomes.

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PIPA

'Partners in Parenting' Australia

Marie Yap and colleagues

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- Research and consensus of experts indicates there are risk and protective factors linked with adolescent mental health.
- The PiP programme focuses on these factors through an interactive online programme – provides information to increase awareness of mental health/wellbeing, build skills and confidence for families to support their children.
- Australian RCT of the PiP programme:
 - Parents who received PiP reported greater improvements in parenting.
 - Improvements were maintained one year later and parents reported reduced depression symptoms in their children.



Welcome to Partners
in Parenting

PiPA

What is PIPA?

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The PIPA trial is exploring the effectiveness of an online resource for parents/carers to help reduce depression and anxiety in young people.

The PIPA Trial aims to identify whether a 'Personalised Programme' or 'Standard Educational Package' is most effective in helping families. The resources have been adapted for use with UK families.



The PIPA Trial has been reviewed and approved by the University of Warwick's Biomedical & Scientific Research Ethics Committee (BSREC): BSREC 20/19-20

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Personalised Programme

An online programme with up to 9 interactive modules covering different areas of parenting and family life.

1. Parent/carer-child relationship & communication
2. Parent/carer involvement
3. Supportive relationships
4. Family rules & consequences
5. Minimising conflict in the home
6. Encouraging good health habits
7. Problem-solving & stress management
8. Managing anxiety
9. Help-seeking

2. Take the time to talk

Good communication helps build a good relationship between you and your teenager. However, if your teenager doesn't like to talk, this can be hard. Here are some tips on talking with your teenager:

Firstly, be available...

Try talking when they appear open to conversation.

Teenagers may talk when you're driving, cooking, or before bed. Be ready to appreciate the time to talk – perhaps keep driving and take the long route home.

Listen out for times when your teenager wants to talk about something.

Stop and listen non-judgmentally.

PARENTING
Session & Anxiety

Mental health...what is that exactly?

Look at the piece of rope below. Now imagine that this rope represents mental health (go with me on this).



At one end (on the far right) is good mental health. Here, you feel in control of your emotions and have good functioning in all areas of your life – in your social relationships, at work or in studies, at home, and doing the things you enjoy.

Putting it into practice

Below is a list of activities covered in this module. Your task is to select an activity and commit to practising it over the next week.

At the end of the week you'll receive an email to see how you did or to remind you to practise the strategy.



Standard Educational Package

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A series of factsheets consisting of standardised information about adolescent development and wellbeing.

1. Teenage development
2. Teenage developing brain
3. Teenage changing body
4. Resilience
5. Happy teenagers & wellbeing

Parents/carers are an important part of their teenager's environment. They mean a lot to their children. How you guide and influence your teenager will be important in helping them to build a healthy brain.

You can do this by:

- **Encouraging positive behaviour.** For example, let your child take some healthy risks, help them to find creative and expressive outlets for their feelings, talk through decisions with them, be a positive role model, and stay connected with them. You can also talk with your teenager about their developing brain. Understanding this period of growth might help your teenager to process their feelings.



Resilience

What is resilience?

Resilience is the ability to **'bounce back'** after facing a tough situation or a difficult time. It's also the ability to adapt to difficult circumstances that you can't change and keep on thriving. When someone is resilient, they can learn from difficult or challenging situations.

Why your teenager needs resilience

Your teenager needs resilience to bounce back from **everyday challenges** like arguments with friends, disappointing test results or sporting losses.

Some young people face **more serious challenges** like bullying, family breakdown, family illness or death. Some teenagers will have more challenges than others because of learning difficulties or disabilities, or because they have more anxious personalities. Resilience will help them with these challenges.



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Role for schools

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- Sign a site agreement to participate in PIPA and work with the research team to promote the trial, engage and recruit families.
- We will be guided by schools as to the best way to do this e.g. email, text, school website, newsletter, school events.



What we want to achieve with schools

- ✓ Forge positive relationships with parents/carers.
- ✓ Increase capacity for families to support their children.
- ✓ Be directly involved in evidence-based research to improve youth mental health.

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Who can take part?

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- Families of young people aged 11-15 years from the UK.
- Eligible based on young person's score on an emotional wellbeing questionnaire.
- Requires access to the internet and a mobile phone, tablet or computer.



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What will families have to do?

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Parents/Carers	Young people
<ol style="list-style-type: none">1. Provide consent for themselves and their child.2. Complete online baseline questionnaires.3. Work through a series of online modules or factsheets (1 per week).4. Complete online follow-up questionnaires at 6 & 15 months.	<ol style="list-style-type: none">1. Provide assent to participate.2. Complete online screening and baseline questionnaires.3. Complete online follow-up questionnaires at 6 & 15 months.

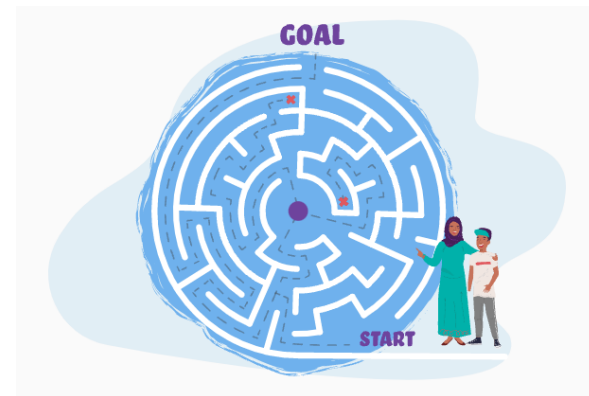


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Support for parents/carers

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- While working through their modules or factsheets all parents/carers will receive fortnightly calls from the research team.
- Duty of care procedures – provide guidance on help-seeking.



What we want to achieve with parents

- ✓ Build better relationships between parents/carers and young people.
- ✓ Improve knowledge and awareness of mental and emotional wellbeing.
- ✓ Pick up tips/strategies to help support young people.

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Outcomes

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Primary objective

- To test the effect of an online personalised parenting programme (relative to an active control) on severity of depressive symptoms in adolescents at high risk of developing affective disorders in the UK.

Secondary objectives

- To test the effect of an online personalised parenting programme (relative to active control) on parenting behaviour, self-efficacy and mental wellbeing in parents/carers.
- To test the effect of an online personalised parenting programme (relative to active control) on emotional regulation, anxiety symptoms, emotional and behavioural difficulties and quality of life in adolescents.
- To evaluate the cost-effectiveness of an online personalised parenting programme.



← **Scan me to read the trial protocol paper.**

Connor, C., Yap, M.B.H., Warwick, J. *et al.* An online parenting intervention to prevent affective disorders in high-risk adolescents: the PIPA trial protocol. *Trials* **23**, 655 (2022). <https://doi.org/10.1186/s13063-022-06563-8>



Challenges faced

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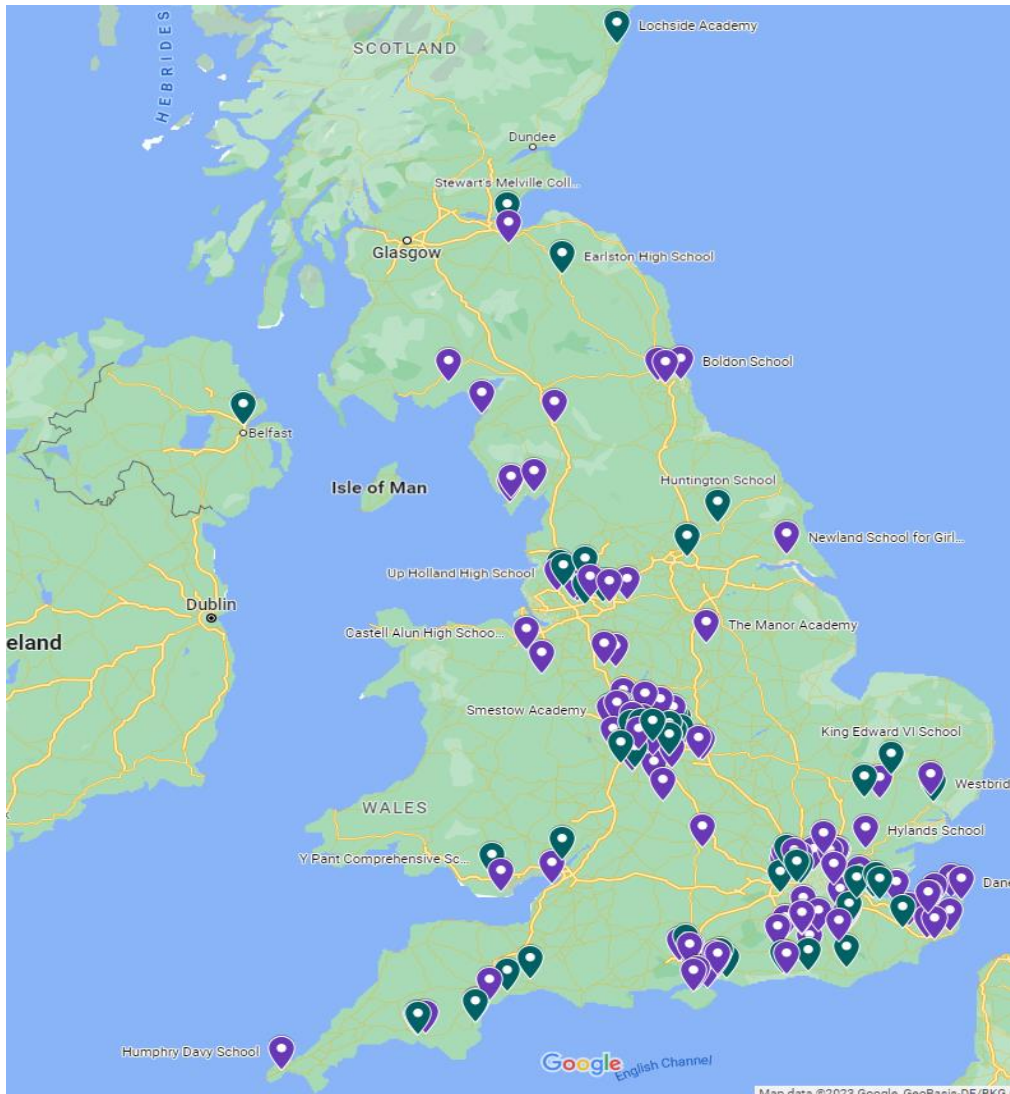
- COVID
- Connecting with schools
- Engaging with families – capacity, language
- Keeping families engaged – encouragement, empowerment



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Current recruitment

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- 207 schools registered interest.
- 124 schools currently open to recruitment.
- 359 families taking part in the trial.

**Recruitment due to end
March 2023.**

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Interested in working with us on
PIPA or have some questions?

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This research is funded by the NIHR under the Grants for Public Health Research [project number: 17/04/34]. The views are those of the trial team and not necessarily those of the NIHR or the Department of Health and Social Care.

