

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

Establishing A Digital-Assisted Parenting Intervention (DaPI) in Promoting Children Mental Health

Protocol summary

Parenting, family relations and adolescents' mental health

Study aim

To examine the effectiveness of DaPI on parenting (i.e., parenting styles, parental self-efficacy and self-esteem, and parent mental health) and family relations (i.e., parent-adolescent and interparental conflicts, and family cohesion) in promoting children mental health via an 8-week randomised two-arm controlled trial.

Design

Two arm, community based, parallel group, single blind, randomised controlled trial

Settings and conduct

When parents submit their pre-intervention (baseline) assessment, they will be randomly assigned into the intervention or control group. Parents will find out their assignment: the intervention group will have immediate access, while those in the control group will have a 12 weeks' delay to the program. Parents in the intervention and control groups will complete assessments at post-intervention (8 weeks later) and 1 month follow-up. Allocation is concealed from participants and care givers prior to assignment. The outcome assessor and data analyser will be blinded throughout the trial as they are not involved in the assignment of groups or the online program.

Participants/Inclusion and exclusion criteria

Inclusion: a) Parents who owned a smart phone, tablet or computer and have access to the Internet. c) Parents who are willing to participate and provide information at scheduled follow-up points. d) Parents who have good command and understanding of the Malay language. Exclusion: a) Parents who are digital illiterate. b) Parents who have children with developmental delays. c) Parents who are currently receiving professional assistance for their own and/or their child's mental health problems.

Intervention groups

Group (intervention) receives the online Digital-assisted Parenting Intervention (DaPI) Group (control) Waitlisted and receives the DaPI after completion of the trial

Main outcome variables

General information

Reason for update

Acronym

DaPI (Digital-assisted Parenting Intervention)

IRCT registration information

IRCT registration number: **IRCT20211129053207N1**

Registration date: **2022-01-29, 1400/11/09**

Registration timing: **prospective**

Last update: **2022-01-29, 1400/11/09**

Update count: **0**

Registration date

2022-01-29, 1400/11/09

Registrant information

Name

Anis Raihan Dzeidee Schaff

Name of organization / entity

Universiti Putra Malaysia

Country

Malaysia

Phone

+60 3-9769 2541

Email address

gs61229@student.upm.edu.my

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-02-01, 1400/11/12

Expected recruitment end date

2022-05-01, 1401/02/11

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Establishing A Digital-Assisted Parenting Intervention (DaPI) in Promoting Children Mental Health

Public title

Establishing A Digital-Assisted Parenting Intervention (DaPI) in Promoting Children Mental Health

Purpose

Prevention

Inclusion/Exclusion criteria**Inclusion criteria:**

Parents who owned a smart phone, tablet or computer and have access to the Internet. Parents who are willing to participate and provide information at scheduled follow-up points. Parents who have good command and understanding of the Malay language.

Exclusion criteria:

Parents who are digital illiterate. Parents who have children with developmental delays. Parents who are currently receiving professional assistance for their own and/or their child's mental health problems.

Age

No age limit

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor
- Data analyser

Sample sizeTarget sample size: **300****Randomization (investigator's opinion)**

Randomized

Randomization description

A project manager will be responsible to execute the randomization as to ensure blinding. Using simple random technique, each participant will be assigned with unique identification number generated by a random number generator using a 1:1 proportion. The participants will then be assigned to either the Digital-assisted Parenting Intervention (DaPI) or to the control group (i.e., waitlisted and will receive the intervention 12 weeks later).

Blinding (investigator's opinion)

Single blinded

Blinding description

The outcome assessor and data analyser will be blinded because they are not involve with the allocation of groups or the online intervention. Data will be collected at pre-intervention (prior to group assignment), post-intervention (8-weeks) and 1 month follow up. .

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

Ethic Committee for Research Involving Human Subjects Universiti Putra Malaysia (JKEUPM)

Street address

Jalan Universiti 1 Serdang, Seri Kembangan

City

Serdang

Postal code

43400

Approval date

2021-07-02, 1400/04/11

Ethics committee reference number

JKEUPM-2021-161

Health conditions studied**1****Description of health condition studied**

Mental health

ICD-10 code**ICD-10 code description****Primary outcomes****1****Description**

Parenting styles

Timepoint

Before intervention, post-intervention (8 weeks), and 1 month follow-up

Method of measurement

Measured using the Parenting Scale by Arnold, O'Leary, Wolff, and Acker (1993)

2**Description**

Parental self-efficacy

Timepoint

Before intervention, post-intervention (8 weeks), and 1 month follow-up

Method of measurement

Measured using the Child Adjustment and Parent Efficacy Scale by Morawska, Sanders, Haslam, Filus, & Fletcher (2014)

3**Description**

Parent mental health
Timepoint
Before intervention, post-intervention (8 weeks), and 1 month follow-up
Method of measurement
Measured using the Depression Anxiety Stress Scales-21 (Lovibond & Lovibond, 1995)

4

Description
Parent-adolescent conflict
Timepoint
Before intervention, post-intervention (8 weeks), and 1 month follow-up
Method of measurement
Measured using the Network of Relationships Inventory (De Goede et al. 2009; Furman & Buhrmester 1985)

5

Description
Interparental conflict
Timepoint
Before intervention, post-intervention (8 weeks), and 1 month follow-up
Method of measurement
Measured using Parent Problem Checklist (PPC; Dadds & Powell, 1991)

6

Description
Family cohesion
Timepoint
Before intervention, post-intervention (8 weeks), and 1 month follow-up
Method of measurement
Measured using a scale developed by Tolan et al. (1997)

7

Description
Parental self-esteem
Timepoint
Before intervention, post-intervention (8 weeks), and 1 month follow-up
Method of measurement
Measured using the Rosenberg Self-esteem Scale

8

Description
Children Mental Health
Timepoint
Before intervention, post-intervention (8 weeks), and 1 month follow-up
Method of measurement
Measured using the Child Adjustment and Parent Efficacy Scale (CAPES; Morawska, Sanders, Haslam, Filus, & Fletcher, 2014)

Secondary outcomes

empty

Intervention groups

1

Description

Intervention Group: Parents in the intervention group will be given immediate access to the DaPI program. Parents will be emailed log in details and instructions to the program. They will be prompted to complete the program within 8 weeks (at which time post-intervention assessment will be conducted regardless of the number of sessions completed). DaPI will be covered in 8 sessions. The content of the sessions includes fostering positive relationship with child ; fostering child's optimal growth ; fostering effective family functioning; fostering parent child relationships; fostering parents' mental health; and fostering child's mental health. Parents will be guided with effective parenting skills through various techniques (i.e., written materials, videos, interactive activities, and feedback report on parenting behaviors). Each session will be delivered once a week and take roughly around 30 to 40 minutes depending on the time parents spend on the tasks in each session. Parents can access the program at their own convenience. Parents will also be able to access links to evidence-based parenting support and informational resources provided in each session. Throughout the 8-week intervention period, parents will be contacted via email if no logged-on activity is detected to the program.

Category

Behavior

2

Description

Control group: Parents in the control (waitlist) group will receive no treatment during the trial but will be given access (12 weeks later) to the DaPI program once the trial ended.

Category

N/A

Recruitment centers

1

Recruitment center

Name of recruitment center

Online via Social Media (i.e., Instagram and Facebook)

Full name of responsible person

Dr. Nor Sheereen Zulkefly

Street address

Department of Psychiatry, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia

City

Serdang

Postal code

43400

Phone
+60 3-9769 2541
Email
sheereen@upm.edu.my

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Universiti Putra Malaysia
Full name of responsible person
Dr Nor Sheereen Zulkefly
Street address
Jalan Universiti 1 Serdang, Seri Kembangan
City
Serdang
Postal code
43400
Phone
+60 3-9769 2541
Email
sheereen@upm.edu.my
Web page address
<https://www.upm.edu.my/>

Grant name

Fundamental Research Grant Scheme (FRGS)

Grant code / Reference number

05-01-202275FR

Is the source of funding the same sponsor organization/entity?

No

Title of funding source

High Education Ministry

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Other

Person responsible for general inquiries

Contact

Name of organization / entity
Universiti Putra Malaysia
Full name of responsible person
Dr Nor Sheereen Zulkefly
Position
Senior Lecturer
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Jalan Universiti 1 Serdang, Seri Kembangan

City
Serdang
Province
Selangor
Postal code
43400
Phone
+60 3-9769 2541
Email
sheereen@upm.edu.my
Web page address
<https://www.upm.edu.my/>

Person responsible for scientific inquiries

Contact

Name of organization / entity
Universiti Putra Malaysia
Full name of responsible person
Dr Nor Sheereen Zulkefly
Position
Senior Lecturer
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Jalan Universiti 1 Serdang, Seri Kembangan
City
Serdang
Province
Selangor
Postal code
43400
Phone
+60 3-9769 2541
Email
sheereen@upm.edu.my
Web page address
<https://www.upm.edu.my/>

Person responsible for updating data

Contact

Name of organization / entity
Universiti Putra Malaysia
Full name of responsible person
Dr Nor Sheereen Zulkefly
Position
Senior Lecturer
Latest degree
Ph.D.
Other areas of specialty/work
Psychology
Street address
Jalan Universiti 1 Serdang, Seri Kembangan
City
Serdang
Province
Selangor
Postal code

43400

Phone

+60 3-9769 2541

Email

sheereen@upm.edu.my

Web page address

<https://www.upm.edu.my/>

Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

No - There is not a plan to make this available

Title and more details about the data/document

All collected deidentified IPD during the trial

When the data will become available and for how long

Beginning 3 months and ending 5 years after publication

To whom data/document is available

Only available for personnel working in academic institutions or related mental health services

Under which criteria data/document could be used

Any purpose. Proposal / request should be directed to Dr Nor Sheereen Zulkefly at sheereen@upm.edu.my. To gain access, requestor will need to sign a data access agreement

From where data/document is obtainable

Proposal / request should be directed to Dr Nor Sheereen Zulkefly at sheereen@upm.edu.my.

What processes are involved for a request to access data/document

Request should be made via email, directed to Dr Nor Sheereen Zulkefly, stating purpose of request and plans on how to use the data.

Comments