

CHRD 2024: Abstract Submission Form

Presenter Name

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Presenter Status

Undergraduate Students

Role in the project

Write Abstract

Research Category

Clinical

Title

Single-Session Psychotherapy for Young Kids through Patient Engagement Techniques (SPYKids): A Pilot Randomized Controlled Trial

Background

Many families with children who have neurodevelopmental problems (NDPs) face barriers to therapy, such as long wait times and high costs.

Objective

The Single-Session Intervention for Parents of Young Kids (SPYKids) pilot study aimed to assess the effects of a single-session intervention (SSI) on parenting stress, mental health, and family well-being compared to services as usual (SAU).

Methods

Families (N=29) of a child between 2 and 5 years old with developmental needs were recruited and randomized to the SPYKids (n=15) or SAU (n=14) groups. Both groups completed questionnaires, while participants in the SPYKids group completed one 90-minute session with a parent coach where problems were identified, and an action plan was developed. Due to the limited sample size, results were analyzed by comparing raw means.

Results

Among the participants, 8 families completed the SSI and reported high satisfaction with the session content. Components of the SSI were found to be practical and achievable within the 90-minute session duration. However, the study faced a notable challenge with a high attrition rate of 47%. Despite this, the analysis of mental health and family functioning outcomes showed a nominal improvement in anxiety, depression, and child behavior problems by 3 months post-intervention. Conversely, there was no observed change in parenting stress levels. These findings suggest that while the SSI may have beneficial effects on specific aspects of mental health and child behavior, it does not appear to impact parenting stress in the short term.

Conclusion

The SPYKids program shows potential for providing immediate relief for parent mental health and child behavioral concerns. However, further research is needed to assess its feasibility and acceptability.

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