



Parenting with Anxiety: RCT of online intervention to reduce intergenerational transmission of anxiety

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AGENDA

- Face-to-face Raising Confident children course
- Digital translation
- Community online RCT
- Preliminary results

Why parents with anxiety?

- Anxiety runs in families
- Specific parenting behavior associated with transmission of anxiety
- Parenting with anxiety is hard work



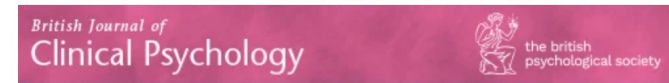
Raising confident children

Module	Content
Intro	Sharing names Ground rules Format of day
All about anxiety	Fight flight response Avoidance Thinking in anxiety (7 confident thoughts)
How dangerous is the world	Risk stats
General behavior management	Attention Child-centred play Praise and reward Commands and consequences
Parenting for anxious parents	Overprotection and Perfectionism Transmitting fears and worries Missed experiences
Managing signs of anxiety	Fear hierarchies

Raising Confident Children RCT

- 100 parents (child 3-9) with anxiety disorders
- Recruited from adult mental health services in England
- N=51/49
- Drop-out = 2
- Positive view of ability to prevent anxiety (M=3.1, SD 0.89) Range 1-4 (0 “no
- High levels of enjoyment (M=3.65, SD 0.61) Range 2-4
- 16.6% more child anxiety diagnosis in control group at 12m (SCAS)
- Cost= £90 per parent

Subsequent delivery within IAPT/Talking Therapies: 100 parents 90% retention rate



Original Article

Preventing family transmission of anxiety: Feasibility RCT of a brief intervention for parents

Sam Cartwright-Hatton  , Donna Ewing , Suzanne Dash , Zoe Hughes , Ellen J. Thompson , Cassie M. Hazell , Andy P. Field , Helen Startup 

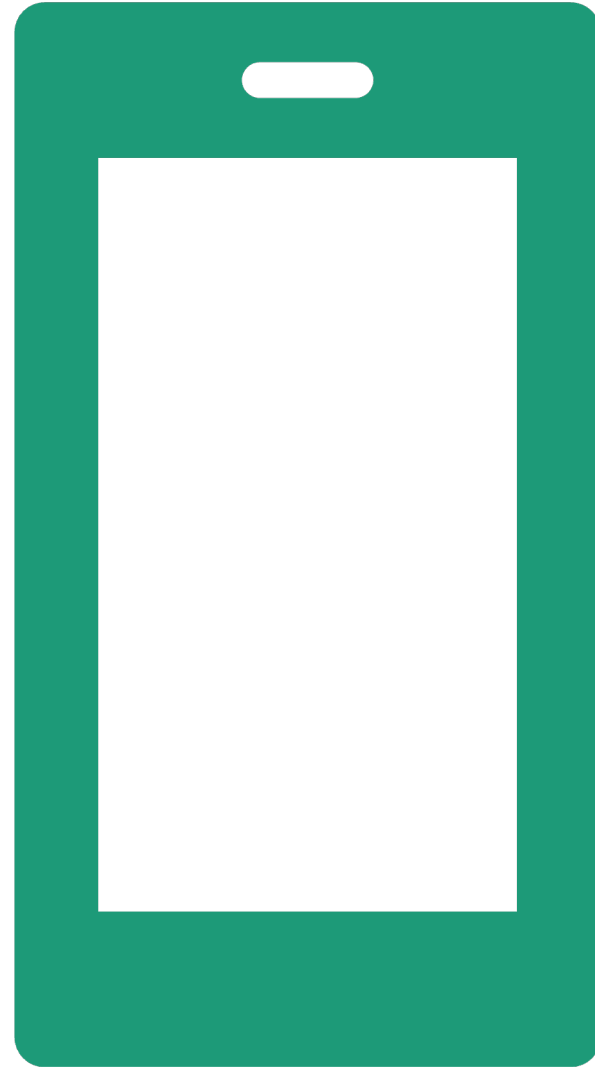
First published: 25 March 2018 | <https://doi.org/10.1111/bjc.12177> | Citations: 25

[Read the full text >](#)

 PDF  TOOLS  SHARE



Digital Intervention Development





Development process

- Developed in-house by clinical team with University developer.
- Relatively direct translation of content.
- Iterative process: feedback from a panel of end users which led to extensive revision:
 - Feeling criticized by content
 - Unsupported self-critical feelings
 - “Unattainable” family model
 - Delivery - condescending



Raising Confident Children

Badges

My Summary Notes and Action Plans

Site administration

Dashboard



Customise this page

Start your course!

Click here

Invite Friend

It can be useful to share the contents of this course with your partner, friend or relative so that they can support you as you work through the modules. You can invite one person to access the course by adding their email address below. This may be the same person you asked to complete questionnaires but it could also be someone different.

Click here to invite a friend

Accessibility

A- A A+

R A A

Launch ATbar (always?)

[Relaxation Exercises](#)

[Seven Confident Thoughts](#)

[Mental Health Support](#)

[Tech Support](#)

Parenting with anxiety RCT

Study design

Online community recruited RCT (1:1)

Self-referred parents (child 2-11)

Self-identified 'high anxiety'

No inclusion/exclusion around child MH neurodiversity

Accessed 8/9 modules (randomized) -NO SUPPORT

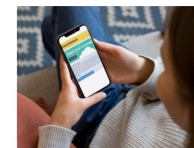
Control (no intervention)

Data: baseline, 6M post consent and 25M



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📄 Preprints (earlier versions) of this paper are available at <https://preprints.jmir.org/preprint/40707>, first published July 06, 2022.



Effectiveness of a Web-Based Intervention to Prevent Anxiety in the Children of Parents With Anxiety: Protocol for a Randomized Controlled Trial

Abigail Dunn ¹ ; James Alvarez ¹ ; Amy Arbon ² ; Stephen Bremner ³ ; Chloe Elsby-Pearson ¹ ; Richard Emsley ⁴ ; Christopher Jones ³ ; Peter Lawrence ⁵ ; Kathryn J Lester ¹ ; Mirjana Majdandžić ⁶ ; Natalie Morson ¹ ; Nicky Perry ² ; Julia Simner ¹ ; Abigail Thomson ¹ ; Sam Cartwright-Hatton ¹

Timeline

April 2020

Parenting with
Anxiety Trial set-up
begins

Feb 2021

Recruitment starts

Oct 2022

Recruitment end:
1900 UK parents

Mar 2023

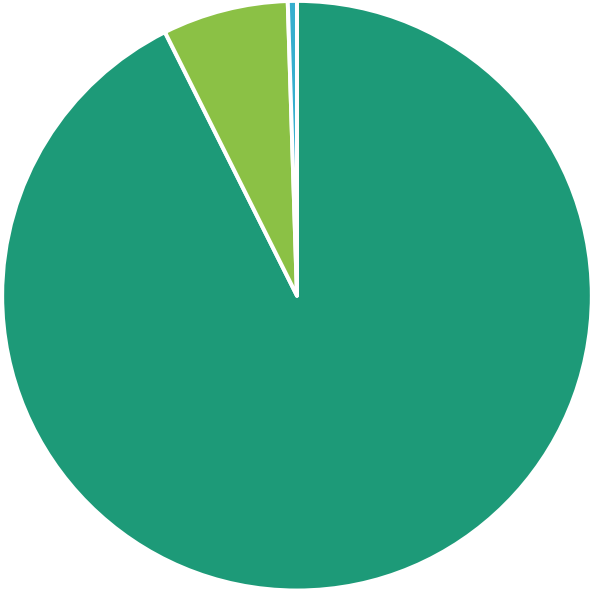
T3 data collection

Sept 2023

Results!!!

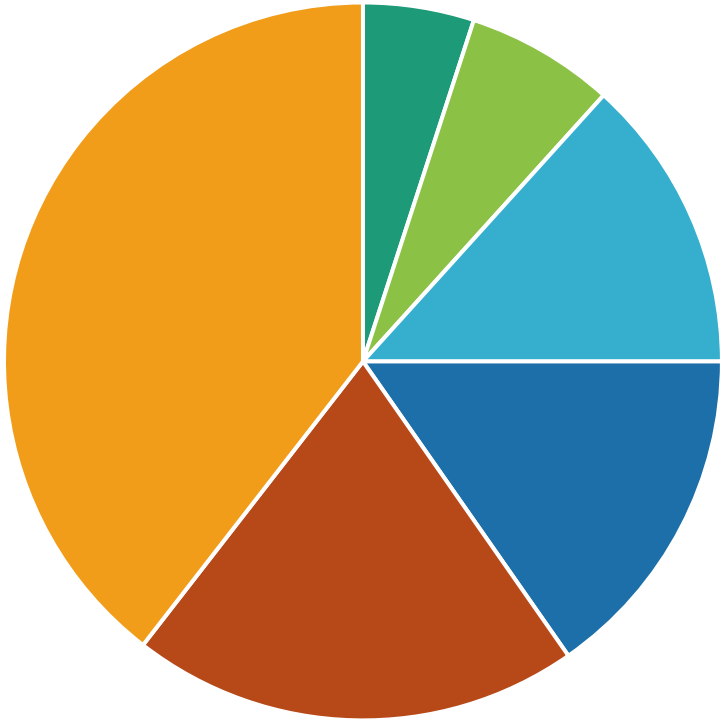
Recruitment

GENDER



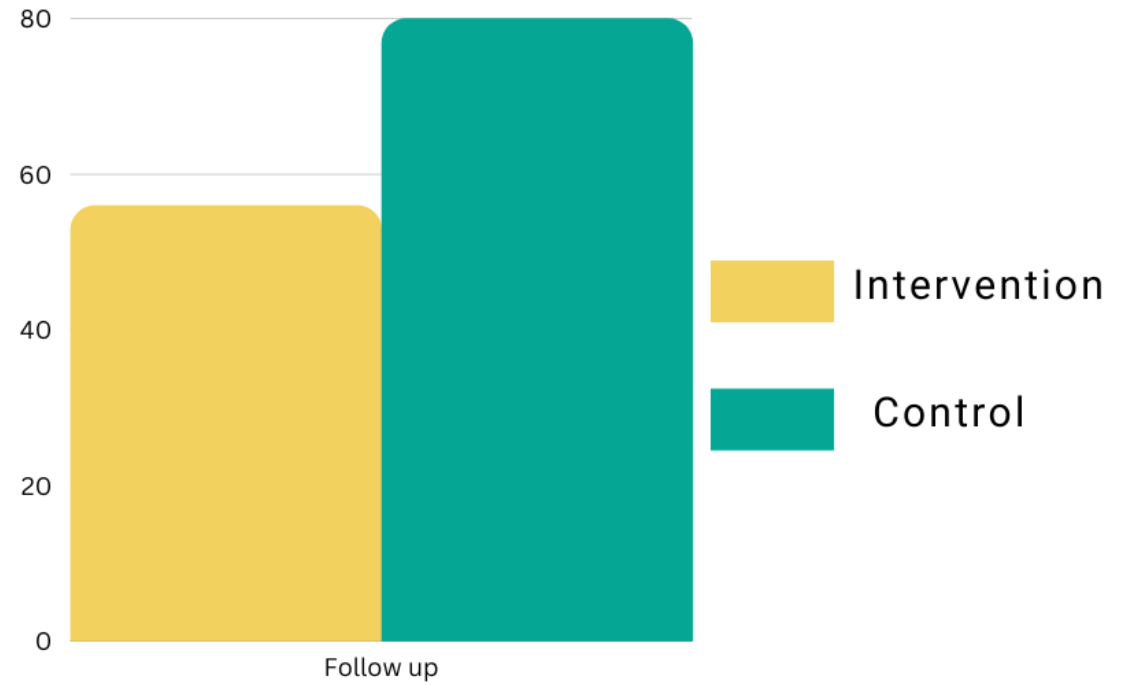
■ Female ■ Male ■ Missing ■

How did you hear about the study



■ School ■ Word of mouth ■ Other
■ GLAD ■ Social media ■ Primary Times

Loss to follow-up



The Parenting with Anxiety Team

Professor Sam Cartwright Hatton

Dr James Alvarez

Amy Arbon

Dr Kate Lester

Dr Richard Emsley

Professor Julia Simner

Dr Pete Lawrence

Prof Stephen Bremner

Dr Chris Jones

Chloe Elsby-Pearson

Natalie Morson

The families involved in
designing the intervention
and those who
participated in the trial



THANK YOU

