HIPS/17/58 - Parents InC.: A feasibility randomised controlled trial of a parenting support programme focussed on families affected by ADHD

This project is the first step in testing a new parenting programme, called Parents InC, which aims to help parents of children with ADHD. It will help us find out whether we can do a much bigger study in the future that will tell us whether Parents InC works well. ADHD is a big problem for the children who suffer from it and their families but we know very little about what really works in the real world. We need to know if Parents InC is as helpful for families in comparison to the most tried and tested alternative parenting programme, called Incredible Years, whilst also offering good value for money. First we need to see whether parents are happy to be randomly allocated to Parents InC or Incredible Years (a bit like tossing a coin). We need to find out whether enough families want to be involved, whether we can find out the information we need about them and can follow up enough families later. The proposed study will try to find these things out, so that we can design a future, bigger, study to find out whether Parents InC is good value for families of children with ADHD.