

## **15/01 - Interventions for Parents or Carers to Promote Healthy Behaviours in Children and Young People**

### **Research Question(s)**

**What are the effective\* interventions for parents or carers to promote healthy behaviours in children and young people?**

- **Population:** Parents or carers of children and young people, up to the age of 18.
- **Intervention (non-NHS):** Interventions involving parents or carers to promote healthy behaviours in children and young people. Interventions should address one or more health behaviours, and may also include children and young people. Examples include parent or carer involvement in Personal, Social, Health and Economic Education (PSHE), parenting/carers skills including support, nurturing behaviours and parental monitoring.
- **Comparator:** Non provision or usual practice.
- **Outcomes:** Measures of health behaviour change or maintenance, in children and young people. Health behaviours of parents and carers where relevant to intervention. Differential engagement and effectiveness is of interest, for example, related to parent or family characteristics. Researchers to specify and justify.
- **Duration of follow up:** Researchers to specify and justify. Researchers should indicate how long term impact will be assessed.
- **Impact on inequalities:** Research should consider the impact of the intervention on health inequalities.
- **Design:** Primary research, including a health economic evaluation, where relevant.
- **Setting:** Researchers to specify and justify.
- **Public engagement:** Proposals should incorporate a mechanism for public involvement.

\*'Effectiveness' in this context relates not only to the size of the effect, but it also takes into account any harmful or negative side effects, including inequitable outcomes.

### **Background to commissioning brief:**

Many health behaviours are established during childhood and adolescence, and often maintained into adulthood, affecting health and wellbeing in later life. Parenting practices have been associated with children and young people's health behaviours and wellbeing. Interventions for parents or carers may enable them to support healthy behaviours in children and young people. The effectiveness of interventions specifically for parents or carers, or engaging and involving parents in interventions with children and young people is uncertain.

Primary research is required to assess the effects of interventions involving parents or carers to promote healthy behaviour in children and young people.

### **Remit of Call:**

All proposals submitted under this call must fall within the remit of the Public Health Research programme. Please go to [www.nets.nihr.ac.uk/programmes/phr/remit](http://www.nets.nihr.ac.uk/programmes/phr/remit) for details.

### **General Notes:**

The PHR programme evaluates public health interventions, providing new knowledge on the benefits, costs, acceptability and wider impacts of non-NHS interventions intended to improve the health of the public and reduce inequalities in health. The scope of the programme is multi-disciplinary and broad, covering a range of interventions that improve public health delivered in a non-NHS setting.

### **Notes to Applicants**

The NIHR Public Health Research programme is funded by the NIHR, with contributions from the CSO in Scotland, NISCHR in Wales, and HSC R&D, Public Health Agency, Northern Ireland. Researchers in England, Scotland, Wales and Northern Ireland are eligible to apply for funding under this programme.

Applicants are recommended to seek advice from suitable methodological support services, at an appropriate stage in the development of their research idea and application. It is advisable to make contact at an early a stage as possible to allow sufficient time for discussion and a considered response.

The NIHR Research Design Service

(<http://www.nihr.ac.uk/research/Pages/ResearchDesignService.aspx>) can advise on appropriate NIHR programme choice, and developing and designing high quality research grant applications.

Clinical Trials Units are regarded as an important component of many trial applications however, they are not essential for all types of studies to the PHR programme. The CTUs can advise and participate throughout the process from initial idea development through to project delivery and reporting. NIHR CTU Support Funding ([http://www.netscc.ac.uk/supporting\\_research/CTUs](http://www.netscc.ac.uk/supporting_research/CTUs)) provides information on units receiving funding from the NIHR to collaborate on research applications to NIHR programmes and funded projects. In addition, the UKCRC CTU Network (<http://www.ukcrc-ctu.org.uk>) provides a searchable information resource on all registered units in the UK, and lists key interest areas and contact information.

### **Transparency agenda**

In line with the government's transparency agenda, any contract resulting from this tender may be published in its entirety to the general public. Further information on the transparency agenda is at:

<http://transparency.number10.gov.uk/>

[http://www.ogc.gov.uk/policy\\_and\\_standards\\_framework\\_transparency.asp](http://www.ogc.gov.uk/policy_and_standards_framework_transparency.asp) <http://www.contractsfinder.businesslink.gov.uk/>