

PARADOx: A Personalized Parenting e-Intervention for Family Functioning and Adolescent Well-Being. A Randomized Controlled Trial

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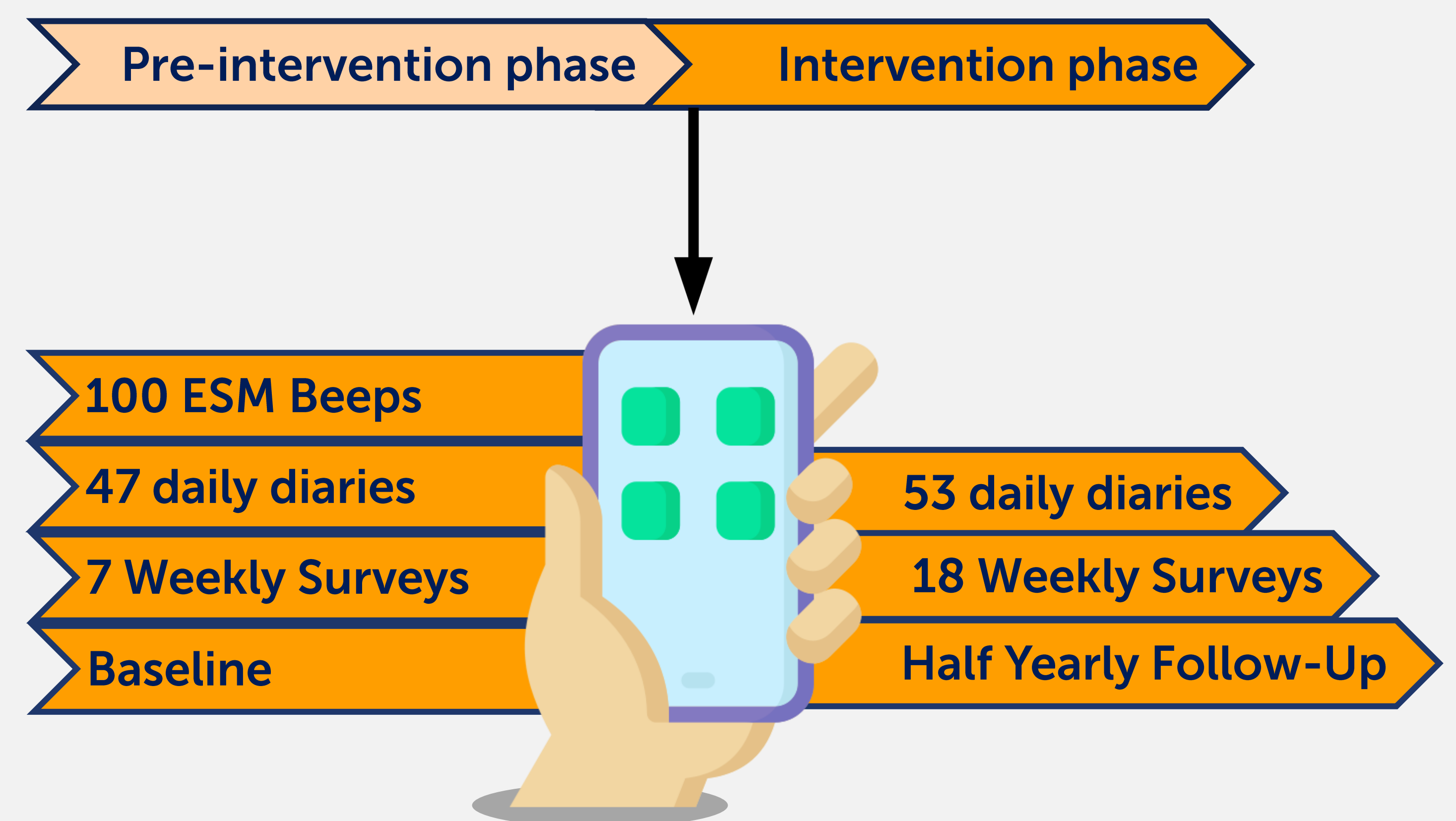
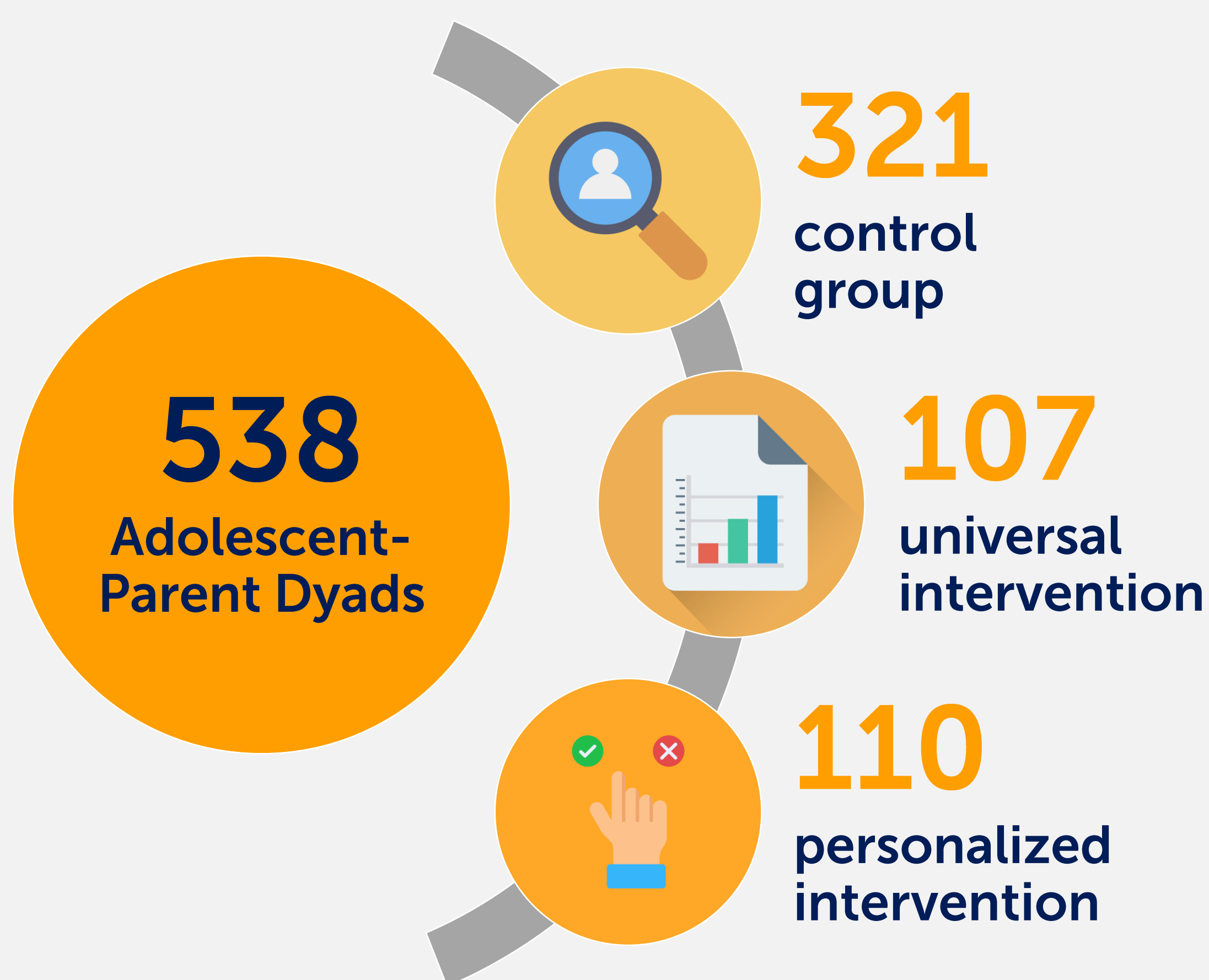
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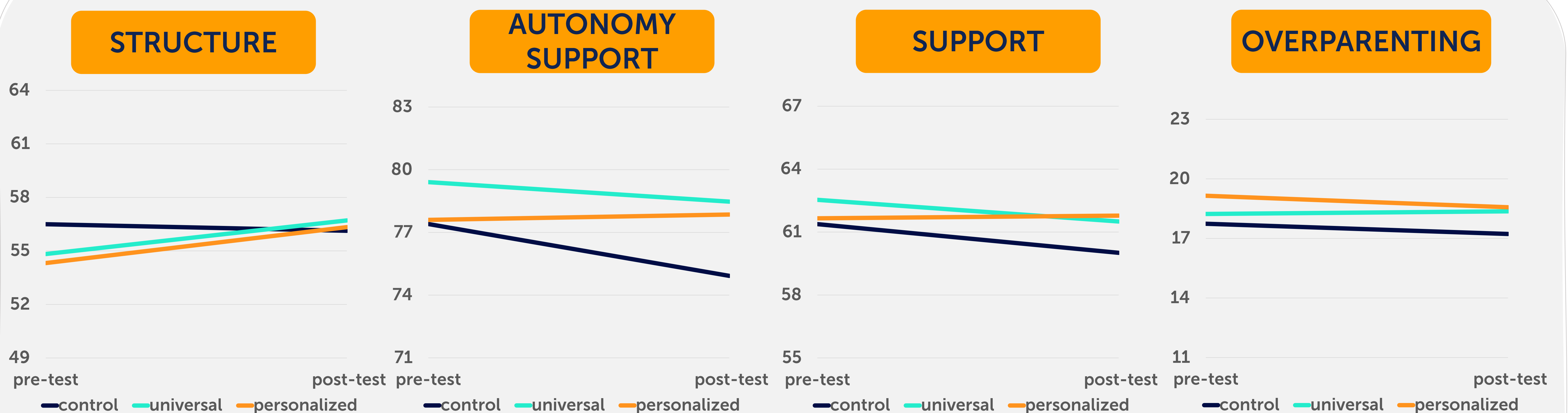
BACKGROUND

- ✗ Adolescent mental health problems increasing. ¹
- ✗ Consequences severe and long-lasting (e.g.: school drop-out, serious psychiatric disorders) ²
- ✗ Parenting high-potential target for prevention. ^{3,4}
- ✗ Most programs tailored for the "average family".
- ✗ Recent empirical studies, suggest each family requires a tailored approach. ⁵
- ✗ **AIM:** test a digitally delivered parenting intervention, to promote parenting and adolescent well-being.

DESIGN



RESULTS



✗ No significant differences in change between conditions, using all data.

✗ Compensating for **ceiling effects**: significant difference in change of intervention groups vs. control ($p < .05$) for structure and autonomy support.

✗ Strong **individual differences** in levels and slopes.

NEXT STEPS

Explore individual-level effects: who benefits? How many families benefit?

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This study was preregistered on the open-science framework



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