

**P A R E N T S U N D E R  
P R E S S U R E S T U D Y**

Winter 2013

Welcome to the first edition of the Parents under Pressure Study newsletter. The research team welcomes you on board and we look forward to working together. Thank you

**What is the Parents under Pressure (PUP) study?**

The Parents Under Pressure (PUP) study is an evaluation of a pioneering new service for drug and alcohol dependant parents with children under the age of two and a half years. The programme is delivered on a one-to-one basis, in the family’s home over an average of 20 weeks. The delivery and evaluation of the PUP study is being funded by the NSPCC, and the evaluation is being conducted by a research team at the University of Warwick.

PUP was originally developed in Australia, working with methadone-dependant mothers with children aged 2-8 years. As part of a randomised control trial the PUP programme was shown to achieve a positive impact on parenting, child behaviour and the parent-child relationship.

More details of the Australian study are available from: [www.pupprogram.net.au](http://www.pupprogram.net.au)

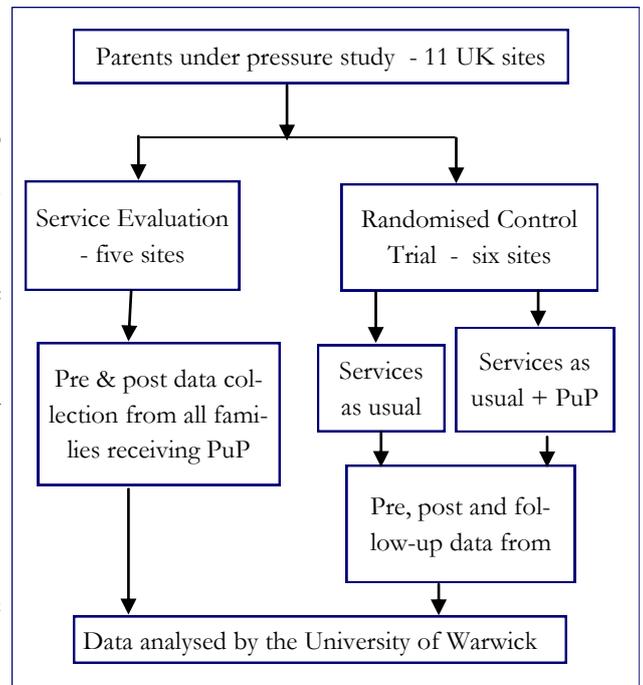
**PuP Study Structure**

The aims of this study are to evaluate the following:

1. The acceptability and feasibility of implementing the PuP Programme in specialist drug and alcohol treatment centres across the UK;
2. The short and long-term effectiveness of the PuP programme compared with treatment as usual;
3. The cost-effectiveness of the PuP Programme compared with treatment as usual.

The 6 sites in the randomised controlled trial (RCT) are: Glasgow; Warrington; Liverpool; Nottingham; Bristol; Stoke

In addition to the above sites, the service evaluation will be undertaken in: York; Croydon; Coventry; Swindon; Ipswich.



If you would like to receive future copies of the Parents Under Pressure Study Newsletter, please contact:

Sukhdev Sembi: [Sukhdev.sembi@warwick.ac.uk](mailto:Sukhdev.sembi@warwick.ac.uk)

## Meet the team: Professor Jane Barlow

Jane is a Professor of Public Health in the Early Years and the Director of Warwick Infant and Family Wellbeing Unit. She recently took up the role as President of the UK Association of Infant Mental Health, and is chairing the Local Organising Committee for the World Association of Infant Mental Health Congress which is to be held in Edinburgh in 2014.

Jane's main research interest is the role of early parenting in the aetiology of mental health problems, and in particular the evaluation of early interventions aimed at improving parenting practices and reducing the risk of child maltreatment, particularly during pregnancy and the postnatal period.

For further information about Jane and her work, please follow this link <http://www2.warwick.ac.uk/fac/med/staff/barlow>.



### Getting Started

To start with some good news, the Parents under Pressure study has received ethical approval from the University of Warwick and also from the ethics committee at the NSPCC. This follows a lengthy period of preparation work with the NSPCC teams. So it's now time to get started with the most challenging aspect of research: **recruiting participants!!!**

### Frequently Asked Questions

Q: Why is the PUP study important?

A: Despite increasing evidence about the impact of substance misuse on parenting and child outcomes, there is a lack of evidence about the effectiveness of interventions with substance misusing parents of infants. More information about the evidence gap is available in the "All Babies Count Spotlight on drugs and alcohol" report: [www.nspcc.org.uk/spotlight](http://www.nspcc.org.uk/spotlight).

Q: How can we make referrals to the PUP study?

A: For the RCT sites, contact the lead researcher at Warwick university, Sukhdev Sembi (see contact details). For the service evaluation sites, contact the NSPCC team as usual.

## Parents under Pressure Webpage

All the study documents are available via the University of Warwick website. These pages provide information for:

- ◇ families that want to know more about the study
- ◇ referrers for both the Service Evaluation and the Randomised Control Trial Sites
- ◇ and for PuP Practitioners who will be able to share their experiences of the PUP study through a password protected blog.

Information on how to access these webpages will be following shortly.

### Contact Details

Sukhdev Sembi: Email [Sukhdev.sembi@warwick.ac.uk](mailto:Sukhdev.sembi@warwick.ac.uk), mobile 08724 541002

Richard Cotmore: Email [RCOTMORE@nspcc.org.uk](mailto:RCOTMORE@nspcc.org.uk)

Gwynne Rayns: Email [GRAYNS@nspcc.org.uk](mailto:GRAYNS@nspcc.org.uk)

