**2023 Winter Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Family Life Skills Triple P trial: Supporting families’ mental health and wellbeing with a new parenting and life skills intervention** |
| **Project duration, hours of engagement & delivery mode** | 4 weeks during Winter Vacation  20 hours per week.  Applicants can work on campus or remotely. |
| **Description:** | This project aims to provide families with targeted support to meaningfully reduce the intergenerational impacts of adversity on mental health and wellbeing. We propose to conduct the first randomised controlled trial (RCT) of a new intervention, Family Life Skills Triple P (FLSTP). This innovative program has been designed to enhance a range of parenting and life skills using a trauma-informed perspective. It aims to support parents to develop knowledge and skills to enhance self-regulation, communication, self-compassion, habit formation, and dealing with the past, in addition to positive parenting. By assisting parents in this integrated manner, FLSTP aims to strengthen parents’ mental health, parenting skills and social support; and concurrently improve children’s mental health and social, emotional, and behavioural wellbeing. |
| **Expected outcomes and deliverables:** | We are seeking to develop ethics applications for this RCT, for submission to UQ and Queensland Health. Applicants will work with the project team to compile and create project documentation, surveys, interview schedules, project descriptions, literature review, reference lists, and ethics applications.  Scholars will gain skills in literature review, research governance and research design; learn about the ethical review process and research data management systems; and gain experience working with a research team. |
| **Suitable for:** | Scholars must have good attention to detail, and be ready and willing to learn new software and processes. Psychology background is preferred but not essential. |
| **Primary Supervisor:** | Dr Carys Chainey |
| **Further info:** | Please contact Dr Carys Chainey prior to submitting an application, at [c.chainey@uq.edu.au](mailto:c.chainey@uq.edu.au) |