

A BETTER
START

E Tīpue Rea

MyTeen - Increasing parental competence and mental health literacy

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Host Institution



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Background

- The prevalence of mental health problems in youth is substantial.
- Efforts aimed at strengthening parenting skills and increasing knowledge on adolescent development hold much promise to prevent and mitigate adolescent mental health problems.
- Engaging families can be challenging



Mobile Health Intervention in supporting parents of adolescents

- Potential benefits of MHealth Intervention over traditional approach.
- Text messaging remains the most widely used.
- Requires very basic, low-cost phones which reduces potential socioeconomic disparity of access.
- Very common amongst Māori and Pacific groups, more so than Pakeha.

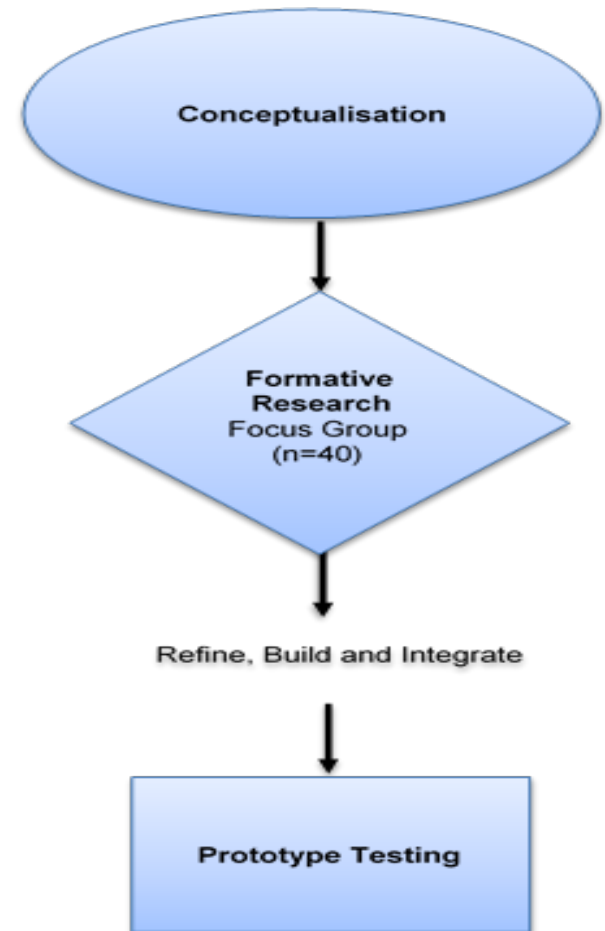
Objectives

- To design a SMS-based mobile intervention that is culturally relevant and acceptable to parents of adolescents.
- To evaluate the effectiveness of a SMS-based mobile intervention that promotes parental competence and mental health literacy for preventing adolescent mental health problems.

Work to date

Content development

- Five focus groups completed with parents/primary caregivers



Next phase

Evaluation phase

- Two-arm randomised controlled trial (RCT) will be conducted to assess the effectiveness and acceptability of a SMS-based mobile intervention, compared with a care-as-usual control group.

