

Parental mindfulness and wellbeing in childhood psoriasis and eczema (#17401)

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1) Have any data been collected for this study already?

It's complicated. We have already collected some data but explain in Question 8 why readers may consider this a valid pre-registration nevertheless.

2) What's the main question being asked or hypothesis being tested in this study?

Higher levels of mindful parenting will be associated with lower levels of parental stress and parental psychological distress, and higher levels of parental quality of life in parents of children with psoriasis or eczema, both cross-sectionally and prospectively, at six-month follow-up.

Higher levels of mindful parenting will also be associated with better quality of life and lower levels of itch intensity in children with psoriasis or eczema, both cross-sectionally and prospectively, at six-month follow-up.

3) Describe the key dependent variable(s) specifying how they will be measured.

Independent variables:

Mindful parenting (The Interpersonal Mindfulness in Parenting scale; Duncan, 2007)

Dispositional Mindfulness (Five Factor Mindfulness Questionnaire (Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006)

Dependent variables:

Parental stress (Paediatric Inventory for Parents; Braniecki, Tercyak, Kazak, 2001)

Parental mental health/psychological distress (Depression, Anxiety and Stress Scale; Lovibond & Lovibond, 1995)

Parental quality of life (Family Dermatology Life Quality Index; Basra, Su-Ho, & Finlay, 2007)

Child Quality of Life (Children's Dermatology Life Quality Index; Lewis-Jones & Finlay, 1995)

Pruritus/itch - assessed using a visual analogue ranging from 0-10 (Ständer et al., 2013)

4) How many and which conditions will participants be assigned to?

This study will employ a correlational design, recruiting a sample of children with psoriasis or eczema and their parents. Both children and parents will be asked to complete questionnaires at two time-points, six months apart.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.

Hierarchical regression will be conducted to see whether mindful parenting explains significant amounts of variance in parental stress, parental mental health/psychological distress (depression, anxiety, general stress), itch and parent and child quality of life both cross-sectionally (at baseline) and prospectively (at follow up). For each analysis, any demographic or clinical variables are significantly correlated with the dependent variables will be entered in block 1. The subscales of the mindful parenting measure will be entered in block 2. The prospective regression analyses will include an additional first block in which baseline levels of the dependent variable will be included.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.

We will exclude any parents who complete the questionnaire in less than 5 minutes.

7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.

We aim to recruit a sample size of 142 parents and 142 children. This number was reached using a power calculation, which assumed a medium effect size ($f^2 = .15$) for the proposed regression analyses and allowed for 20% attrition between baseline and follow-up.

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)

Data collection has begun (95 parent/child pairs recruited) but the data has not been looked at, nor have any analyses been run.

We also intend to run some secondary regression analyses in which the measure of dispositional mindfulness will replace the measure of mindful parenting as the independent variable (as detailed above).