



## STRONG FAMILIES TRIAL

### Families with school-age children needed for research

#### WHO CAN PARTICIPATE?

We are seeking families in Sydney with a child aged 5 to 11 years.

#### WHAT DOES THE TRIAL INVOLVE?

Our research study will trial a 6-week face-to-face family strengthening program to prevent unhealthy weight gain among children from at-risk families.

You will be randomly placed in either Group A Parenting program or Group B Usual support.

We will visit families three times – once at the beginning of the study and again in 3 and 15 months. At these visits, you will fill in a survey, and we will measure the height and weight of the participating child.

If you are placed in Group A, you will also take part in a 6-week face-to-face family strengthening program with 2 follow up sessions.

#### WILL I BE PAID?

You will not be paid to participate in the trial. As a token of our appreciation, you will receive a \$25 voucher for each of the three assessment visits you attend. If you are in Group A, you will receive a \$15 gift card after finishing each session. Parents who complete six sessions in each group will go in a draw to win a Vegetable Spiralizer Spaghetti Maker.



#### FURTHER INFORMATION & REGISTRATION

Visit our website:  
[westernsydney.edu.au/strongfamiliestrial](http://westernsydney.edu.au/strongfamiliestrial)

Send us an email:  
[strongfamilies@westernsydney.edu.au](mailto:strongfamilies@westernsydney.edu.au)

Strong Families is funded by the National Health and Medical Research Council. We have been approved by the Western Sydney University Human Research Ethics Committee (Approval number H13033).

SCAN BELOW FOR MORE INFORMATION



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UNIVERSITY

