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| **Title of Research** Presentation Effectiveness of a technology-based supportive educational parenting program on parental outcomes in Singapore: A randomized controlled trial |
| **Background/Objectives**  Transitioning into parenthood can be stressful for new parents in Singapore, especially with the lack of continuity of care from healthcare professionals during the postpartum period. Short hospital stays limit the availability of support and time parents need to be well-equipped with parenting and infant care skills. Poor parental adjustment may, in turn, lead to negative parental outcomes and adversely affect the child’s development. Therefore, there is a need for easily accessible technology-based educational programs that can support parents during this crucial perinatal period.  **Methods**  A randomized, single-blinded, parallel-armed, controlled trial was conducted. The study recruited 236 parents (118 couples) from an antenatal clinic of a tertiary hospital. Eligible parents were randomly assigned to the intervention group (n=118) receiving technology-based supportive educational parenting program (SEPP) or the control group (n=118) receiving standard care. Parenting outcomes were measured using reliable and valid instruments. Data were collected over 12 months at four time points: during pregnancy (third trimester), two-days postpartum, one month postpartum, and three months postpartum. Linear mixed models were used to compare the groups for postpartum changes in the outcome variables.  **Results**  Compared to the control group, the intervention group had statistically significant mean differences (MD) at three months postpartum for parental bonding (MD = -1.26; 95% CI -1.66, -0.86; *P* < .001), parental self-efficacy (MD = 0.37; 95% CI 0.06, 0.68; *P* = .02], self-perceived social support (MD = 0.69; 95% CI 0.18, 1.19; *P* = .01), parenting satisfaction (MD = 1.40; 95% CI 0.86, 1.93; *P* < .001), and postnatal depression (MD = -0.91; 95% CI -1.34, -0.49; *P* < .001). For postnatal anxiety, there was only a significant mean difference between the groups after adjusting for covariates (MD = -0.82; 95% CI -1.15, -0.49; *P* < .001).  **Discussion**  The technology-based SEPP is effective in enhancing parental bonding, parental self-efficacy, perceived social support, and parental satisfaction and in reducing postnatal depression and postnatal anxiety. Hence, healthcare professionals should incorporate it with existing hands-on infant care skill classes and routine care to better meet parents’ needs and create positive childbirth experiences, which may, in turn, encourage parents to have more children.  **Keywords**  Educational program, parents, parental bonding, parenting satisfaction, perinatal period, self-efficacy, social support. |