



TOPS:

Therapist-assisted Online
Parenting Strategies

What is the research about?

The research aim is to evaluate whether our new program, TOPS (Therapist-assisted Online Parenting Strategies) can help parents to support their adolescents who are experiencing anxiety and/or depression.

What is involved?

- Participation only takes a few hours over 12 months
- You & your adolescent complete online surveys at 4 time-points: when you first register, before starting the program, and 4 & 12 months afterwards

You receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS-coach via videoconferencing to help you apply strategies to your own situation

To say thank-you, you & your teen will each receive e-vouchers over 4 time points (worth up to \$50 in total per person)

Who can participate?

Parents or legal guardians with their adolescent (aged 12-17 years):

- The adolescent needs to be receiving treatment for anxiety &/or depression from a mental health professional/service
- Have internet access, & consider themselves proficient in English

Interested?

For further information or to register, please click here:

bit.ly/TOPSmain or contact the TOPS team by email at: med-tops.coach@monash.edu



Help your teen
manage anxiety,
depression, & sleep
problems

An online tailored
parenting program

Weekly coaching via
videoconference

Access the program
anytime & anywhere

This study is being undertaken by Monash University, led by Associate Professor Marie Yap, and has been approved by the Monash University Human Research Ethics Committee.