



Code: Andrade

APD 1210 RESEARCH PRACTICUM COURSE

PROJECT DESCRIPTIONS 2025-26

FALL/WINTER

Name and Title: *Brendan Andrade, Ph.D., C.Psych., Associate Professor APHD*

Lab Website: *None*

TITLE OF RESEARCH PROJECT: *Protocol for a RCT to Determine the Efficacy of a Novel Intervention for Depressed Parents of Children with Emotional and Behavioural Difficulties*

NUMBER OF STUDENT PLACES AVAILABLE: *1*

PRIMARY MODE OF RESEARCH PLACEMENT PARTICIPATION (circle one option and describe):

☐ *IN PERSON* ☐ *REMOTE (ONLINE)* ☒ *HYBRID/FLEXIBLE*

Please describe: Supervision will include providing guidance on the development of the protocol, review of drafts of the protocol paper and registration, and support with any in person data collection activities.

OBJECTIVES AND METHODOLOGY: A novel parental treatment targeting for depressed parents of children with EBD called the Addressing Depression and Positive Parenting Treatment (ADAPT), has been developed by Dr. Andrade. ADAPT incorporates key elements from other evidence-based treatments for depression to help parents develop skills to regulate their emotion and challenge unhelpful thinking patterns that interfere with their ability to implement effective parenting strategies. These strategies are taught, along with evidence-based parenting strategies, across the 10-weeks of the virtual ADAPT parent intervention. A recently completed pilot study of ADAPT supports its feasibility, acceptability and preliminary effectiveness. Following guidelines for clinical trials, this study will determine whether ADAPT reduces children's emotional and behavioural difficulties, improves parenting skills, and reduces parental depression and stress. Findings will lead to a more personalized approach to treatment for depressed parents that takes into account both their and their children's mental health.

DESCRIPTION OF STUDENT PARTICIPATION: *The student will be required to complete 8-10 hours per week in the lab. They will learn about interventions for youth with disruptive behaviour, methods for clinical trials and guidance to contribute to the development of a research protocol for registration and potential publication. The student will also contribute to development of research protocols to begin to*



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implement and collect data for the clinical trial and to other ongoing research activities (that may include coding of data, literature review).

DESCRIPTION OF PREFERRED SKILLS/BACKGROUND (OPTIONAL): *Knowledge of literature review procedures, experience within psychology research labs and with implementing study protocols, research co-ordination experience, strong communication skills.*

DAY AND TIMES OF LAB MEETINGS: *To be determined*