



### 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](http://bit.ly/TOPSmain) or contact the TOPS team by email at: [med-tops.coach@monash.edu](mailto:med-tops.coach@monash.edu)



# TOPS:

Therapist-assisted Online  
Parenting Strategies

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.