

# Can Facebook be used to deliver an intervention to support parents of children with DCD?

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## Our aims

We wanted to know if we could use Facebook to deliver an intervention to support parents of children with DCD.

Children with DCD tend to show reduced engagement in physical activity and this has been linked to mental ill-health.

Therefore, this intervention focused on encouraging physical activity and therefore improving mental health



## What we did



31 parents of children with DCD were invited to closed Facebook groups.

We gave them resources, questionnaires and activity trackers for parents and children wear over a 12 week period.

## What we found

Parents viewed 78% of posts.

On 92% of days activity trackers were worn.

84% of questionnaires were completed.

81% of parents agreed the intervention was useful for them and their child.



## What we learnt

Facebook is a good platform for a parent led physical activity intervention.

## What is next?

We have secured more funding to explore the actual effects of the intervention on physical activity and mental wellbeing in children with DCD



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