

**A Cluster Randomised Controlled Trial of a Transdiagnostic Preventative Mental
Health Intervention for Adolescents: Building Resilience through Socioemotional
Training (ReSET)**

Basic Summary for ISRCTN

Participant Flow

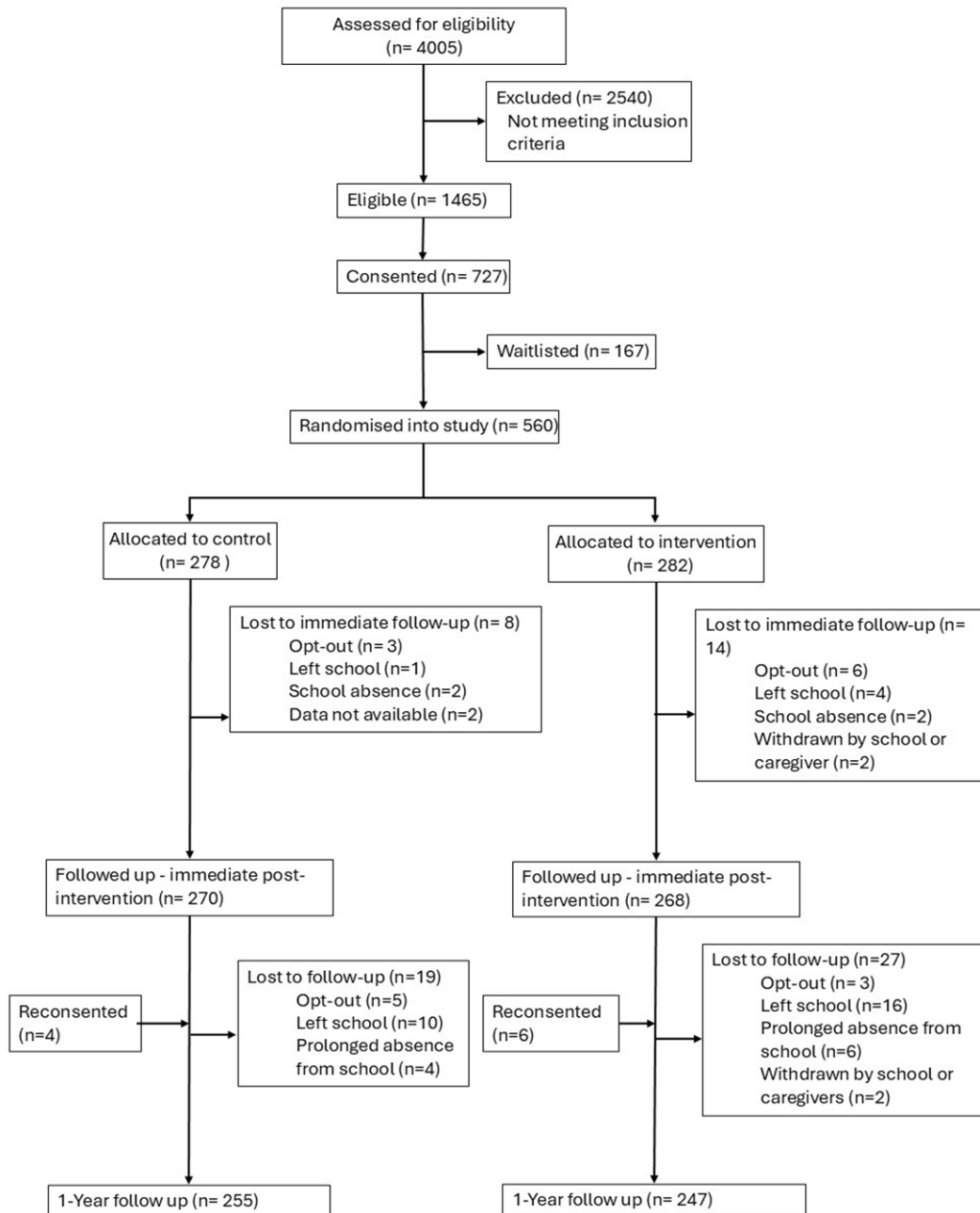


Figure 1: CONSORT Diagram demonstrating the number of participants enrolled in the trial and those retained until 1-year follow-up. Note, some participants who completed the assessments at the 1-year follow-up had re-entered the study after withdrawing from the post-intervention assessment timepoint. Some small additional loss to follow-up occurred at both endpoints due to item non-response of followed-up participants, which varied by outcome measure. Table 2 reports analysed sample sizes.

Baseline Characteristics

		Intervention (n = 282)		Control (n = 278)	
		Number	Percent	Number	Percent
Cohort	Upper	131	46.5 %	148	53.2 %
	Lower	151	53.5 %	130	46.8 %
Term	Spring	92	32.6 %	90	32.4 %
	Autumn	80	28.4 %	80	28.8 %
	Summer	110	39.0 %	108	38.8 %
Sex	female	154	54.6 %	177	63.7 %
	male	125	44.3 %	94	33.8 %
	Not reported	3	1.1 %	7	2.5 %
Gender	female	152	53.9 %	173	62.2 %
	male	122	43.3 %	98	35.3 %
	Not reported	4	1.4 %	4	1.4 %
	Other	4	1.4 %	3	1.1 %
Puberty Status	Prepubertal	3	1.1 %	4	1.4 %
	Early pubertal	24	8.5 %	11	4.0 %
	Midpubertal	73	25.9 %	68	24.5 %
	Late pubertal	122	43.3 %	124	44.6 %
	Postpubertal	10	3.5 %	14	5.0 %
	Puberty status missing	47	16.7 %	50	18.0 %
	No sex reported	3	1.1 %	7	2.5 %
Sexual orientation	Completely heterosexual / straight	201	71.3 %	184	66.2 %
	Mainly heterosexual / straight	22	7.8 %	17	6.1 %
	Bisexual	18	6.4 %	27	9.7 %
	Mainly gay or lesbian	1	0.4 %	1	0.4 %
	Completely gay or lesbian	3	1.1 %	3	1.1 %
	Don't know	24	8.5 %	30	10.8 %
	Prefer not to say	6	2.1 %	9	3.2 %
	Other	6	2.1 %	6	2.2 %
	Not reported	1	0.4 %	1	0.4 %
Ethnicity	White British	83	29.4 %	88	31.7 %
	Other	189	67.0 %	173	62.2 %
	Not reported	10	3.5 %	17	6.1 %
Age	Mean (SD)	13.3	(0.8)	13.3	(0.7)
	N (Missing)	282	(0)	277	(1)
SDQ Total Diff.	Mean (SD)	19.6	(5.1)	18.8	(5.7)
	N (Missing)	282	(0)	277	(1)
Wellbeing (WEMWBS)	Mean (SD)	41.0	(8.9)	42.3	(8.5)
	N (Missing)	281	(1)	277	(1)
Depression (PHQ-8)	Mean (SD)	11.5	(5.6)	11.4	(5.6)
	N (Missing)	275	(7)	272	(6)
Anxiety (GAD-7)	Mean (SD)	10.5	(5.5)	9.8	(5.4)
	N (Missing)	282	(0)	277	(1)
Insomnia	Reporting	118	43.5 %	109	40.8 %
	Not Reporting	153	54.3 %	158	56.8 %
	Missing	11	4.1 %	11	4.1 %
Alcohol Use	Reporting	31	11.1 %	21	7.7 %
	Not Reporting	249	88.3 %	253	91.0 %
	Missing	2	0.7 %	4	1.5 %
Drug Use	Reporting	12	4.3 %	8	2.9 %
	Not Reporting	266	94.3 %	268	96.4 %
	Missing	4	1.4 %	2	0.7 %

Received Best Friend Nominations	Mean (SD)	2.4	(1.9)	2.3	(1.7)
	N (Missing)	282	(0)	278	(0)
Received Liked Nominations	Mean (SD)	2.0	(2.0)	1.9	(1.8)
	N (Missing)	282	(0)	278	(0)
Given Advice Nominations	Mean (SD)	4.0	(2.4)	4.0	(2.5)
	N (Missing)	282	(0)	277	(1)
General Psychopathology	Mean (SD)	0.11	(1.10)	-0.11	(0.93)
	N (Missing)	282	(0)	277	(1)
Internalising Problems	Mean (SD)	0.03	(0.94)	0.08	(0.99)
	N (Missing)	282	(0)	277	(1)
Externalising Problems	Mean (SD)	0.06	(0.98)	0.01	(0.95)
	N (Missing)	282	(0)	277	(1)

Table 2: Primary outcomes at post-intervention: descriptive statistics and effect estimates

	Intervention		Control		N	Effect Estimates					
	Mean	(SD)	Mean	(SD)		MD: INT – CON	97.5 % CI	p	SMD	97.5 % CI	Favours:
Primary outcomes											
SDQ Total Difficulties	19.0	(5.4)	18.8	(5.9)	536	-0.36	(-1.12, 0.40)	.290	0.07	(-0.08, 0.23)	INT
WEMWBS	43.2	(9.8)	43.0	(9.2)	534	1.05	(-0.47, 2.56)	.121	0.12	(-0.05, 0.30)	INT
	Mean	(SD)	Mean	(SD)		MD: INT – CON	99% CI			99% CI	

Notes: N: Number of participants included in the analysis. MD: Mean difference. INT: Intervention. CON: Control. CI: Confidence Interval; 97.5 % CIs were used for the primary outcomes, 99 % CIs for the secondary outcomes. SMD: Standardized Mean Difference. Confidence intervals for the SMDs are estimated via bias-corrected and accelerated non-parametric bootstrap with 2,000 bootstrap samples. Favours: Column indicates whether the direction of the effect estimate favours the intervention or the control condition.

Table 3: Primary outcomes at 1-year follow-up: descriptive statistics and effect estimates

	Intervention		Control				Effect Estimates				
	Mean	(SD)	Mean	(SD)	N	Obs	MD: INT – CON	97.5 % CI	p	SMD	97.5 % CI Favours:
Primary outcomes											
SDQ Total Difficulties	17.1	(5.8)	18.0	(6.3)	547	1036	-1.36	(-2.23, -0.50)	<.001	0.25	(0.11, 0.42) INT
WEMWBS	43.6	(9.6)	43.1	(9.0)	546	1033	1.50	(-0.05, 3.05)	.030	0.17	(0.00, 0.32) INT
	Mean	(SD)	Mean	(SD)			MD: INT – CON	99% CI			

Notes: N: Number of participants included in the analysis. Obs: Number of observations in longitudinal model. MD: Mean difference. INT: Intervention. CON: Control. CI: Confidence Interval; 97.5 % CIs were used for the primary outcomes, 99 % CIs for the secondary outcomes. SMD: Standardized Mean Difference. Confidence intervals for the SMDs are estimated via bias-corrected and accelerated non-parametric bootstrap with 2,000 bootstrap samples. Favours: Column indicates whether the direction of the effect estimate favours the intervention or the control condition.

Adverse events

There were 14 adverse events, each occurring with unique individuals in the intervention arm. These events were deemed to be unrelated to the trial, as they involved safeguarding disclosures pertaining to events that had occurred prior to enrolment and were disclosed through contact with a ReSET facilitator.