

# A school-based anxiety prevention program for primary school children in Jerantut, Pahang, Malaysia

<b>Submission date</b> 06/12/2017	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 24/05/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 16/08/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The researchers are conducting a study to determine the effectiveness of a school-based anxiety prevention program for primary school children in Jerantut, Pahang, Malaysia. The aim of this study is to find out whether the school-based anxiety prevention program is effective in reducing anxiety symptoms, as well as to improve the participants' worry coping skill and self-esteem.

### Who can participate?

Standard 4 and 5 children who are attending selected primary schools in Jerantut, Pahang, Malaysia

### What does the study involve?

Participants complete an assessment and are randomly allocated to either the intervention group or the control group. Participants in the intervention group attend four sessions of a school-based anxiety prevention program over 4 weeks. After the participants in the intervention group complete all the sessions, the participants in the control group are offered the same program. Participants in both groups are followed up immediately and three months after the program.

### What are the possible benefits and risk of participating?

The possible benefits of participating in the study are the participants will be able to know their current anxiety status and increase their worry coping skill and self-esteem. This possibly may help to reduce the symptoms of anxiety. There are no risks involved in this study.

### Where is the study run from?

Primary schools in Jerantut, Pahang, Malaysia in collaboration with Universiti Putra Malaysia

### Who is funding the study?

Universiti Putra Malaysia

Who is the main contact?  
Prof. Dr Sherina Mohd Sidik

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Sherina Mohd Sidik

**Contact details**  
Cancer Resource & Education Centre (CaRE)  
Universiti Putra Malaysia  
Selangor  
Malaysia  
43400

## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
A randomized controlled trial on a school-based anxiety prevention program for primary school children in Jerantut, Pahang, Malaysia

**Study objectives**  
It is hypothesized that the symptoms of anxiety will reduce in the intervention group as compared to the control group. Worry coping skill and self-esteem of the participants are also expected to improve after the intervention. The null hypothesis is there is no significant difference between the intervention and control groups, in terms of reduction of anxiety symptoms and improvement of worry coping skill and self-esteem.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
University Putra Malaysia, 04/09/2015, ref: UPM/TNCPI/RMC/1.4.18.1 (JKEUPM)/F2

**Study design**  
Parallel two-arm randomized controlled trial

**Primary study design**  
Interventional

**Study type(s)**

Prevention

## **Health condition(s) or problem(s) studied**

Anxiety

## **Interventions**

Current interventions as of 16/01/2019:

The study enrolled twelve primary schools which have not participated in the first phase of this study (An analytical cross-sectional study on associated factors of anxiety among primary school children in Jerantut, Pahang, Malaysia). Method for randomisation is simple randomisation method.

Participants in the intervention group were invited to participate in a 4-weeks school-based anxiety prevention program. The intervention program consists of 4 sessions, with each session implemented on each week.

The control group is a wait-list control group. After the participants in the intervention group completed all the sessions of the school-based anxiety prevention program, the participants in the control group were offered the same program thereafter.

Participants in both groups were followed-up immediately and at three months post intervention.

Previous interventions:

The study enrolled 584 participants who have not participated in the first phase of this study (A cross-sectional study on associated factors of anxiety among primary school children in Jerantut, Pahang, Malaysia). Method for randomisation is simple randomisation method.

Participants in the intervention group were invited to participate in a 4-weeks school-based anxiety prevention program. The intervention program consists of 4 sessions, with each session implemented on each week.

The control group is a wait-list control group. After the participants in the intervention group completed all the sessions of the school-based anxiety prevention program, the participants in the control group were offered the same program thereafter.

Participants in both groups were followed-up immediately and at three months post intervention.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Anxiety symptoms, measured using the sum score on the short version of Revised Child Anxiety and Depression Scale (RCADS-25) at baseline and follow-up assessments immediately and at three months post intervention

## **Key secondary outcome(s)**

Worry coping skill and self-esteem, measured using the total score on the Children's Worry Management Scale (CWMS) and the Rosenberg Self-Esteem Scale (RSES) at baseline and follow-up assessments immediately and at three months post intervention

**Completion date**

31/12/2017

## Eligibility

**Key inclusion criteria**

Current inclusion criteria as of 16/01/2019:

1. Primary school children who are attending selected primary schools in Jerantut, Pahang, Malaysia
2. Standard 4 and 5 primary school children

Previous inclusion criteria:

1. Primary school children who are attending selected primary schools in Jerantut, Pahang, Malaysia
2. Aged 10-11 years old

**Participant type(s)**

Other

**Healthy volunteers allowed**

No

**Age group**

Child

**Sex**

All

**Key exclusion criteria**

1. Cannot comprehend and write English and Malay language
2. Non Malaysian

**Date of first enrolment**

06/02/2017

**Date of final enrolment**

17/07/2017

## Locations

**Countries of recruitment**

Malaysia

**Study participating centre**

Government Primary School  
Jerantut

Pahang  
Malaysia  
27000

## Sponsor information

### Organisation

University Putra Malaysia

### ROR

<https://ror.org/02e91jd64>

## Funder(s)

### Funder type

University/education

### Funder Name

Universiti Putra Malaysia

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be stored in a repository. Type of data will be stored is the data gathered from the questionnaire, the process for requesting access is by obtaining permission through email, consent from participants was obtained and ethics approval was obtained from the Ethics Committee for Research involving Human Subjects of Universiti Putra Malaysia (JKEUPM) and Ministry of Education Malaysia.

### IPD sharing plan summary

Stored in repository

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		05/12/2019	16/08/2022	Yes	No
<a href="#">Basic results</a>		16/01/2019	16/01/2019	No	No