

Social and emotional learning (SEL) coaching central and integral in skills of students, teachers, and school

Submission date 14/11/2024	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 25/11/2024	Overall study status Ongoing	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
Last Edited 22/11/2024	Condition category Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Social and Emotional Learning (SEL) refers to the skills and attitudes children need to interact positively with themselves and others. These skills include recognizing and managing emotions, showing empathy, forming friendships, and making responsible decisions. SEL is important for students' overall development and for creating a positive and safe classroom environment. However, teachers often feel they lack the tools to effectively support students' SEL. To address this, we developed the SEL-intervention "SCCILLS" with the help of school professionals. SCCILLS aims to provide teachers with the knowledge and tools to support students' SEL through daily interactions. This study will test the effectiveness of SCCILLS in improving students' SEL skills, reducing behavioral problems, fostering positive interactions, and enhancing teachers' skills.

Who can participate?

Elementary school children from grades 1 to 3 (ages 5 to 10) and their teachers in mainstream elementary schools in the Netherlands can participate in this study.

What does the study involve?

Participants will be involved in the SCCILLS intervention, which includes psychoeducation, video-coaching, and team-learning sessions for teachers. Teachers will use the tools and knowledge gained to support students' SEL in their daily classroom interactions. Measurements will be taken at the beginning and end of the study to assess the impact of the intervention.

What are the possible benefits and risks of participating?

The possible benefits of participating include improved SEL skills for students, reduced behavioral problems, better peer and teacher-student interactions, and enhanced teaching skills for teachers. There are no significant risks associated with participating in this study.

Where is the study run from?

National Initiative for Education Research (NRO; Netherlands)

When is the study starting and how long is it expected to run for?
May 2019 to August 2026

Who is funding the study?
National Initiative for Education Research (NRO; Netherlands)

Who is the main contact?
Dr Fanny de Swart, f.de.swart@vu.nl
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Study website
<https://www.sccills.nl>

Contact information

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Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number**ClinicalTrials.gov number**

Nil known

Secondary identifying numbers

40.5.19630.068

Study information

Scientific Title

SCCILLS: SEL Coaching Central and Integral in skills of Students, Teachers, and School

Acronym

SCCILLS

Study objectives

1. Does the SCCILLS-intervention reduce externalizing behavioural problems of students significantly more compared to the control condition?
2. Does the SCCILLS-intervention significantly improve social emotional learning of children with externalizing problems compared to the control condition?
3. Are reductions of externalizing behavioural problems explained by increases in social emotional learning skills?
4. Does the SCCILLS-intervention improve teachers' pedagogical skills significantly more than in the control condition?
5. Does the SCCILLS-intervention improve teacher-child interactions and peer-interactions significantly more than in the control condition?

Ethics approval required

Ethics approval required

Ethics approval(s)

Approved 22/06/2023, Scientific and Ethical Review Board (Vaste Commissie Wetenschap en Ethiek; VCWE of the Vrije Universiteit Amsterdam) (Van der Boechorststraat 7, Amsterdam, 1081BT, Netherlands; +31 20598 8888; vcwe.fgb@vu.nl), ref: VCWE-2023-099R1

Study design

Interventional non randomized no masking for teachers

Primary study design

Interventional

Secondary study design

Non randomised study

Study setting(s)

School

Study type(s)

Prevention, Efficacy

Participant information sheet

Not available in web format, please use contact details to request a participant information sheet

Health condition(s) or problem(s) studied

Elementary school students' social emotional learning, positive peer- and teacher-student interactions and teachers' pedagogical skills, and reducing/preventing students' externalizing behavioural problems

Interventions

Elementary school teachers in the intervention condition partake in the SCCILLS-intervention, a psychoeducation and video-coaching intervention consisting of three meetings for the whole school team, an intake and three individual (video)coaching sessions, and two video-intervision meetings with colleagues. During the individual coaching sessions teachers focus on one focal student with whom they experience difficulties in scaffolding their social and emotional learning. Teachers are coached in their interactions with this student. In the control condition, teachers follow their teaching practice as usual.

There are two measurement moments for both the intervention and control condition: the first measurement moment (pre-test) is in autumn 2024 (October until December 2024); the second measurement moment (post-test) will follow in the Spring/Summer (May/June/July) of 2025.

The intervention will take place between week 3 (mid-January 2025) and week 17 (mid/end April 2025). Training hours are flexible and planned at a convenient moment for both trainers/coaches and teachers.

For the intervention group only there will be a mid-intervention evaluation after the first phase of the intervention (the individual training sessions). This is already mentioned in the submission and the exact moment varies per school/teacher.

Intervention Type

Behavioural

Primary outcome measure

1. Externalizing Problems

1.1. Students' externalizing problems are measured using the Dutch adaptation of the ASEBA Brief Problem Monitor (BMP; teacher-report), subscale "Externalizing" at baseline and post-intervention

1.2. Students' externalizing problems are measured using peer-nominations (questions: "Who hit other children?", "Who doesn't listen to the teacher?", "Who bully, kick, hit, or threaten other children to get their way or to boss others around?", "Who find it difficult to stay calm and react angrily, curse, or start fights?", and "Who often argues with the teacher") at baseline and post-intervention

1.3. Students' externalizing problems are measured using the Dutch adaptation of the Child Behaviour Checklist (CBCL; parent-report), subscales "Oppositional Defiant Problems" and "Conduct Problems" at baseline and post-intervention

2. Social and Emotional Learning/Skills

2.1. Students' social and emotional learning is measured using the Dutch adaptation of the Social Skills Improvement System – Social Emotional Learning (SSIS-SEL; brief version; teacher-report)

at baseline and post-intervention

2.2. Students' emotional competence is measured using the Dutch adaptation of the Head Start Emotional Competence Scale (HSCS; teacher-report) at baseline and post-intervention

2.3. Students' prosocial behaviour is measured using the Dutch adaptation of the Strengths and Difficulties Questionnaire (SDQ; teacher-report), subscale "Prosocial Behaviour" at baseline and post-intervention

2.4. Students' prosocial behaviour is measured using peer-nominations (question: "Who are nice to other children?") at baseline and post-intervention

2.5. Students' prosocial behaviour is measured using the Dutch adaptation of the Social Experiences Questionnaire (SEQ; parent-report), subscale "Prosocial Behaviour" at baseline and post-intervention

2.6. Students' sharing behaviour with others (i.e., with an anonymous other, a best friend, a disliked peer, and their teacher) is measured using the Dictator Game (computerized behavioural task performed by the student) at baseline and post-intervention

2.7. Students' ability to recognize other children's mental states is measured using Reading the Mind in the Eyes test for children (RME-children; computerized behavioural task performed by students) at baseline and post-intervention

2.8. Students' social mindfulness is measured using the SoMi for children (computerized behavioural task performed by students) at baseline and post-intervention

3. Peer-Interactions/Peer-Relationships

3.1. Students' experiences of bullying victimization are measured using the Dutch adaptation of the Social Experiences Questionnaire (SEQ; teacher-report), subscales "Relational Victimization" and "Overt Victimization" at baseline and post-intervention

3.2. Students' experiences of bullying victimization are measured using peer-nominations (questions: "Who gets excluded by other children?", "Who gets ignored by other children?", "Who gets shoved by other children?", "Who gets kicked or hit by other children?", and "Who gets threatened by other children?") at baseline and post-intervention

3.3. Students' relational bullying perpetration/relational aggressive behaviour towards peers is measured using the Dutch adaptation of the Social Experiences Questionnaire (SEQ; parent-report), subscale "Relational Aggression" at baseline and post-intervention

3.4. Social acceptance/preference is measured using the Dutch Perceived Competence Scale for Children (Competentie Belevingsschaal voor Kinderen; CBSK; student-report), subscale "Social Acceptance" at baseline and post-intervention

3.5. Social acceptance/preference is measured using peer-nominations (questions: "Who do you like most?" and "Who do you like least?") at baseline and post-intervention

3.6. Friendships with classmates are measured using peer-nominations (question: "These are my best friends") at baseline and post-intervention

4. Teachers' Pedagogical Skills

4.1. Teachers' sense of efficacy – both general and student-specific level - is measured using the Dutch adaptation of the Teachers' Sense of Efficacy Scale (TSES, teacher-report) and the student-specific TSES (teacher-reported) at baseline and post-intervention

4.2. Teachers' confidence in their ability to understand the student (i.e., social perspective taking) is measured using the Dutch adaptation of the Social Perspective Taking Confidence Scale (SPTC; teacher-report) at baseline and post-intervention

4.3. Teachers' effort to understand the student (i.e., perspective taking effort) is measured using the Dutch adaptation of the Social Perspective Taking Effort Scale (SPTE; teacher-report) at baseline and post-intervention

5. Teacher-Student Interactions

5.1. Teacher's perceptions of their interpersonal behaviour with students are measured using

the Dutch adaptation of Vragenlijst Interpersoonlijk Leraarsgedrag (VIL; teacher report and student report) at baseline and post-intervention

5.2. Teachers' perception of the student-teacher relationship is measured using the Dutch adaptation of the Student-Teacher Relationship Scale (STRS; teacher-report) at baseline and post-intervention

5.3. Teacher-student conflict is measured using peer-nominations (prompts: "These children easily have quarrels with the teacher" and "At these children the teacher gets angry very often") at baseline and post-intervention

5.4. Indicators of a positive teacher-student relationship (i.e., closeness) are measured using peer-nominations (prompts: "I think these children have a good relationship with the teacher" and "These children really trust the teacher and tell the teacher things that are important to them") at baseline and post-intervention

6. Intervention Group Only

6.1. Student-specific Teachers' Sense of Efficacy Scale (Student-specific TSES; teacher-report) is measured using the Dutch adaptation of the Teachers' Sense of Efficacy Scale (TSES; teacher-report) after the three individual coaching sessions in the intervention group only

6.2. Social Perspective Taking Confidence Scale (SPTC; teacher-report) is measured using the Dutch adaptation of the Social Perspective Taking Confidence Scale (SPTC; teacher-report) after the three individual coaching sessions in the intervention group only

6.3. Social Perspective Taking Effort Scale (SPTE; teacher-report) is measured using the Dutch adaptation of the Social Perspective Taking Effort Scale (SPTE; teacher-report) after the three individual coaching sessions in the intervention group only

6.4. Student-Teacher Relationship Scale (STRS; teacher-report) is measured using the Dutch adaptation of the Student-Teacher Relationship Scale (STRS; teacher-report) after the three individual coaching sessions in the intervention group only

Secondary outcome measures

1. Psychological Distress, Psychological Functioning & Behavioural Attitude

1.1. Students' internalizing problems are measured using the Dutch adaptation of the ASEBA Brief Problem Monitor (BMP; teacher-report), subscale "Internalizing" at baseline and post-intervention

1.2. Students' internalizing problems are measured using peer-nominations (questions anxiety: "Who are easily frightened?", question depression: "Who are easily sad?") at baseline and post-intervention

1.3. Students' internalizing problems are measured using the Dutch adaptation of the Child Behaviour Checklist (CBCL; parent-report), subscales "Depressive Problems" and "Anxiety Problems" at baseline and post-intervention

1.4. Students' perceived stress symptoms are measured using the Dutch adaptation of the Perceived Stress Questionnaire 8-11 (PSQ8-11; student report), subscale "Physiological Stress" at baseline and post-intervention

1.5. Students' self-esteem is measured using the Dutch Perceived Competence Scale for Children (Competentie Belevingsschaal voor Kinderen; CBSK; student-report), subscale "Self-esteem" at baseline and post-intervention

1.6. Students' evaluation of their own behaviour is measured using the Dutch Perceived Competence Scale for Children (Competentie Belevingsschaal voor Kinderen; CBSK; student-report), subscale "Behavioural Attitude" at baseline and post-intervention

1.7. Students' risk-taking behaviour is measured using the Balloon Analogue Risk Task (BART; behavioural task performed by the student) at baseline and post-intervention

1.8. Students' temperament is measured using the Dutch adaptation of the Child Behaviour Questionnaire (CBQ; parent-report), subscales "Negative Affectivity" and "Effortful Control" at baseline and post-intervention

2. Cognitive Skills/Performance

2.1. Students' attention problems are measured using the Dutch adaptation of the ASEBA Brief Problem Monitor (BMP; teacher-report), subscale "Attention Problems" at baseline and post-intervention

2.2. Students' attention problems are measured using the Dutch adaptation of the Child Behaviour Checklist (CBCL; parent-report), subscale "Attention Deficit/Hyperactivity Problems" at baseline and post-intervention

2.3. Students' performance monitoring is measured using the Flanker Task (computerized behavioural task performed by the student) at baseline and post-intervention

2.4. Students' working memory is measured using the GRID (computerized behavioural task performed by the student) at baseline and post-intervention

3. Peer Interactions/Relationships

3.1. Students' popularity among classmates is measured using peer nominations (questions: "Who are the most popular?" and "Who are the least popular?") at baseline and post-intervention

4. Teachers' Psychological Distress

4.1. Teachers' symptoms of depression, anxiety and stress are measured using the Dutch adaptation of the Depression, Anxiety, Stress Scale (DASS21; teacher-report) at baseline and post-intervention

4.2. Teachers' symptoms of burnout are measured using the Utrechtse Burnout Schaal (UBOS-L) at baseline and post-intervention

5. Classroom Climate

5.1. Students' view of the peer context in their classroom is measured using the Classroom Peer Context Questionnaire (CPCQ; student-report), subscales "Conflict" and "Comfort" at baseline and post-intervention

Overall study start date

31/05/2019

Completion date

31/08/2026

Eligibility

Key inclusion criteria

1. Participants in grade 1, 2, 3 (US grades; age ~5 – 10 years; whole classrooms are included)
 2. Students' teachers
 3. Students' parents (optional)
- Intervention condition only:
4. School teams

Participant type(s)

Learner/student, Other

Age group

Child

Lower age limit

5 Years

Upper age limit

10 Years

Sex

Both

Target number of participants

N= 34 classrooms/teachers: 17 control condition, 17 intervention condition; N = 510 students; 255 intervention condition; 255 control condition . The target number of total classrooms is N = 34, of which 17 participate in the control condition and 17 in the intervention condition. Classrooms will on average consist of 25 students. With a minimum participation rate of 60% (n=15 students per classroom), this results in a total of 510 participating students of which 255 participate in the intervention condition and 255 in the control condition These target numbers are based on a multi-level repeated measures design (pre- and post-test) with a medium effect size improvement in SEL components and externalizing problems (Cohen's $d = 0.5$); 5% variance at the cluster level, power-level of .80, and $\alpha=.05$.

Key exclusion criteria

1. Special education schools
2. Teachers who teach in a participating classroom for less than two days per week

Date of first enrolment

01/09/2024

Date of final enrolment

15/12/2024

Locations

Countries of recruitment

Netherlands

Study participating centre

Vrije Universiteit Amsterdam - Faculty of Behavioural and Movement Sciences

Van der Boechorststraat 7

Amsterdam

Netherlands

1081 BT

Study participating centre

Rotterdam University of Applied Sciences – Research Centre Urban Talent

Museumpark 40

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Netherlands
3015 CX

Sponsor information

Organisation

National Initiative for Education Research

Sponsor details

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Sponsor type

Research organisation

Website

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Funder(s)

Funder type

Government

Funder Name

Nationaal Regieorgaan Onderwijsonderzoek

Alternative Name(s)

Netherlands Initiative for Educational Research, NRO

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Netherlands

Results and Publications

Publication and dissemination plan

Publication of the NRO end report. Publication of a minimum of five papers in international peer-reviewed journals. Publication of a minimum of two papers in journals for professionals in the field. Furthermore, knowledge retrieved from this project will be embedded in the teaching-curriculum of the Vrije Universiteit Amsterdam and the Rotterdam University of Applied Sciences

Intention to publish date

01/09/2026

Individual participant data (IPD) sharing plan

The datasets generated during and/or analyzed during the current study will be available upon request from the data manager of the Faculty of Behavioural and Movement Sciences, department of clinical, neuro and developmental psychology. Name: Alex van der Jagt; e-mail: apc.vander.jagt@vu.nl

Our data assets consist of personal data and the data involves sensitive subjects (i.e., minors), so they will not be openly accessible. However, for participants who gave explicit consent that their data can be used by third parties, data will be available upon request. When a data request is made, first the identity of the person requesting the data will be ascertained. When the identity of the person is ascertained (generally with the help of the PIs), the next step is to ensure that the data requested matches the analytical plan and project description. If that passes, the dataset will be prepared by the data manager, where extra attention is given to data minimization (only issue relevant / requested data) and ensure that no or very little personal data is included (open questions should be recoded, age should be supplied instead of date of birth, etc.) Pseudonyms in the data (Participant IDs, School IDs, Group IDs, Teacher IDs, etc.) will be double pseudonimized via a random number generator. The key will remain with the data manager in case extra data must be added post issuance, but the data will only be issued with these double pseudonyms (unique per dataset). Three years after publication of the article associated with the dataset, this keyfile will be deleted. Finally, data will be encrypted before it is sent. The password will be sent to the receiving party through a different medium than the dataset (for example: via ZIVVER, via text or in person). The dataset will be sent to the requesting party via SURFFilesender via a link with an expiry date (two to three weeks). A record of these passwords will be kept in a password protected excel file only accessible by the data manager.

Metadata, i.e., a codebook in which we describe for each questionnaire and test that we use the instruction texts, the variable labels, the variable info, syntax, references, etc., will be openly published in DataverseNL under a CC0 or similar license.

Weblink: www.dataverse.nl/dataverse/vuamsterdam

Personal data will be archived in "Your Data" (YoDa). YoDa is a surf application that supports research data management including storage, sharing, archiving and publishing. YoDa adheres to the internationally accepted FAIR data principles.

Weblink: <https://yoda.vu.nl/site/getting-started/getting-started-portal.html>

All data will be stored in the respective repositories after completion of the project and will be retained for 10 years after the last publication about the project.

IPD sharing plan summary

Available on request