

Can a volunteering intervention (Team Social Action) improve teenagers' well-being?

Submission date 26/09/2017	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 03/10/2017	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 07/05/2021	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

It is estimated that mental health problems impact one in ten children and young people. Research suggests that poor mental health is strongly related to other health and development concerns such as lower academic achievement, poor peer and school relationships, and lower well-being. Good mental health and social and emotional wellbeing gives young people the opportunity to develop resilience skills to cope with behavioural and mental health problems. Therefore, research is needed to develop cost-effective and feasible interventions for the promotion of wellbeing in young people. The current study aims to assess the effectiveness of the Team Social Action (TSA) intervention programme. TSA aims to support young people to foster interests, highlight achievements, develop life skills, understand their place in the world, and take on responsibilities, as well as increase connectedness to peers, school and/or the community. The current study will recruit about 300 secondary school pupils from Newham to examine whether TSA improves young people's wellbeing, peer relationships, and school connectedness.

Who can participate?

Pupils currently in Year 8 or Year 9 at a secondary school working in partnership with HeadStart Newham that is implementing TSA. Young people identified as having an emerging mental health difficulty by a professional or themselves.

What does the study involve?

Pupils are randomly allocated into one of two groups. Those in the first group participate in TSA during the first school term. During this time, those in the second group do not participate in any interventions. After the first group complete their participation, both groups complete online questionnaires that measure wellbeing, peer relationships, and school connectedness. After this, the second group go on to participate in TSA. The study lasts for one academic year.

What are the possible benefits and risks of participating?

Some pupils might find taking part in this study an interesting experience. Information obtained from this study may help us to understand more about what helps to increase young people's wellbeing, inform future research, and help to improve services for young people. There are no known disadvantages to taking part.

Where is the study run from?

London Borough of Newham, Children and Young People's Services (UK)

When is study starting and how long is it expected to run for?

May 2017 to September 2018

Who is funding the study?

Big Lottery Fund (UK)

Who is the main contact?

1. Prof. Neil Humphrey (scientific)

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Contact information

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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Improvement of well-being, peer relationships, and school connectedness through Team Social Action in secondary school students: a waitlist randomized controlled trial

Study objectives

The principal questions of the current study are:

RQ1. What is the impact of Team Social Action intervention on young people's self-reported mental well-being (SWEMWBS)?

RQ2. What is the impact of Team Social Action intervention on young people's self-reported school connection (SRS-School Connection)?

RQ3. What is the impact of Team Social Action intervention on young people's self-reported peer support (SRS-Peer Support)?

Ethics approval required

Old ethics approval format

Ethics approval(s)

UCL Research Ethics Committee, 27/09/2017, ref: 3562/003

Study design

Wait-list randomized controlled trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Wellbeing, peer relationships, and school connectedness

Interventions

A sample of approximately 300 pupils from 14 secondary schools in Newham will randomly be allocated into one of two groups, which will be balanced on year group (Year 8/Year 9) and gender (male/female):

1. Participate in Team Social Action (TSA) during the 2017 Autumn term
2. Be part of a waitlist comparison group who will participate in TSA in 2018 Spring term

Dose: Weekly facilitated group activities

Duration: One school term (10-12 weeks)

How it is administered: Young people work as a group to identify a volunteering/social action project with school and or/community components and are supported to co-develop and complete said project. Up to 3 one-to-one sessions take place, with youth practitioners

supporting students to reflect on their learning. The intervention is facilitated by trained youth practitioners.

Intervention Type

Behavioural

Primary outcome(s)

Wellbeing, measured using the Short Warwick Edinburgh Measure of Wellbeing (SWEMWBS) after the intervention group complete TSA but before the waitlist control group begin their participation (February-March 2018)

Key secondary outcome(s)

Peer relationships and school connectedness, measured using the Student Resilience Survey (SRS) after the intervention group complete TSA but before the waitlist control group begin their participation (February-March 2018)

Completion date

30/09/2018

Eligibility**Key inclusion criteria**

1. Young people attending secondary schools in Newham that implement the TSA intervention
2. Young people in Years 8 and 9
3. Young people with an emerging mental health difficulty as identified by a professional (such as a teacher) or them self. 1:1 screening between young person and youth practitioner to determine level of difficulty and willingness to take part in TSA

Participant type(s)

Other

Healthy volunteers allowed

No

Age group

Child

Sex

All

Key exclusion criteria

1. Young people from schools that do not implement the TSA intervention
2. Young people from Years 7, 10, 11, 12
3. Young people that have returned a parental opt-out
4. Young people currently under care of CAMHS

Date of first enrolment

16/10/2017

Date of final enrolment

20/10/2017

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

London Borough of Newham Children and Young People's Services

East Ham Town Hall

328 Barking Road

London

United Kingdom

E6 2RP

Sponsor information

Organisation

University of Manchester

ROR

<https://ror.org/027m9bs27>

Organisation

Anna Freud National Centre for Children and Families

Funder(s)

Funder type

Charity

Funder Name

Big Lottery Fund

Alternative Name(s)

BIG

Funding Body Type

Private sector organisation

Funding Body Subtype

Other non-profit organizations

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The data will not be made available because it is subject to a data sharing agreement with the host local authority (Newham) and funder (Big Lottery Fund) that does not include it being made available publicly. The data will be held at the University of Manchester.

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Funder report results		08/04/2019	07/05/2021	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes