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Efficacy of humanistic counselling in schools for emotional wellbeing

Submission date	Recruitment status	[ ] Prospectively registered
22/12/2009	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
22/02/2010	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
12/07/2013	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Ms Katherine McArthur

Contact details
University of Strathclyde
76 Southbrae Drive
Glasgow
United Kingdom
G13 1PP
+44 (0)141 950 3143
katherine.mcarthur@strath.ac.uk

Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
UEC0809/19

Study information

Scientific Title
Efficacy of humanistic counselling in schools for emotional wellbeing: a pilot randomised controlled trial

Acronym
SCOOLS II

Study objectives
For young people (13 - 18 years old) experiencing psychological distress, weekly counselling will be more effective than waiting list conditions.

Ethics approval required
Old ethics approval format

Ethics approval(s)
University of Strathclyde Ethics Committee approved on the 9th December 2009

Study design
Single centre randomised controlled pilot study

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Treatment

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied
Emotional wellbeing

Interventions
Counselling:
Young people will be offered weekly counselling for up to one school term. The nature of the counselling is therapeutic rather than advice- or career-orientated, and is based on the competences for humanistic psychological therapies developed at University College London through funding from Skills for Health. Counselling, defined in this way, puts particular emphasis on the development of a trusting relationship between the therapist and client, and tries to understand the client's 'world' from their point of view. Counsellors are BACP accredited practitioners or equivalent, working within a set of professional ethical guidelines for

counselling and psychotherapy. They have experience of working in humanistic ways with young people. A selection of session recordings will be audited by the research team to monitor adherence to humanistic psychological therapy competences.

Waiting list:
Young people allocated to the control condition will not be offered any formal counselling intervention for the school term. However, they will be informed that they can access the school's full pastoral care provision at any point during the trial. At the endpoint assessment, participants in the waiting list condition will be offered the option of direct entry to counselling in the following school term.

Follow-up assessments on both arms will be in the middle of the school term (approximately 5 - 6 weeks after baseline assessment) and at the end of the school term (approximately 10 - 12 weeks after baseline assessment).

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Current information as of 23/03/2010:
Clinical Outcomes in Routine Evaluation for Young People (YP-CORE), measured at baseline, midpoint and endpoint.

Initial information at time of registration:
Emotional Symptom Score on SDQ (SDQ-ES), measured at baseline, midpoint and endpoint.

Secondary outcome measures
Amendments as of 23/03/2010:
As of the above date, point 2 of the secondary outcomes measures has been changed to the following (all timepoints remain the same):
2. Emotional Symptom Score on SDQ (SDQ-ES)

Initial information at time of registration:
Measured at baseline, midpoint and endpoint:
1. Total Difficulties Score on SDQ (SDQ-TD)
2. Clinical Outcomes in Routine Evaluation for Young People (YP-CORE)
3. Self-Esteem (SEQ)
4. Experience of Service Questionnaire (ESQ)
5. Self-rated change (goal-based outcomes)
6. Adapted Change Interview (for clients)
7. Adapted Change Interview (for waitlist)

Overall study start date
11/01/2010

Completion date
30/06/2010

Eligibility

Key inclusion criteria
1. Aged 13 to 18 years, either sex
2. Experiencing borderline or abnormally high levels of emotional distress, as indicated by a score of 5 or above on the Strengths and Difficulties Questionnaire (SDQ) Emotional Symptoms Subscale at assessment
3. Motivated to attend counselling, as indicated at assessment
4. Capable of consenting to participate in research, as indicated by a member of the pastoral care team
5. Greater than 85 per cent attendance at school, as indicated by a member of the pastoral care team

Participant type(s)
Patient

Age group
Child

Lower age limit
13 Years

Upper age limit
18 Years

Sex
Both

Target number of participants
10

Key exclusion criteria
1. Risk of significant harm to self or other, as indicated by a member of the pastoral care team and the researcher at assessment
2. Involvement with other child and young people mental health agencies as indicated by a member of the pastoral care team and/or the young person at assessment
3. Planning/likely to move school during period of study, as indicated by a member of the pastoral care team and/or the young person at assessment

Date of first enrolment
11/01/2010

Date of final enrolment
30/06/2010

Locations

Countries of recruitment
Scotland

United Kingdom

Study participating centre
University of Strathclyde
Glasgow
United Kingdom
G13 1PP

Sponsor information

Organisation
University of Strathclyde (UK)

Sponsor details
76 Southbrae Drive
Glasgow
Scotland
United Kingdom
G13 1PP
sarah.currie@strath.ac.uk

Sponsor type
University/education

Website
http://www.strath.ac.uk

ROR
https://ror.org/00n3w3b69

Funder(s)

Funder type
Government

Funder Name
Greater Glasgow and Clyde NHS Trust (UK)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/10/2013		Yes	No