

# An evaluation of the PATHS® School Programme in Birmingham: support for school children aged 4 - 6 years

<b>Submission date</b> 21/10/2009	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 15/12/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 12/04/2017	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Not provided at time of registration

## Study website

<http://www.dartington.org.uk>

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

## Study information

### Scientific Title

A randomised controlled trial of the PATHS® School-Based Programme delivered in sixty primary schools across Birmingham City

### Study objectives

1. Children whose teachers received Promoting Alternative Thinking Strategies (PATHS®) training will show a reduced problem behaviour and hyperactivity, and improved social competence and social and emotional wellbeing
2. The PATHS® School-Based Programme will offer value for money and net benefit to the Council

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Warren House Group Ethics Committee, 05/03/2009, ref: WHG 2009-1

### Study design

Single-centre randomised controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### Study type(s)

Quality of life

### Participant information sheet

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

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

Conduct disorder (CD), hyperactivity, deficits in social and emotional wellbeing

### Interventions

The PATHS® programme (Promoting Alternative Thinking Strategies) curriculum is a programme for educators and counsellors and is designed to facilitate the development of self-control, emotional awareness, and interpersonal problem-solving skills. PATHS® is designed for use with elementary school-aged children. The purposes of the PATHS® Curriculum are to enhance the social competence and social understanding of children, as well as to facilitate educational processes in the classroom. PATHS® has been translated into Dutch, French, and Hebrew. It is

used in a variety of schools for normal, deaf, and other special needs children in The Netherlands, Belgium, Wales, Great Britain, Norway, Canada, Australia, and Israel. In the United States, it is currently being used in sites in Washington State, Texas, Kansas, Illinois, South Carolina, New Mexico, and Pennsylvania.

The PATHS® programme is grounded in the science of children's brain development, which has determined that children experience and react to strong emotions before developing the cognitive abilities to verbalise them. The PATHS® programme's practical, effective strategies teach children how to label their feelings and apply self-control strategies, leading to significant improvements in coping skills, classroom behaviour, and verbal fluency.

The waiting list control schools will be offered the intervention after the final follow-up which is June 2011.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome measure**

The parent-completed Strengths and Difficulties Questionnaire (SDQ) is the primary outcome measure for total child difficulties. We shall also analyse the subscales of conduct, peer relationships and hyperactivity problems, social competence, and the impact supplement, which assesses the impact problem behaviour can have in other areas of life. The clinical cut-off is 17 for total difficulties - the higher the score the worse the problems. This measure (and all secondary measures) will be administered at November 2009 baseline, and June 2010 and 2011 follow-ups.

### **Secondary outcome measures**

Baseline data collection will be via teacher-completed questionnaires, teacher roles and background survey (baseline only), PATHS Outcome Measure, School Climate Survey, implementation content survey, and implementation observations.

1. School climate: this survey measures general school climate, orientation of the school to innovation, collective responsibility, and working with parents
2. Teacher demographic and professional information: this survey measures demographic and professional information (behavioural management strategies) at baseline. In the June follow-ups, items regarding specific PATHS implementation support for programme condition teachers will be added to intervention group.
3. Teacher-reported measures of child problem behaviour: the PATHS outcome measure to assess social, emotional and behavioural problems in the school children
4. Observations of behaviours: we will use an observation developed for Fast Track that is a global rating scale of student behaviour. Timed observations involve conducting a 15-30 minute observation of teacher and classroom behaviour (developed by American Institute for Research [AIR]). At least one class will be observed in each school at each time point.

### **Overall study start date**

01/06/2009

### **Completion date**

30/11/2011

# Eligibility

## Key inclusion criteria

1. Primary schools within Birmingham City
2. Children aged 4 - 6 years, either sex

## Participant type(s)

Patient

## Age group

Child

## Lower age limit

4 Years

## Upper age limit

6 Years

## Sex

Both

## Target number of participants

60 schools, 30 intervention, 30 control

## Key exclusion criteria

Secondary schools and schools outside of the City

## Date of first enrolment

01/06/2009

## Date of final enrolment

30/11/2011

# Locations

## Countries of recruitment

England

United Kingdom

## Study participating centre

The Social Research Unit

Dartington

United Kingdom

TQ9 6AB

# Sponsor information

## Organisation

Birmingham County Council (UK)

## Sponsor details

CYP&F Directorate  
Room 183, Council House Extension  
Margaret Street  
Birmingham  
United Kingdom  
B3 3BU

## Sponsor type

Government

## Website

<http://www.birmingham.gov.uk/>

## ROR

<https://ror.org/04dm6ed68>

# Funder(s)

## Funder type

Government

## Funder Name

Birmingham County Council (UK) (ref: L680 TA-01631-01 RVPOG AOO)

# 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