# Me, You & Us: a programme for preventing eating disorders in UK secondary schools

Submission date	<b>Recruitment status</b> No longer recruiting	Prospectively registered	
05/02/2013		☐ Protocol	
Registration date	Overall study status	Statistical analysis plan	
19/02/2013	Completed	[X] Results	
Last Edited	Condition category	☐ Individual participant data	
12/09/2017	Mental and Behavioural Disorders		

#### Plain English summary of protocol

Background and study aims

This study explored ways of preventing eating disorders and tackling body dissatisfaction in young people. Although several school programmes of this sort already exist in the UK, none has been rigorously evaluated to determine whether it is actually helpful for young people. The aim of this study is to see whether students who receive a school intervention called Me, You & Us showed improvements in body esteem, eating habits, the extent to which they buy in to a media ideal of thinness, interactions with friends, mood and self-esteem, compared to their peers in a control group. The study also looks at how much students like these lessons and whether school staff are able to deliver the lessons from a manual they are given.

#### Who can participate?

All students in years 8 and 9 of participating schools

#### What does the study involve?

Classes in participants schools are randomly allocated to receive either the Me, You & Us intervention or to continue having their usual curriculum. The Me, You & Us programme involves six 50 minute lessons and is delivered by the participants' usual school teachers. All students are asked to complete a series of questionnaires at three times: before the lessons started, after the lessons finished and three months later. These questionnaires focus on eating habits, body satisfaction, friendships, mood and self-esteem. They take no longer than 45 minutes to complete and are administered by school staff during the normal school day.

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

Participants are offered a £10 shopping voucher on completion of the questionnaires as a gesture of appreciation of the time spent taking part. In addition, the school receives £10 per student taking part in recognition of the time and effort required to run the study. There are no risks of physical harm from taking part in this study. There is a small chance that students may find answering questions about eating or body satisfaction to be upsetting. However, students are reminded that they do not have to answer any questions that they do not want to and their teacher is present at all times to provide support if needed.

Where is the study run from? King's College London (UK)

When is the study starting and how long is it expected to run for? June 2011 to September 2012

Who is funding the study? National Institute for Health Research (NIHR) (UK)

Who is the main contact?

1. Ms Helen Sharpe
Helen.sharpe@kcl.ac.uk

2. Prof. Ulrike Schmidt
Ulrike.schmidt@kcl.ac.uk

## **Contact information**

#### Type(s)

Scientific

#### Contact name

Prof Ulrike Schmidt

#### Contact details

Section of Eating Disorders Institute of Psychiatry King's College London De Crespigny Park London United Kingdom SE5 8AF

## Additional identifiers

#### Protocol serial number

N/A

## Study information

#### Scientific Title

Me, You & Us: a programme for preventing eating disorders in UK secondary schools - a cluster randomised controlled trial

#### Acronym

MYU

#### **Study objectives**

Main hypothesis:

Students receiving the intervention will show significant improvements in body esteem, internalisation, peer support, appearance conversations, depressive symptoms, self-esteem and

eating pathology compared to students in the control group at post-intervention and at a three month follow up.

#### Subsidiary hypotheses:

- 1. Students will find the material in the intervention acceptable, in that they will report enjoying the lessons and perceive them as useful.
- 2. It will be feasible to train usual secondary school teachers to deliver an eating disorder prevention programme from a manual and student workbook with high fidelity.

#### Ethics approval required

Old ethics approval format

### Ethics approval(s)

King's College London Research Ethics Committee, Psychiatry, Nursing & Midwifery Research Ethics Subcommittee (REF PNM 10 11-96), 03/05/2011

#### Study design

Single-centre cluster randomised controlled trial

#### Primary study design

Interventional

#### Study type(s)

Prevention

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

Eating disorders / body dissatisfaction

#### **Interventions**

Participants in classes allocated to the intervention arm received six 50 minute sessions outlined in the Me, You & Us manual, focusing on media literacy, peer interactions, boosting mood and self-esteem. The sessions were delivered as part of the usual school day by teachers in participating schools. Teachers received a two hour training session on the material prior to delivery. Specific content of the sessions can be obtained from the contact details listed below.

Participants in classes allocated to the control arm received no intervention (curriculum as usual ). Lessons provided will be those usually given by school staff.

### Intervention Type

Other

#### Phase

Not Applicable

#### Primary outcome(s)

Participant self-reported body esteem, assessed by the 23-item Body Esteem Scale for Adolescents and Adults. Questionnaires were administered at baseline, post-intervention and three-month follow-up

#### Key secondary outcome(s))

- 1. Participant self-reported questionnaires assessing:
- 1.1. Eating pathology (Eating Disorders Diagnostic Scale, 22 items)
- 1.2. Thin-ideal internalization (Sociocultural Attitudes Towards Appearance Scale Internalization, 9 items)
- 1.3. Appearance conversations with friends (Appearance Conversations with Friends Scale, 5 items)
- 1.4. Peer support (Multidimensional Scale of Perceived Social Support Friends, 4 items)
- 1.5. Depressive symptoms (Depression, Anxiety and Stress Scale, 21 items)
- 1.6. Self-esteem (1 item)

All questionnaires administered at baseline, post-intervention and three-month follow-up

- 2. In addition participants provided feedback on the acceptability of the intervention at post-intervention with two self-report items assessing how much students liked the lessons and how helpful they found the lessons
- 3. Feasibility of the mode of delivery was assessed through observations of two intervention lessons in each participating school, which were rated based on the number of activities outlined in the manual that were completed in the session

#### Completion date

30/09/2012

## Eligibility

#### Key inclusion criteria

School inclusion criteria: UK based secondary school with students in years 8 and/or 9

Participant inclusion criteria: student (male or female) in year 8 or 9 in participating secondary school

#### Participant type(s)

Other

#### Healthy volunteers allowed

No

#### Age group

Child

#### Sex

All

#### Key exclusion criteria

Participant exclusion criteria:

- 1. Lack of parental/carer consent
- 2. Insufficient English language ability to understand assent procedures or complete questionnaire measures

#### Date of first enrolment

01/06/2011

#### Date of final enrolment

## Locations

#### Countries of recruitment

**United Kingdom** 

England

Study participating centre King's College London London United Kingdom SE5 8AF

## Sponsor information

#### Organisation

King's College London (UK)

#### **ROR**

https://ror.org/0220mzb33

## Funder(s)

#### Funder type

Government

#### **Funder Name**

National Institute for Health Research (NIHR) (UK) - Programme Grants for Applied Research scheme (RP-PG-0606-1043)

#### **Funder Name**

NIHR Biomedical Research Centre for Mental Health, South London and Maudsley NHS Foundation Trust and Institute of Psychiatry, Kings College London (UK)

## **Results and Publications**

## 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	01/12/2013	Yes	No
Results article	results	01/08/2017	Yes	No
Participant information sheet	Participant information sheet	11/11/2025 11/11/2025	No	Yes