

Evaluation of In:tuition- life-skills based interactive teaching resource for primary and secondary schools (study 2 12- and 13-year-old children)

Submission date 21/05/2013	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 29/07/2013	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 24/01/2019	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

In:tuition is a life-skills education programme which aims to build young peoples confidence, personal and social skills, helping them to explore how they make decisions so they can understand what might influence them. One of its ultimate aims is to reduce alcohol misuse but its focus is wider, addressing a range of relevant personal needs in an age-sensitive way.

Who can participate?

Students aged 11 and 12 years in year 7 of secondary school

What does the study involve?

In:tuition is being trialled in secondary schools. We ask year 7 children a series of questions in the summer term 2013. They are then randomly allocated either to receive In:tuition or their normal Personal, Social and Health Education provision during the autumn term 2013 and spring term 2014 i.e. when they are in year 8. In summer 2014, they are asked the same questions to determine whether In:tuition has worked.

What are the possible benefits and risks of participating?

The programme may improve young peoples confidence, personal and social skills.

Where is the study run from?

The study is being run by National Foundation for Educational Research, Slough, UK.

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

The study started in January 2013 and will run until September 2014.

Who is funding the study?

Alcohol Research UK

Who is the main contact?

Dr Ben Styles

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Contact information

Type(s)

Scientific

Contact name

Dr Ben Styles

Contact details

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Additional identifiers

Protocol serial number

NFER2

Study information

Scientific Title

Cluster randomised trial of life-skills programme to reduce alcohol misuse amongst 12- and 13-year-old children

Acronym

INTU2

Study objectives

The use of the In:tuition teaching resource reduces the frequency of drinking among 12- and 13-year-olds

Ethics approval required

Old ethics approval format

Ethics approval(s)

National Foundation for Educational Research Code of Practice Committee 9th May 2013.

Study design

Cluster randomised trial with baseline and follow-up questionnaires.

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Alcohol misuse

Interventions

In:tuition is a free life-skills based interactive teaching resource for primary and secondary schools developed by alcohol education charity Drinkaware.

Duration of intervention: 12 weeks of one lesson per week.

Participants are randomised into two groups:

1. The experimental group will consist of 2000 pupils across 40 schools who shall receive the In:tuition programme over 12 weeks; one lesson per week.
2. The control group will consist of 2000 pupils across 40 schools who shall receive their normal Personal, Social and Health education.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Frequency of drinking (once a month or more)

All outcomes are measured once at baseline (June 2013) and once a follow-up (May 2014)

Key secondary outcome(s)

1. Onset of drinking
2. Knowledge of health effects of alcohol
3. Resistance skills (confidence to manage peer pressure)
4. Decision-making skills
5. Understanding of social norms relating to alcohol

Completion date

30/09/2014

Eligibility**Key inclusion criteria**

Students in year 7 of secondary school i.e. aged 11 and 12

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Other

Sex

All

Key exclusion criteria

Parental opt-out

Date of first enrolment

17/01/2013

Date of final enrolment

30/09/2014

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre

National Foundation for Educational Research

Slough

United Kingdom

SL1 2DQ

Sponsor information**Organisation**

Alcohol Research UK (UK)

ROR

<https://ror.org/00dpq7q77>

Funder(s)**Funder type**

Charity

Funder Name

Alcohol Research UK (UK)

Alternative Name(s)

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

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Funder report results	results	01/02/2015	24/01/2019	No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes