

# A research study of youth mentoring

<b>Submission date</b> 22/03/2023	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 28/03/2023	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 11/11/2024	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Most rigorous impact evaluations focus on well-defined manualised programmes or interventions, delivered at a single site or by a single organisation. However, the core business of youth agencies tends to be delivered by small, local, and often voluntary organisations and consists of non-manualised, yet widespread, approaches such as mentoring and semi-structured group recreational activities. This means both that the evidence base does not fully reflect the actual work of youth agencies, and that many well-evidenced interventions are not suitable for mainstream delivery in youth work. To address this imbalance, this study aims to test the feasibility of engaging multiple small youth organisations in a high-quality evaluation of a common and promising but under-evaluated provision: mentoring. The study aims to study the impact of short-term mentoring on the social and emotional learning skills of young people at risk of youth violence. It also aims to generate important learning about how to undertake multi-site trials with youth organisations and of non-manualised practices.

### Who can participate?

Young people who exhibit at least one of the Youth Endowment Fund-listed risk factors for youth violence, aged between 10 and 14 years, or up to 17 years by exception, with no more than 30% of the young people aged 15 to 17 years per youth agency

### What does the study involve?

Participants are randomly allocated to the intervention group or the wait-list control group. The treatment group will receive one-on-one mentoring through 12 weekly sessions of at least 45 minutes in addition to services as usual. The control group will receive services as usual from the youth agency, and will then be enrolled into mentoring after 12 weeks. The mentoring will be provided by adult paid mentors. Data will be collected at baseline and at a 12-week follow-up. An implementation process evaluation will also be undertaken to assess the feasibility and acceptability of both the trial arrangements and the shared practice model.

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

The benefits include better social and emotional learning skills for young people. Specific benefits will accrue to the youth agency through the delivery of a shared-practice model of mentoring helping build the knowledge base and capacity within these agencies. There are no risks from participating in the study.

Where is the study run from?  
Centre for Evidence and Implementation (UK)

When is the study starting and how long is it expected to run for?  
December 2022 to January 2024

Who is funding the study?  
Youth Endowment Fund (UK)

Who is the main contact?  
Jane Lewis, Jane.lewis@ceiglobal.org

## Contact information

### Type(s)

Principal investigator

### Contact name

Ms Jane Lewis

### Contact details

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Evidence Quarter  
94-96 Petty France  
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United Kingdom  
SW1H 9EA  
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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

Protocol version 1.0

## Study information

### Scientific Title

Impacts of a short-term mentoring model for young people: a multi-site randomized controlled trial

### Study objectives

The primary research hypothesis for this impact evaluation is:

1. Short-term mentoring to have a positive impact on the social and emotional learning skills of young people at risk of youth violence, compared with services as usual.

The process and implementation evaluation aims to further probe two questions:

2. What is the feasibility of running a multi-site trial with small, local, and independent youth agencies, and what support is required?

3. What is the feasibility of delivering the shared practice model across all youth agencies participating in the efficacy trial?

### **Ethics approval required**

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### **Ethics approval(s)**

approved 12/01/2023, University of Cumbria Research Ethics Committee (Research and Knowledge Exchange, University of Cumbria, Fusehill Street, Carlisle, CA1 2HH, United Kingdom; +44 (0)1228 400362 ext: 8362; colette.conroy@cumbria.ac.uk), ref: 22/32

### **Study design**

Two-arm randomized controlled multi-site trial

### **Primary study design**

Interventional

### **Study type(s)**

Efficacy

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

Social and emotional skills

### **Interventions**

Randomization will be at the individual level after stratifying on youth agencies (multi-sites) using a merged block randomization procedure automated software built into the study data portal. No masking procedure is followed. There are two study arms with a 1:1 allocation:

1. Treatment Arm: Young people receive a shared practice model of mentoring on a one-to-one basis in the form of 12 sessions of at least 45 minutes over the course of 12 weeks. Sessions will be by a paid adult mentor at the youth agency, over and above 'service as usual' provided by the agency. 2. Control Arm: Young people receive 'service as usual' provided by the youth agency while being on a 12-week wait list for one-to-one mentoring. They will then receive the shared practice model of mentoring as described above.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Social and emotional skills measured by the Strengths and Difficulties Questionnaire to be administered at baseline prior to randomisation and again at 12-15 weeks after randomisation, which marks the end of the mentoring intervention for the intervention group and the end of the waiting period for the control group.

### **Key secondary outcome(s))**

1. Self-confidence
2. Problem solving and decision making
3. Teamwork and social skills building
4. Emotional regulation and resilience

All measures will be measured using the Evaluation of the National Citizen Service, to be administered at baseline prior to the baseline and again at 12-15 weeks after randomisation which marks the end of the mentoring intervention for the intervention group and the end of the waiting period for the control group.

**Completion date**

31/01/2024

## Eligibility

**Key inclusion criteria**

The eligibility criteria for the recruitment of young people to the efficacy trial will be:

1. Young people aged between 10 and 14 years, or up to 17 years by exception, with no more than 30% of the young people aged 15 to 17 years per youth agency
2. Young people exhibit at least one of the Youth Endowment Fund-listed risk factors for youth violence
3. Youth agency deems the young person at a suitable level of need to benefit from 12 weeks of mentoring and not to be put at risk if allocated to the waiting list

**Participant type(s)**

Other

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

10 years

**Upper age limit**

17 years

**Sex**

All

**Total final enrolment**

744

**Key exclusion criteria**

The only exclusion criterion is if a young person is facing immediate risk or crisis, or if being on a waiting list would be potentially harmful. Youth agencies are responsible for determining the threshold of cases that they put forward for the trial.

**Date of first enrolment**

01/03/2023

**Date of final enrolment**

31/08/2023

## Locations

**Countries of recruitment**

United Kingdom

England

Wales

**Study participating centre****Action for Change**

17 Canons Close

Radlett

United Kingdom

WD7 7ER

**Study participating centre****Buddy Up**

254A Chessington Road

Ewell

Epsom

United Kingdom

KT19 9XF

**Study participating centre****Dame Kelly Holmes Trust**

Ground Floor and Basement

7 Barton Buildings

Bath

United Kingdom

BA1 2JR

**Study participating centre****Education and Skills Development Group**

Resource Centre

Featherstone Terrace

Southall

United Kingdom  
UB2 5AL

**Study participating centre**

**The Enthusiasm Trust**  
Enthusiasm Youth Hub  
50 Cotton Lane  
Osmaston  
Derby  
United Kingdom  
DE24 8GG

**Study participating centre**

**Getaway Girls**  
67 Bayswater Grove  
Harehills  
Leeds  
United Kingdom  
LS8 5LN

**Study participating centre**

**Mancroft Advice Project (map)**  
The Risebrow Centre  
Chantry Road  
Norwich  
United Kingdom  
NR2 1RF

**Study participating centre**

**Media Academy Cymru Ltd**  
12 Coopers Yard  
Curran Road  
Cardiff  
United Kingdom  
CF10 5NB

**Study participating centre**

**NAOS (Bristol) CIC**  
The Station  
Silver Street  
Bristol

United Kingdom  
BS1 2AG

**Study participating centre**

**Positive Youth Foundation**

The Techno Centre Coventry University Technology Park  
Puma Way  
Coventry  
United Kingdom  
CV1 2TT

**Study participating centre**

**Power2**

26A Warrington Street  
Ashton-under-Lyne  
United Kingdom  
OL6 6AS

**Study participating centre**

**Reaching Higher**

Reaching Higher  
Suffolk Road  
Croydon  
United Kingdom  
SE25 6EG

**Study participating centre**

**SOFEA**

1E Trident Park  
Didcot  
United Kingdom  
OX11 7HJ

**Study participating centre**

**Switch Midlands CIC**

Ryefield  
Pendeford  
Wolverhampton  
United Kingdom  
WV8 1TX

**Study participating centre****The Trust for Developing Communities (TDC)**

The Trust for the Developing Communities, Community Base  
113 Queens Road  
Brighton  
United Kingdom  
BN1 3XG

**Study participating centre****Youth Cymru**

Unit D/Upper Boat Trading Est  
Pontypridd  
United Kingdom  
CF37 5BP

**Study participating centre****Emerge**

Sutton Community Centre  
51 Kyffin Place  
Bradford  
United Kingdom  
BD4 8NB

**Sponsor information****Organisation**

Youth Endowment Fund

**Funder(s)****Funder type**

Charity

**Funder Name**

Youth Endowment Fund

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be stored in a publicly available repository.

Individual-level outcomes data will be deposited to the ONS after being anonymised by the Department for Education, which will replace identifying information with the DfE's pupil-matching reference numbers. This data will be available after the publication of the final report and be retained by the ONS indefinitely for future research into the impact of Youth Endowment Fund funded interventions. ONS-accredited researchers would be able to access the data through an application to the Youth Endowment Fund (the funder of this study). Information on data archiving is provided to participants in the participant information sheet and Data Privacy Notice and all participants provide informed consent before participation in the trial.

## IPD sharing plan summary

Stored in publicly available repository

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Funder report results</a>	version 24	11/11/2024	11/11/2024	No	No
<a href="#">Protocol (other)</a>		01/03/2023	31/03/2023	No	No
<a href="#">Protocol file</a>		01/03/2023	31/03/2023	No	No
<a href="#">Protocol file</a>	version 1.2	09/10/2023	11/10/2023	No	No
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes