

# Evaluation of In:tuition - life-skills based interactive teaching resource for primary and secondary schools (study 1 10-and 11-year-old children)

<b>Submission date</b> 21/05/2013	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 29/07/2013	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 06/02/2017	<b>Condition category</b> Other	<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 in year 5 of primary school.

### What does the study involve?

In:tuition is being trialled in primary schools. We ask year 5 children a series of questions in the summer term 2013. They are then randomly allocated either to receive either 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 6. 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 and takes place in 79 primary schools from across England (UK)

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

October 2012 to March 2015

### 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

NFER1

## Study information

### Scientific Title

Cluster-randomised trial of a life-skills programme to manage peer pressure for 10- and 11-year-old children

### Acronym

INTU1

### Study objectives

The aim of this study is to evaluate whether the use of the In:tuition teaching resource improves confidence to manage peer pressure in 10 and 11 year-olds.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

National Foundation for Educational Research's Code of Practice Committee, 09/05/2013

### Study design

Cluster randomised trial

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Peer pressure management in children

## **Interventions**

Interventions as of 06/02/2017:

Schools are randomly allocated to intervention and control. Schools were randomised in five blocks. Block sizes are 46, 12, 10, 10 and 1. Schools are aware of their group allocation when they completed the baseline questionnaires, as they are simultaneously notified of their group and asked to complete questionnaires.

Intervention arm: The primary school programme consists of 12 lessons (a period of 40 minutes is recommended for each lesson). Alcohol is its theme but the focus is much wider and also includes:

1. Self-awareness
2. Attitudes and behaviour
3. Advertising, branding and the media
4. Personal choices
5. Emotions, communication skills and assertive behaviour
6. The influence of peers
7. Goal setting and confidence.

In:tuition uses a 'life skills approach' to help pupils learn and practice some important skills such as communication, working as a team and decision-making. The programme can be delivered through Personal, Social, and Health Education (PSHE) and Citizenship teaching but schools can also adopt a cross-curricular approach. Some digital tools are included, but each lesson has a paper-based alternative available to download. Home learning tasks are included to encourage discussion with parents/carers and promote consistent messages to young people at home and school.

Control arm: Control schools continued with their normal PSHE/alcohol education curriculum.

Original 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.

The participants are randomised to two groups:

The experimental group will consist of 875 pupils across 35 schools who shall receive the In:tuition programme over 12 weeks; one lesson per week.

The control group will consist of 875 pupils across 35 schools who shall receive their normal Personal, Social and Health education.

## **Intervention Type**

Other

## **Phase**

Not Applicable

**Primary outcome(s)**

1. Resistance skills (confidence to manage peer pressure)

All outcomes are measured using a bespoke questionnaire that consisted of new questions, questions from Fuller (2013) and questions from Lynch et al. (2013) at baseline and 12 months.

**Key secondary outcome(s)**

1. Knowledge of health effects of alcohol
2. Decision-making skills
3. Understanding of social norms relating to alcohol

All outcomes are measured using a bespoke questionnaire that consisted of new questions, questions from Fuller (2013) and questions from Lynch et al. (2013) at baseline and 12 months.

**Completion date**

09/03/2015

**Eligibility****Key inclusion criteria**

Students in year 5 of primary school

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Child

**Sex**

All

**Key exclusion criteria**

Parental opt-out

**Date of first enrolment**

15/04/2013

**Date of final enrolment**

16/07/2013

**Locations****Countries of recruitment**

United Kingdom

England

**Study participating centre**  
**National Foundation for Educational Research**  
The Mere  
Upton Park  
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**

The datasets generated during and/or analysed during the current study are available upon request from Dr Ben Styles ([b.styles@nfer.ac.uk](mailto:b.styles@nfer.ac.uk))

**IPD sharing plan summary**  
Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Funder report results</a>	results	01/03/2015		No	No
<a href="#">Participant information sheet</a>		06/02/2017	06/02/2017	No	Yes
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes