ISRCTN11162672 https://doi.org/10.1186/ISRCTN11162672

Can a resilience intervention (Bounce Back) improve children's mental health?

Submission date
19/03/2020

Recruitment status
No longer recruiting

Registration date
20/03/2020

Overall study status
Completed

Last Edited
04/01/2021

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
The rates of mental health problems in children and young people (CYP) are estimated to be much higher than previously thought, with two in five CYP reporting increased symptomatology. Poor mental health has been connected to poor developmental outcomes, such as lower academic achievement, poor peer and school relationships, and lower well-being. Cost-effective and feasible interventions are thus urgently needed for the improvement of mental health outcomes and promotion of wellbeing in CYP. Schools are considered an ideal setting for the monitoring and promotion of mental health, given how much time CYP spend in these. The current study thus aims to assess the effectiveness of the Bounce Back (BB), a group-based intervention program delivered in schools. BB aims to improve pupil understanding of resilience and wellbeing, provide practical skills to make positive behaviour changes, support pupils to build their confidence and friendships. These outcomes are hoped to support a positive transition to secondary school.

Who can participate?
Young people in Years 5 or 6 attending primary schools in Newham that implement the BB intervention reporting at least one indicator of emerging mental health difficulty (a mild or moderate emotional, behavioural, attention, or relationship difficulty).

What does the study involve?
Primary schools in Newham are randomly allocated into one of two groups:
1. Participate in Bounce Back (BB) during the 2019 Autumn term
2. Be part of a waitlist comparison group who will participate in BB in 2020 Spring-Summer term
The Bounce Back programme is delivered for one hour per week for 10 weeks.

What are the possible benefits and risks of participating?
There are no known risks/disadvantages of completing the intervention. There are no guaranteed benefits, however, most people find taking part in research projects rewarding, as it may help to improve services for young people, and to find out about things that may benefit other people in the future.

Where is the study run from?
London Borough of Newham Children's Health and HeadStart Newham CYPS (UK)

When is the study starting and how long is it expected to run for?
May 2019 to October 2020

Who is funding the study?
National Lottery Community Fund (UK)

Who is the main contact?
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Additional identifiers

Study information

Scientific Title
Bounce Back: Randomized trial of a brief, school-based group intervention for children with emergent mental health difficulties

Study objectives
The principal questions of the current study are:
RQ1. What is the impact of BounceBack Newham intervention on participants' self-reported emotional (Me and My Feelings) scores?
RQ2. What is the impact of BounceBack Newham intervention on participants' self-reported behavioural (Me and My Feelings) scores?
RQ3. What is the impact of BounceBack Newham intervention on participants' self-reported self-esteem (SRS-Self-esteem) scores?
RQ4. What is the impact of BounceBack Newham intervention on participants' self-reported problem solving skills (SRS-Problem-solving) scores?
RQ5. Is the impact of BounceBack Newham intervention on the above outcomes moderated by attendance rates?
RQ6. Is the impact of BounceBack Newham intervention on the above outcomes sustained over time?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 28/05/2019, UCL Research Ethics Committee (Office of the Vice-Provost (Research) University College London, Taviton St, London, WC1E 6BT, UK; +44 (0)20 7679 8717; ethics@ucl.ac.uk), ref: 6299/004

Primary study design
Interventional

Study design
Waitlist cluster randomized controlled trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Child mental health

Interventions
A sample of 24 primary schools in Newham are randomly allocated into one of two groups:
1. Participate in Bounce Back (BB) during the 2019 Autumn term
2. Be part of a waitlist comparison group who will participate in BB in 2020 Spring-Summer term

Randomization took place at the school level and was balanced on year group (5 vs. 6).

Dose: Weekly 1-hour facilitated group activities
Duration: One school term (10 weeks)
How it is administered: Young people work as a group, which is facilitated by a Youth Practitioner, to identify and learn about 10 different life areas and how these link to maintaining wellbeing and emotional resilience. Using an action learning approach, “plan, do, review”, each participant sets a personal behaviour change challenge each week and rates their progress towards achieving it. Participants are provided with a workbook to guide their learning.

Intervention Type
Behavioural

Primary outcome(s)
Emotional symptoms, measured using the Me and My Feelings at baseline and 10-weeks

Key secondary outcome(s)
At baseline and 10-weeks:
1. Behavioral problems measured using the Me and My Feelings tool
2. Self-esteem measured using the Student Resilience Survey
3. Problem-solving skills measured using the Student-Resilience Survey

Completion date
31/10/2020

Eligibility

Key inclusion criteria
1. Attending primary schools in Newham that implement the BB intervention
2. In Years 5 or 6
3. Reporting at least one indicator of emerging mental health difficulty (a mild or moderate emotional, behavioural, attention, or relationship difficulty) as assessed by the professional recommending or themself
4. Following receipt of recommendation, 1:1 screening between young person and youth practitioner to determine level of difficultly and willingness to take part in BB

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Child

Sex
All

Total final enrolment
326

Key exclusion criteria

1. Returned a parental opt-out
2. Currently under the care of CAMHS

Date of first enrolment
01/05/2019

Date of final enrolment
31/05/2019

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
London Borough of Newham Children's Health and HeadStart Newham CYPS
3rd Floor East Wing Newham Dockside
1000 Dockside Road
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Sponsor information

Organisation
Anna Freud Centre

ROR
https://ror.org/0497xq319

Funder(s)

Funder type
Charity

Funder Name
National Lottery Community Fund

Alternative Name(s)
Big Lottery Fund, TNLcommunityfund, TNLComFund, The National Lottery Community Fund

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 current data sharing plans for this study are unknown and will be available at a later date.

IPD sharing plan summary
Data sharing statement to be made available at a later date

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	08/08/2020	11/08/2020	Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes