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Evaluation of Motivationslyftet – a school-based intervention to improve self-efficacy, mental health and academic achievement among adolescents

Submission date 21/07/2025	**Recruitment status** Recruiting	[X] Prospectively registered [ ] Protocol [ ] Statistical analysis plan [ ] Results [ ] Individual participant data [ ] Record updated in last year
Registration date 04/08/2025	**Overall study status** Ongoing	
Last Edited 29/07/2025	**Condition category** Other	

Plain English summary of protocol

Background and study aims

Mental health problems among adolescents are increasing both in Sweden and globally. Schools are seen as a key arena for supporting young people's development and wellbeing. "Motivationslyftet – Empowering young people" is a school-based programme that includes thematic and module-based activities, consisting of: life skills education, school curriculum reinforcement, and staff- and supervisor training. This study aims to evaluate the effects of the universal school-based intervention Motivationslyftet on general self-efficacy, mental health, and academic achievement in adolescents (aged 13-16).

Who can participate?

1. Students in grade 7 (aged 13 to 14) from participating schools. Both boys and girls will participate.
2. A selection of teachers from participating schools

What does the study involve?

This interventional cluster-controlled study will involve schools that deliver the programme Motivationslyftet and matched control schools. The study will follow students over three school years (grades 7 to 9), with questionnaires collected at the start and at the end of grade 7 and at the end of grade 9. These questionnaires will assess areas such as self-efficacy, anxiety, stress, school climate, self-esteem and academic achievement. Teachers will also be asked about the school environment and how the programme works in practice.

What are the possible benefits and risks of participating?

Young people and their guardians will receive clear and age-appropriate information about the study, including its purpose and how their personal data will be used. Participation is voluntary and students can withdraw at any time without consequences. All participants must have informed consent from their legal guardians to take part in the study.

The study has been designed with careful ethical consideration. The possible benefits of the

research, such as improved understanding of how to support adolescents' well-being in schools, are considered greater than the possible risks.
One potential risk is that students may compare themselves to classmates when answering sensitive questions, for example about mental health. To reduce this risk, no participants will see individual results during the data collection, and all responses will be anonymous.
A potential disadvantage could also be that students in the control group will not receive the Motivationslyftet programme during the study period. These schools do not currently use the programme, and students will continue with their regular education and support as usual. This helps ensure that any potential disadvantage to the control group is minimised.

Where is the study run from?
Karolinska Institutet in Stockholm, Sweden.

When is the study starting and how long is it expected to run for?
The study starts in September 2025 and will run until July 2028.

Who is funding the study?
The study is funded by external research grants from the foundation: Star for life (Sweden)

Who is the main contact?
Susanne Andermo, Associate Professor, Karolinska Institutet.
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Study information

Scientific Title
A cluster-controlled trial evaluating the effects of Motivationslyftet, a universal school-based intervention, on self-efficacy, mental health, and academic achievement in Swedish adolescents aged 13–16 years

Study objectives
This study aims to evaluate the effects of the universal school-based intervention Motivationslyftet on general self-efficacy, mental health, and academic achievement in adolescents (aged 13-16). The primary hypothesis is that adolescents (aged 13-16) who participate in the programme Motivationlyftet will improve their general self-efficacy compared to the control group. The secondary hypothesis is that the adolescents that participate in Motivationslyftet intervention will show improved psychosomatic health, lower anxiety, higher self-esteem, lower stress and higher academic achievement, better perceived school climate, compared to those in the control group.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 14/01/2025, Swedish Ethical Review Authority (Box 2110, Uppsala, 75002, Sweden; +46 104750800; registrator@etikprovning.se), ref: 2024-08346-01

Primary study design
Interventional

Study design
Multicenter interventional cluster-controlled trial with matched control schools

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Promotion of self-efficacy, mental health and academic achievement in adolescents through a school-based programme

Interventions
Intervention schools (n = 3- 8) with adolescents (n = 150 -250) in grade 7 (aged 13-14) will be recruited in Sweden during spring/summer 2025 to implement the programme Motivationslyftet throughout the academic years seven, eight and nine i.e. from autumn semester 2025 to spring semester 2028. Control schools (n = 3-8) with adolescents (n = 150-250) will be matched based on school socioeconomic index. All participating adolescents and legal guardians will be informed and consent to participate in the study before data collection.
Students in the intervention schools will receive Motivationslyftet, which is a multi-year programme including thematic and module-based activities, consisting of:
1. Educating and training children and young people with 15 different life skills
2. School curriculum reinforcement
3. Staff training
4. Supervisor training
The control group will have schooldays as usual.
Students in the control schools will follow their standard curriculum and school activities without additional intervention.

Intervention Type
Behavioural

Primary outcome(s)
Adolescents' self-reported self-efficacy, assessed with the Swedish version (Löve et al., 2012) of the general self-efficacy scale (Schwarzer & Jerusalem, 2010) that has been validated in adolescents (Lönnfjord & Hagquist, 2018) at baseline (September- October 2025),post-intervention (April - June 2026) and follow-up (April- June 2028).

Key secondary outcome(s)
1. Academic achievement, school climate, and psychosomatic health measured by the Swedish items from the Health Behaviour in School-aged Children study (Folkhälsomyndigheten, 2023; World Health Organization, 2020) at baseline (September- October 2025), post-intervention (April - June 2026) and follow-up (April- June 2028).
2. Anxiety will be assessed using the short version of the Spence Children's Anxiety Scale (Ahlen et al., 2018; Spence et al., 2003) at baseline (September- October 2025), post-intervention (April—June 2026), and follow-up (April—June 2028).
3. Self-esteem will be evaluated with the Rosenberg scale (Rosenberg, 1965) at baseline (September- October 2025), post-intervention (April - June 2026) and follow-up (April- June 2028).
4. Symptoms of stress will be measured with a Scandinavian scale (Elo et al., 2003) at baseline (September- October 2025), post-intervention (April - June 2026) and follow-up (April- June 2028).
5. Teachers' perceptions of school climate and relations will be assessed in both intervention and control schools with the Pedagogical School Climate [PESOC] instrument, adapted and validated for teachers (Hultin et al., 2018) at baseline (September- October 2025), post-intervention (April - June 2026) and follow-up (April- June 2028).
6. Teachers in intervention schools will also answer questions regarding the perceived acceptability, appropriateness, and feasibility of implementing the Motivationslyftet programme in their schools (Weiner et al., 2017) at baseline (September- October 2025), post-intervention (April - June 2026) and follow-up (April- June 2028).

Completion date
01/07/2028

Eligibility

Key inclusion criteria
1. Schools in Sweden that already use the programme Motivationslyftet will be offered to participate in the study as intervention groups. Control schools will be matched based on the school's socioeconomic index.
2. All students in grade 7 (aged 13-14 years) from participating schools
3. Teachers from the included schools

Participant type(s)
Learner/student

Healthy volunteers allowed
No

Age group
Child

Lower age limit

13 Years

Upper age limit
16 Years

Sex
All

Key exclusion criteria
1. Schools that have used the programme Motivationslyftet or similar will not be invited to be control schools in the project.
2. Students who do not understand written Swedish, or who have conditions that prevent them from completing questionnaires independently, may be excluded from specific analyses.
3. Students in intervention schools who participated in the programme Motivationslyftet during middle school may be excluded from specific analyses.

Date of first enrolment
25/08/2025

Date of final enrolment
30/06/2028

Locations

Countries of recruitment
Sweden

Study participating centre
Karolinska Institutet
Alfred Nobels allé 23
Huddinge
Sweden
14152

Sponsor information

Organisation
Karolinska Institutet

ROR
https://ror.org/056d84691

Funder(s)

Funder type
Charity

Funder Name
Star for Life Sweden

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and/or analysed during the current study will be avaliable upon request from Susanne Andermo Susanne.andermo@ki.se

IPD sharing plan summary
Available on request