

Efficacy of humanistic counselling in schools for emotional wellbeing

Submission date 22/12/2009	Recruitment status No longer recruiting	☐ Prospectively registered
		☐ Protocol
Registration date 22/02/2010	Overall study status Completed	☐ Statistical analysis plan
		☒ Results
Last Edited 12/07/2013	Condition category Mental and Behavioural Disorders	☐ Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
UEC0809/19

Study information

Scientific Title
Efficacy of humanistic counselling in schools for emotional wellbeing: a pilot randomised controlled trial

Acronym

SCOOLES II

Study objectives

For young people (13 - 18 years old) experiencing psychological distress, weekly counselling will be more effective than waiting list conditions.

Ethics approval required

Old ethics approval format

Ethics approval(s)

University of Strathclyde Ethics Committee approved on the 9th December 2009

Primary study design

Interventional

Study design

Single centre randomised controlled pilot study

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Emotional wellbeing

Interventions

Counselling:

Young people will be offered weekly counselling for up to one school term. The nature of the counselling is therapeutic rather than advice- or career-orientated, and is based on the competences for humanistic psychological therapies developed at University College London through funding from Skills for Health. Counselling, defined in this way, puts particular emphasis on the development of a trusting relationship between the therapist and client, and tries to understand the client's 'world' from their point of view. Counsellors are BACP accredited practitioners or equivalent, working within a set of professional ethical guidelines for counselling and psychotherapy. They have experience of working in humanistic ways with young people. A selection of session recordings will be audited by the research team to monitor adherence to humanistic psychological therapy competences.

Waiting list:

Young people allocated to the control condition will not be offered any formal counselling intervention for the school term. However, they will be informed that they can access the school's full pastoral care provision at any point during the trial. At the endpoint assessment, participants in the waiting list condition will be offered the option of direct entry to counselling in the following school term.

Follow-up assessments on both arms will be in the middle of the school term (approximately 5 - 6 weeks after baseline assessment) and at the end of the school term (approximately 10 - 12 weeks after baseline assessment).

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Current information as of 23/03/2010:

Clinical Outcomes in Routine Evaluation for Young People (YP-CORE), measured at baseline, midpoint and endpoint.

Initial information at time of registration:

Emotional Symptom Score on SDQ (SDQ-ES), measured at baseline, midpoint and endpoint.

Key secondary outcome(s)

Amendments as of 23/03/2010:

As of the above date, point 2 of the secondary outcomes measures has been changed to the following (all timepoints remain the same):

2. Emotional Symptom Score on SDQ (SDQ-ES)

Initial information at time of registration:

Measured at baseline, midpoint and endpoint:

1. Total Difficulties Score on SDQ (SDQ-TD)
2. Clinical Outcomes in Routine Evaluation for Young People (YP-CORE)
3. Self-Esteem (SEQ)
4. Experience of Service Questionnaire (ESQ)
5. Self-rated change (goal-based outcomes)
6. Adapted Change Interview (for clients)
7. Adapted Change Interview (for waitlist)

Completion date

30/06/2010

Eligibility**Key inclusion criteria**

1. Aged 13 to 18 years, either sex
2. Experiencing borderline or abnormally high levels of emotional distress, as indicated by a score of 5 or above on the Strengths and Difficulties Questionnaire (SDQ) Emotional Symptoms Subscale at assessment
3. Motivated to attend counselling, as indicated at assessment
4. Capable of consenting to participate in research, as indicated by a member of the pastoral care team
5. Greater than 85 per cent attendance at school, as indicated by a member of the pastoral care team

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Lower age limit

13 Years

Upper age limit

18 Years

Sex

All

Key exclusion criteria

1. Risk of significant harm to self or other, as indicated by a member of the pastoral care team and the researcher at assessment
2. Involvement with other child and young people mental health agencies as indicated by a member of the pastoral care team and/or the young person at assessment
3. Planning/likely to move school during period of study, as indicated by a member of the pastoral care team and/or the young person at assessment

Date of first enrolment

11/01/2010

Date of final enrolment

30/06/2010

Locations

Countries of recruitment

United Kingdom

Scotland

Study participating centre

University of Strathclyde

Glasgow

United Kingdom

G13 1PP

Sponsor information

Organisation

University of Strathclyde (UK)

ROR

<https://ror.org/00n3w3b69>

Funder(s)

Funder type

Government

Funder Name

Greater Glasgow and Clyde NHS Trust (UK)

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?
Results article	results	01/10/2013		Yes	No