ISRCTN64982435 https://doi.org/10.1186/ISRCTN64982435

Evaluation of the Trauma Informed Schools UK training and implementation

Submission date
15/04/2025

Recruitment status
No longer recruiting

Registration date
22/08/2025

Overall study status
Completed

Last Edited
22/08/2025

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[X] Protocol
[X] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol
Background and study aims
This study aims to find out if training school staff in trauma-informed approaches through the TISUK programme can improve behaviour and mental wellbeing in Year 8 pupils. The study will compare 100 schools that receive the TISUK training with those that continue their usual practices.

Who can participate?
The study involves Year 8 pupils and school staff from the participating schools.

What does the study involve?
Schools will be randomly assigned to either receive the TISUK training or continue with their usual practices. The TISUK training includes various components such as whole staff training, senior leadership training, network consultancy support, diploma practitioner training, reflective supervision workshops, and webinars for staff and pupils. Data will be collected at the start and 15 months later to see if the training is effective.

What are the possible benefits and risks of participating?
Participants may benefit from improved behaviour and mental wellbeing. There are no significant risks associated with participating in this study.

Where is the study run from?
Ipsos UK

When is the study starting and how long is it expected to run for?
June 2023 to December 2025.

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

Who is the main contact?
Dr Facundo Herrera, facundo.herrera@ipsos.com

Contact information

Type(s)
Public, Scientific, Principal investigator

Contact name
Dr Facundo Herrera

ORCID ID
https://orcid.org/0000-0002-2869-1419

Contact details
222 Avenue Extension Road
Clarendon Park
Leicester
United Kingdom
LE2 3EL
+44 7947443259
facundo.herrera@ipsos.com

Additional identifiers

Study information

Scientific Title
Evaluation of the Trauma Informed Schools UK (TISUK) training and implementation: A cluster randomised controlled trial

Study objectives
TISUK training for school staff will reduce externalising behaviours in Year 8 pupils, measured by the Strengths and Difficulties Questionnaire (SDQ) combined conduct and hyperactivity scores.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 01/11/2023, Ethics Board at Ipsos UK (3 Thomas More St, London, E1W 1YW, United Kingdom; +44 203 0595000; ukpaethicsforms@ipsos.com), ref: 23-019045-01

Primary study design
Interventional

Study design
Two-armed cluster randomized controlled trial with random allocation at the school level

Study type(s)
Efficacy

Health condition(s) or problem(s) studied

Externalising behaviour, internalising behaviour, mental wellbeing in school children

Interventions
Treatment group: TISUK training involves 6 components: (1) Whole staff training (two 3-hour sessions); (2) Senior leadership training (2-day session for 5-7 SLT members); (3) Network consultancy support (three meetings with TISUK consultants); (4) Diploma practitioner training (11-day comprehensive training for 5-7 staff); (5) Reflective supervision workshops (for 2 diploma-trained practitioners); (6) Webinars for staff and pupils (4 webinars with discussion guides). The intervention aims to create trauma-informed policies and practices throughout the school over four terms (Jan 2024-Mar 2025).

Control group: Business-as-usual, with schools continuing their existing approaches to behaviour management and pupil support. Control schools will complete surveys about their current mental health/wellbeing training and initiatives at baseline, 6 months and 12 months to monitor any changes in practice during the trial period.

Intervention Type
Behavioural

Primary outcome(s)
Externalising behaviour measured by the Strengths and Difficulties Questionnaire (SDQ) combined conduct and hyperactivity scale scores (0-20) at baseline (October-December 2023) and 15 months post-baseline (March-April 2025).

Key secondary outcome(s)
1. Internalising behaviour measured by the SDQ emotional and peer problems subscales (0-20) at baseline and 15 months post-baseline
2. Prosocial behaviour measured by the SDQ prosocial behaviour subscale (0-10) at baseline and 15 months post-baseline
3. Total difficulties measured by the SDQ total difficulties score (0-40) at baseline and 15 months post-baseline
4. Non-psychotic psychological distress measured by the General Health Questionnaire (GHQ12) at baseline and 15 months post-baseline
5. Well-being measured by the Short Warwick Edinburgh Mental Well-being Scale (SWEMWBS, 7-35) at baseline and 15 months post-baseline
6. School connectedness measured using the School Connectedness Scale at baseline and 15 months post-baseline
7. School exclusions and suspensions measured using administrative school records at baseline and 15 months post-baseline
8. School attendance measured using administrative school records at baseline and 15 months post-baseline
9. Staff attitudes to trauma-informed care measured by the Attitudes Related to Trauma-Informed Care (ARTIC) survey at baseline and 15 months post-baseline
10. Staff well-being measured by the Short Warwick Edinburgh Mental Well-being Scale (SWEMWBS) at baseline and 15 months post-baseline
11. Staff retention and sickness measured using administrative school records at baseline and 15 months post-baseline

Completion date
31/12/2025

Eligibility

Key inclusion criteria
Year 8 pupils (2023/2024 cohort) in secondary schools in target geographical areas

Participant type(s)
Learner/student

Healthy volunteers allowed
No

Age group
Child

Lower age limit
12 Years

Upper age limit
13 Years

Sex
All

Total final enrolment
13393

Key exclusion criteria
1. Schools with staff who completed TISUK 11-day diploma
2. Schools that received TISUK whole staff training in last 3 years
3. Schools that received intensive trauma-informed practice training from another provider in the last 3 years
4. Fee-paying schools
5. Alternative provision or special schools with SEMH focus

Date of first enrolment
01/06/2023

Date of final enrolment
30/09/2023

Locations

Countries of recruitment
United Kingdom

England

Study participating centre

TISUK
First Floor, 111-113 Fore Street
Saltash
United Kingdom
PL12 6AE

Sponsor information

Organisation
Ipsos UK

Funder(s)

Funder type
Charity

Funder Name
Youth Endowment Fund

Alternative Name(s)
YouthEndowFund, YEF

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan
The participant-level data will be anonymised and stored securely according to data protection regulations. Data will be available through the Youth Endowment Fund's data archive after the trial completion, estimated to be available by March 2026. Participant consent for data sharing has been obtained via opt-out consent procedures. Researchers wishing to access the data will need to apply through the Youth Endowment Fund's formal data access request process, with appropriate ethical approvals in place.

IPD sharing plan summary

Stored in publicly available repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet			29/04/2025	No	Yes
Protocol file	version 14	22/07/2024	29/04/2025	No	No
Statistical Analysis Plan	version 7	23/07/2024	29/04/2025	No	No