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Evaluation of In:tuition- life-skills based interactive teaching resource for primary and secondary schools (study 2 12- and 13-year-old children)

Submission date
21/05/2013

Recruitment status
No longer recruiting

Registration date
29/07/2013

Overall study status
Completed

Last Edited
24/01/2019

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
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 aged 11 and 12 years in year 7 of secondary school

What does the study involve?
In:tuition is being trialled in secondary schools. We ask year 7 children a series of questions in the summer term 2013. They are then randomly allocated either to receive 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 8. 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, Slough, UK.

When is the study starting and how long is it expected to run for?
The study started in January 2013 and will run until September 2014.

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
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Additional identifiers

Protocol serial number
NFER2

Study information

Scientific Title
Cluster randomised trial of life-skills programme to reduce alcohol misuse amongst 12- and 13-year-old children

Acronym
INTU2

Study objectives
The use of the In:tuition teaching resource reduces the frequency of drinking among 12- and 13-year-olds

Ethics approval required
Old ethics approval format

Ethics approval(s)
National Foundation for Educational Research Code of Practice Committee 9th May 2013.

Primary study design
Interventional

Study design
Cluster randomised trial with baseline and follow-up questionnaires.

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Alcohol misuse

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.
Participants are randomised into two groups:
1. The experimental group will consist of 2000 pupils across 40 schools who shall receive the In:tuition programme over 12 weeks; one lesson per week.
2. The control group will consist of 2000 pupils across 40 schools who shall receive their normal Personal, Social and Health education.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Frequency of drinking (once a month or more)
All outcomes are measured once at baseline (June 2013) and once a follow-up (May 2014)

Key secondary outcome(s)
1. Onset of drinking
2. Knowledge of health effects of alcohol
3. Resistance skills (confidence to manage peer pressure)
4. Decision-making skills
5. Understanding of social norms relating to alcohol

Completion date
30/09/2014

Eligibility

Key inclusion criteria
Students in year 7 of secondary school i.e. aged 11 and 12

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
All

Key exclusion criteria
Parental opt-out

Date of first enrolment
17/01/2013

Date of final enrolment
30/09/2014

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
National Foundation for Educational Research
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

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Funder report results	results	01/02/2015	24/01/2019	No	No