

A research study of youth mentoring

Submission date 22/03/2023	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 28/03/2023	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 11/11/2024	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Most rigorous impact evaluations focus on well-defined manualised programmes or interventions, delivered at a single site or by a single organisation. However, the core business of youth agencies tends to be delivered by small, local, and often voluntary organisations and consists of non-manualised, yet widespread, approaches such as mentoring and semi-structured group recreational activities. This means both that the evidence base does not fully reflect the actual work of youth agencies, and that many well-evidenced interventions are not suitable for mainstream delivery in youth work. To address this imbalance, this study aims to test the feasibility of engaging multiple small youth organisations in a high-quality evaluation of a common and promising but under-evaluated provision: mentoring. The study aims to study the impact of short-term mentoring on the social and emotional learning skills of young people at risk of youth violence. It also aims to generate important learning about how to undertake multi-site trials with youth organisations and of non-manualised practices.

Who can participate?

Young people who exhibit at least one of the Youth Endowment Fund-listed risk factors for youth violence, aged between 10 and 14 years, or up to 17 years by exception, with no more than 30% of the young people aged 15 to 17 years per youth agency

What does the study involve?

Participants are randomly allocated to the intervention group or the wait-list control group. The treatment group will receive one-on-one mentoring through 12 weekly sessions of at least 45 minutes in addition to services as usual. The control group will receive services as usual from the youth agency, and will then be enrolled into mentoring after 12 weeks. The mentoring will be provided by adult paid mentors. Data will be collected at baseline and at a 12-week follow-up. An implementation process evaluation will also be undertaken to assess the feasibility and acceptability of both the trial arrangements and the shared practice model.

What are the possible benefits and risks of participating?

The benefits include better social and emotional learning skills for young people. Specific benefits will accrue to the youth agency through the delivery of a shared-practice model of mentoring helping build the knowledge base and capacity within these agencies. There are no risks from participating in the study.

Where is the study run from?
Centre for Evidence and Implementation (UK)

When is the study starting and how long is it expected to run for?
December 2022 to January 2024

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

Who is the main contact?
Jane Lewis, Jane.lewis@ceiglobal.org

Contact information

Type(s)

Principal investigator

Contact name

Ms Jane Lewis

Contact details

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Evidence Quarter
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SW1H 9EA
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Additional identifiers

Protocol serial number

Protocol version 1.0

Study information

Scientific Title

Impacts of a short-term mentoring model for young people: a multi-site randomized controlled trial

Study objectives

The primary research hypothesis for this impact evaluation is:

1. Short-term mentoring to have a positive impact on the social and emotional learning skills of young people at risk of youth violence, compared with services as usual.

The process and implementation evaluation aims to further probe two questions:

2. What is the feasibility of running a multi-site trial with small, local, and independent youth

agencies, and what support is required?

3. What is the feasibility of delivering the shared practice model across all youth agencies participating in the efficacy trial?

Ethics approval required

Ethics approval required

Ethics approval(s)

approved 12/01/2023, University of Cumbria Research Ethics Committee (Research and Knowledge Exchange, University of Cumbria, Fusehill Street, Carlisle, CA1 2HH, United Kingdom; +44 (0)1228 400362 ext: 8362; colette.conroy@cumbria.ac.uk), ref: 22/32

Study design

Two-arm randomized controlled multi-site trial

Primary study design

Intentional

Study type(s)

Efficacy

Health condition(s) or problem(s) studied

Social and emotional skills

Interventions

Randomization will be at the individual level after stratifying on youth agencies (multi-sites) using a merged block randomization procedure automated software built into the study data portal. No masking procedure is followed. There are two study arms with a 1:1 allocation:

1. Treatment Arm: Young people receive a shared practice model of mentoring on a one-to-one basis in the form of 12 sessions of at least 45 minutes over the course of 12 weeks. Sessions will be by a paid adult mentor at the youth agency, over and above 'service as usual' provided by the agency. 2. Control Arm: Young people receive 'service as usual' provided by the youth agency while being on a 12-week wait list for one-to-one mentoring. They will then receive the shared practice model of mentoring as described above.

Intervention Type

Behavioural

Primary outcome(s)

Social and emotional skills measured by the Strengths and Difficulties Questionnaire to be administered at baseline prior to randomisation and again at 12-15 weeks after randomisation, which marks the end of the mentoring intervention for the intervention group and the end of the waiting period for the control group.

Key secondary outcome(s)

1. Self-confidence
2. Problem solving and decision making
3. Teamwork and social skills building
4. Emotional regulation and resilience

All measures will be measured using the Evaluation of the National Citizen Service, to be administered at baseline prior to the baseline and again at 12-15 weeks after randomisation which marks the end of the mentoring intervention for the intervention group and the end of the waiting period for the control group.

Completion date

31/01/2024

Eligibility

Key inclusion criteria

The eligibility criteria for the recruitment of young people to the efficacy trial will be:

1. Young people aged between 10 and 14 years, or up to 17 years by exception, with no more than 30% of the young people aged 15 to 17 years per youth agency
2. Young people exhibit at least one of the Youth Endowment Fund-listed risk factors for youth violence
3. Youth agency deems the young person at a suitable level of need to benefit from 12 weeks of mentoring and not to be put at risk if allocated to the waiting list

Participant type(s)

Other

Healthy volunteers allowed

No

Age group

Child

Lower age limit

10 years

Upper age limit

17 years

Sex

All

Total final enrolment

744

Key exclusion criteria

The only exclusion criterion is if a young person is facing immediate risk or crisis, or if being on a waiting list would be potentially harmful. Youth agencies are responsible for determining the threshold of cases that they put forward for the trial.

Date of first enrolment

01/03/2023

Date of final enrolment

31/08/2023

Locations

Countries of recruitment

United Kingdom

England

Wales

Study participating centre

Action for Change

17 Canons Close

Radlett

United Kingdom

WD7 7ER

Study participating centre

Buddy Up

254A Chessington Road

Ewell

Epsom

United Kingdom

KT19 9XF

Study participating centre

Dame Kelly Holmes Trust

Ground Floor and Basement

7 Barton Buildings

Bath

United Kingdom

BA1 2JR

Study participating centre

Education and Skills Development Group

Resource Centre

Featherstone Terrace

Southall

United Kingdom

UB2 5AL

Study participating centre

The Enthusiasm Trust
Enthusiasm Youth Hub
50 Cotton Lane
Osmaston
Derby
United Kingdom
DE24 8GG

Study participating centre

Getaway Girls
67 Bayswater Grove
Harehills
Leeds
United Kingdom
LS8 5LN

Study participating centre

Mancroft Advice Project ([map](#))
The Risebrow Centre
Chantry Road
Norwich
United Kingdom
NR2 1RF

Study participating centre

Media Academy Cymru Ltd
12 Coopers Yard
Curran Road
Cardiff
United Kingdom
CF10 5NB

Study participating centre

NAOS (Bristol) CIC
The Station
Silver Street
Bristol
United Kingdom
BS1 2AG

Study participating centre

Positive Youth Foundation

The Techno Centre Coventry University Technology Park

Puma Way

Coventry

United Kingdom

CV1 2TT

Study participating centre

Power2

26A Warrington Street

Ashton-under-Lyne

United Kingdom

OL6 6AS

Study participating centre

Reaching Higher

Reaching Higher

Suffolk Road

Croydon

United Kingdom

SE25 6EG

Study participating centre

SOFEA

1E Trident Park

Didcot

United Kingdom

OX11 7HJ

Study participating centre

Switch Midlands CIC

Ryefield

Pendeford

Wolverhampton

United Kingdom

WV8 1TX

Study participating centre

The Trust for Developing Communities (TDC)

The Trust for the Developing Communities, Community Base

113 Queens Road
Brighton
United Kingdom
BN1 3XG

Study participating centre

Youth Cymru
Unit D/Upper Boat Trading Est
Pontypridd
United Kingdom
CF37 5BP

Study participating centre

Emerge
Sutton Community Centre
51 Kyffin Place
Bradford
United Kingdom
BD4 8NB

Sponsor information

Organisation

Youth Endowment Fund

Funder(s)

Funder type

Charity

Funder Name

Youth Endowment Fund

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be stored in a publicly available repository.

Individual-level outcomes data will be deposited to the ONS after being anonymised by the Department for Education, which will replace identifying information with the DfE's pupil-matching reference numbers. This data will be available after the publication of the final report and be retained by the ONS indefinitely for future research into the impact of Youth Endowment Fund funded interventions. ONS-accredited researchers would be able to access the data through an application to the Youth Endowment Fund (the funder of this study). Information on data archiving is provided to participants in the participant information sheet and Data Privacy Notice and all participants provide informed consent before participation in the trial.

IPD sharing plan summary

Stored in publicly available repository

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Funder report results	version 24	11/11/2024	11/11/2024	No	No
Protocol (other)		01/03/2023	31/03/2023	No	No
Protocol file		01/03/2023	31/03/2023	No	No
Protocol file	version 1.2	09/10/2023	11/10/2023	No	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes