

# Project HASHTAG: testing a school-based intervention to improve adolescent mental health in Nepal and South Africa

<b>Submission date</b> 27/07/2021	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 16/08/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 12/01/2024	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

Current plain English summary as of 11/02/2022:

### Background and study aims

HASHTAG is a multi-level intervention for young people in Grade 8 or equivalent that aims to promote positive mental health and prevent mental health conditions (specifically, depression and anxiety) and reduce risk behaviours. As this is a feasibility trial, we will evaluate the feasibility of the intervention and trial procedures.

The HASHTAG intervention comprises two modules: 1) Thriving Environment in Schools (TES), a whole-school intervention, and 2) Thriving Together (TT), a group-based intervention delivered directly to young adolescents. TES is a school climate improvement strategy that seeks to modify adolescents' social and emotional environment through a whole-school approach to create a school culture of connectedness and supportive relationships. It is implemented through three activities: 1) School Action Groups, 2) Teacher-focused training, and 3) Mental health awareness-raising activities. TT will be implemented by trained and supervised facilitators on a weekly basis over a six-week period.

### Who can participate?

School going adolescents in South Africa (Grade 8) and Nepal (Grade 8-9).

### What does the study involve?

Students will be recruited from a select group of schools in South Africa and Nepal, working with local research and implementation partners at both sites. Schools will be randomized to intervention or control conditions before (Nepal) or after (South Africa) baseline data collection. Follow-up data collection will involve a midline timepoint during intervention rollout (in Nepal) and an endline timepoint (in both countries) after the rollout of the intervention.

What are the possible benefits and risks of participating?

There are minimal risks to participating in this behavioral intervention; benefits may include improved mental health and contribution to ongoing research about school-based mental health interventions for adolescents in low and middle income country settings.

Where is the study run from?

Stellenbosch University (South Africa)

When is the study starting and how long is it expected to run for?

July 2019 to July 2022

Who is funding the study?

Medical Research Council (UK)

Who is the main contact?

Prof Mark Tomlinson, markt@sun.ac.za

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Previous plain English summary:

Background and study aims

HASHTAG is a multi-level intervention for young people in Grade 8 or equivalent that aims to promote positive mental health and prevent mental health conditions (specifically, depression and anxiety) and reduce risk behaviours. As this is a feasibility trial, we will evaluate the feasibility of the intervention and trial procedures.

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Who can participate?

School going adolescents in South Africa (Grade 8) and Nepal (Grade 7-9).

What does the study involve?

Students will be recruited from a select group of schools in South Africa and Nepal, working with local research and implementation partners at both sites. Schools will be randomized to intervention or control conditions after baseline data collection. Follow-up data collection will occur after the rollout of the intervention in both sites.

What are the possible benefits and risks of participating?

There are minimal risks to participating in this behavioral intervention; benefits may include improved mental health and contribution to ongoing research about school-based mental health interventions for adolescents in low and middle income country settings.

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Who is the main contact?  
Prof Mark Tomlinson, markt@sun.ac.za

## Contact information

**Type(s)**  
Scientific

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# Additional identifiers

## Clinical Trials Information System (CTIS)

Nil known

## Protocol serial number

Nil known

# Study information

## Scientific Title

Feasibility trial of a school-based intervention to promote positive mental health, prevent mental health disorders, and reduce risk behaviours in young adolescents in Nepal and South Africa

## Acronym

Project HASHTAG

## Study objectives

Students who receive the HASHTAG intervention will show greater improvements in positive mental health, greater decrease in depressive and anxiety incidence and symptomatology, increase in psychosocial functioning and social support, better experiences in school, and greater decrease in risk behaviours between baseline and post-intervention follow-up, when compared to a control group.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

1. Approved 17/02/2020, Health Research Ethics Committee, Stellenbosch University (Education Building, Tygerberg Campus, Faculty of Medicine and Health Sciences, Francie van Zijl Drive, Tygerberg 7505, South Africa; +27 (0)21 938 9819; afortuin@sun.ac.za), ref: N19/07/088
2. Approved 18/07/2019, School of Nursing and Midwifery School Research Ethics Committee (Queen's University Belfast, Medical Biology Centre, 97 Lisburn Road, Belfast BT9 7BL, UK; no telephone number provided; o.perra@qub.ac.uk), ref: MTomlinson.SREC\_July19\_V1
3. Approved 23/07/2020, Government of Nepal, Nepal Health Research Council (NHRC) (Ramshah Path, PO Box 7626, Kathmandu, Nepal; +977 14254220; nhrc@nhrc.gov.np), ref: 342/2020P

## Study design

Cluster randomized feasibility trial

## Primary study design

Interventional

## Study type(s)

Prevention

## Health condition(s) or problem(s) studied

Positive mental health, depression, anxiety in adolescents in Nepal and South Africa

## Interventions

Current interventions as of 11/02/2022:

In each country (South Africa and Nepal), a random-number generator will be used to randomize two schools to intervention condition, and two to control condition, after evaluating equivalency across a number of domains. Intervention arm recipients will receive a school climate and mental health intervention, HASHTAG, comprised of two parts: Thriving Environment in Schools (TES) and Thriving Together (TT). In South Africa, trained community-based facilitators will implement the intervention; in Nepal, trained staff nurses will fulfill this role.

TES will include 1) School Action Groups, 2) teacher-focused workshops, and 3) mental health awareness raising activities. School Action Groups will involve students from across multiple grade levels, as well as teachers and administrators; they will meet regularly and act as a steering committee at the school level to facilitate implementation of HASHTAG, as well as overseeing the implementation of the mental health awareness activities. Two teacher workshops totaling 12 hours and will aim to improve psychosocial wellbeing and classroom management skills. Mental health awareness raising activities will include text messaging to parents/caregivers, students, and teachers, a school-wide campaign, and parent meeting components. TT will be delivered to students in Grade 8 in South Africa and Grade 7-9 in Nepal. It will include six 90-minute weekly sessions focused on emotional regulation, stress management, problem-solving, interpersonal skills and relationships, and assertiveness training. Control arm schools will receive a shortened version of the student sessions after follow-up interviews are complete (i.e. "enhanced treatment as usual" [eTAU]).

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Previous interventions:

In each country (South Africa and Nepal), a random-number generator will be used to randomize two schools to intervention condition, and two to control condition, after evaluating equivalency across a number of domains. Intervention arm recipients will receive a school climate and mental health intervention, HASHTAG, comprised of two parts: Thriving Environment in Schools (TES) and Thriving Together (TT). In South Africa, trained community-based facilitators will implement the intervention; in Nepal, trained school counsellors will fulfill this role.

TES will include 1) School Action Groups, 2) teacher-focused workshops, and 3) mental health awareness raising activities. School Action Groups will involve students from across multiple grade levels, as well as teachers and administrators; they will meet regularly and act as a steering committee at the school level to facilitate implementation of HASHTAG, as well as overseeing the implementation of the mental health awareness activities. Three teacher workshops totaling 7 hours and will aim to improve psychosocial wellbeing and classroom management skills. Mental health awareness raising activities will include text messaging to parents/caregivers, students, and teachers, a school-wide campaign, and parent meeting components. TT will be delivered to students in Grade 8 in South Africa and Grade 7-9 in Nepal. It will include six 90-minute weekly sessions focused on emotional regulation, stress management, problem-solving, interpersonal skills and relationships, and assertiveness training. Control arm schools will receive a shortened version of the student sessions after follow-up interviews are complete (i.e. "enhanced treatment as usual" [eTAU]).

## Intervention Type

Behavioural

### **Primary outcome(s)**

Measured at baseline and immediately post-intervention (~5 months):

1. Positive mental health, measured using the Stirling Children's Wellbeing Scale (15 items); a culturally-suitable adaptation of Resilience Scale (8 items); and the Multidimensional Student Life Satisfaction Scale (family subscale, 7 items, South Africa only).
2. Depression will be assessed using the 9-item Patient Health Questionnaire – Adolescent version (PHQ-A). Incidence of depression will be measured at or above a threshold of 10. In addition, we will measure change in depressive symptomatology.
3. Anxiety symptomatology will be assessed using the 7-item Generalized Anxiety Disorder-7 (GAD-7; 7 items). Incidence of anxiety will be measured at or above a threshold of 10. In addition, we will measure change in anxiety symptomatology.

### **Key secondary outcome(s)**

Measured at baseline and immediately post-intervention (~5 months):

1. Psychosocial functioning is measured using the Strengths and Difficulties Prosocial Scale (5 items), and the World Health Organization Disability Assessment
2. Schedule (WHODAS) 2.0 (life activities items, 9 items).
3. Substance use will be measured using the Alcohol Use Disorders Identification Test (10 items) and one self-report question on tobacco and illicit drug use.
4. Aggression will be measured using the Aggression Scale (11 items).
5. Self-harm and suicidality will be measured using 9 self-report questions on self-harm intentions and behaviours.
6. Social support will be measured by the Social Connectedness Scale (8 items) and the Oslo Social Support Scale (3 items).
7. School environment will be measured using the Beyond Blue School Climate Questionnaire (28 items).
8. Bullying experiences will be measured using the Gatehouse Bullying Scale (4 items with 2 follow-ups each; potential total of 12 items).

### **Completion date**

31/07/2022

## **Eligibility**

### **Key inclusion criteria**

School going adolescents in South Africa (Grade 8) and Nepal (Grade 7-9)

### **Participant type(s)**

Healthy volunteer

### **Healthy volunteers allowed**

No

### **Age group**

Child

### **Sex**

All

### **Total final enrolment**

468

**Key exclusion criteria**

Unable to assent and/or participate

**Date of first enrolment**

01/03/2021

**Date of final enrolment**

21/05/2022

## **Locations**

**Countries of recruitment**

Nepal

South Africa

**Study participating centre**

**Institute for Life Course Health Research**

4009 Education Building

Faculty of Medicine and Health Sciences

Stellenbosch

Tygerberg

South Africa

7505

**Study participating centre**

**TPO Nepal**

Anek Marga

Baluwatar

Kathmandu

Nepal

44600

## **Sponsor information**

**Organisation**

Stellenbosch University

**ROR**

<https://ror.org/05bk57929>

# Funder(s)

## Funder type

Research council

## Funder Name

Medical Research Council

## Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The current data sharing plans for this study are unknown and will be available at a later date

## IPD sharing plan summary

Data sharing statement to be made available at a later date

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Other files</a>	Development of HASHTAG	11/12/2023	12/01/2024	No	No
<a href="#">Participant information sheet</a>			30/07/2021	No	Yes