

Evaluation of In:tuition - life-skills based interactive teaching resource for primary and secondary schools (study 1 10-and 11-year-old children)

Submission date 21/05/2013	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol
Registration date 29/07/2013	Overall study status Completed	☐ Statistical analysis plan ☒ Results
Last Edited 06/02/2017	Condition category Other	☐ 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 in year 5 of primary school.

What does the study involve?

In:tuition is being trialled in primary schools. We ask year 5 children a series of questions in the summer term 2013. They are then randomly allocated either to receive either 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 6. 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 and takes place in 79 primary schools from across England (UK)

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

October 2012 to March 2015

Who is funding the study?

Alcohol Research UK

Who is the main contact?

Dr Ben Styles

b.styles@nfer.ac.uk

Contact information

Type(s)

Scientific

Contact name

Dr Ben Styles

Contact details

National Foundation for Educational Research

The Mere

Upton Park

Slough

United Kingdom

SL1 2DQ

+44 (0)1753 637386

b.styles@nfer.ac.uk

Additional identifiers

Protocol serial number

NFER1

Study information

Scientific Title

Cluster-randomised trial of a life-skills programme to manage peer pressure for 10- and 11-year-old children

Acronym

INTU1

Study objectives

The aim of this study is to evaluate whether the use of the In:tuition teaching resource improves confidence to manage peer pressure in 10 and 11 year-olds.

Ethics approval required

Old ethics approval format

Ethics approval(s)

National Foundation for Educational Research's Code of Practice Committee, 09/05/2013

Primary study design

Interventional

Study design

Cluster randomised trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Peer pressure management in children

Interventions

Interventions as of 06/02/2017:

Schools are randomly allocated to intervention and control. Schools were randomised in five blocks. Block sizes are 46, 12, 10, 10 and 1. Schools are aware of their group allocation when they completed the baseline questionnaires, as they are simultaneously notified of their group and asked to complete questionnaires.

Intervention arm: The primary school programme consists of 12 lessons (a period of 40 minutes is recommended for each lesson). Alcohol is its theme but the focus is much wider and also includes:

1. Self-awareness
2. Attitudes and behaviour
3. Advertising, branding and the media
4. Personal choices
5. Emotions, communication skills and assertive behaviour
6. The influence of peers
7. Goal setting and confidence.

In:tuition uses a 'life skills approach' to help pupils learn and practice some important skills such as communication, working as a team and decision-making. The programme can be delivered through Personal, Social, and Health Education (PSHE) and Citizenship teaching but schools can also adopt a cross-curricular approach. Some digital tools are included, but each lesson has a paper-based alternative available to download. Home learning tasks are included to encourage discussion with parents/carers and promote consistent messages to young people at home and school.

Control arm: Control schools continued with their normal PSHE/alcohol education curriculum.

Original 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.

The participants are randomised to two groups:

The experimental group will consist of 875 pupils across 35 schools who shall receive the In:tuition programme over 12 weeks; one lesson per week.

The control group will consist of 875 pupils across 35 schools who shall receive their normal Personal, Social and Health education.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Resistance skills (confidence to manage peer pressure)

All outcomes are measured using a bespoke questionnaire that consisted of new questions, questions from Fuller (2013) and questions from Lynch et al. (2013) at baseline and 12 months.

Key secondary outcome(s)

1. Knowledge of health effects of alcohol
2. Decision-making skills
3. Understanding of social norms relating to alcohol

All outcomes are measured using a bespoke questionnaire that consisted of new questions, questions from Fuller (2013) and questions from Lynch et al. (2013) at baseline and 12 months.

Completion date

09/03/2015

Eligibility**Key inclusion criteria**

Students in year 5 of primary school

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Child

Sex

All

Key exclusion criteria

Parental opt-out

Date of first enrolment

15/04/2013

Date of final enrolment

16/07/2013

Locations**Countries of recruitment**

United Kingdom

England

Study participating centre
National Foundation for Educational Research
The Mere
Upton Park
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

The datasets generated during and/or analysed during the current study are available upon request from Dr Ben Styles (b.styles@nfer.ac.uk)

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Funder report results	results	01/03/2015		No	No
Participant information sheet		06/02/2017	06/02/2017	No	Yes