

# An intervention to support skills for managing emotions for 9-11 year olds in Welsh schools

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 11/12/2024	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 18/08/2025	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

This study aims to see if a group for young people could be helpful for those who are experiencing problems such as sadness, anxiety or stress. The group is called EASE (Early Adolescent Skills for Emotions). It will look at how to assess which young people will find the group helpful, and the best way to set up a group in a Welsh school.

### Who can participate?

Participants are 9-11 year olds from Welsh schools who have experienced some kind of adversity and who are struggling with worries or sadness.

### What does the study involve?

The children will attend seven weekly sessions aimed at building skills for emotions. Their parents/caregivers will also attend three complementary sessions. Participants will answer wellbeing questions and some will be interviewed after the intervention about their experience.

### What are the possible benefits and risks of participating?

Participants should benefit from the intervention as it can support their wellbeing. There is a small risk of distress as sometimes when people talk about difficult times they might get upset.

### Where is the study run from?

The National Centre for Population Health and Wellbeing, Swansea University

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

June 2024 to April 2025. The intervention will take place from January to February 2025.

### Who is funding the study?

Public Health Wales and the Economic and Social Research Council through their support of a PhD studentship

Who is the main contact?

Flo Avery, 2226345@swansea.ac.u

Prof Sinead Brophy, s.brophy@swansea.ac.uk, is the supervisor and Director of the National Centre for Population Health and Wellbeing at Swansea University.

## 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

The implementation of a manualised group intervention for youth with adverse childhood experiences offered through schools in Wales: a feasibility study protocol

## **Study objectives**

The EASE intervention is an evidence-based intervention suitable for delivery by non-clinicians, which reduces internalising distress in adolescents. EASE has never been trialled in Wales. This study will look at whether EASE can be effective for Welsh adolescents.

## **Ethics approval required**

Ethics approval required

## **Ethics approval(s)**

approved 27/09/2024, Swansea University Health and Social Care Ethics Committee (Singleton Park, Swansea, SA2 8PP, United Kingdom; +441792606996; FMHLS-Ethics@swansea.ac.uk), ref: 4 2024 10283 10467

## **Study design**

Pilot feasibility trial across two school sites

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

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

Alleviation of internalising distress symptoms

## **Interventions**

This study will involve a mixed methods design using quantitative and qualitative methods to assess the EASE group intervention in a Welsh context. There is no control group. Two school sites both access the EASE (Early Adolescent Skills for Emotions) intervention. This is a group intervention which has 7 weekly sessions for adolescents and 3 complementary sessions for their caregivers/parents. The intervention will be delivered on the school site.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Acceptability and feasibility measured via consent and assent rates, and session and programme completion rates using data collected in the study records at one timepoint

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

Acceptability of the assessment measures will be measured via completion rates using data collected in the study records at one timepoint. Participants (young people and caregivers) and school staff will also be asked to take part in qualitative, semi-structured exit interviews following intervention delivery.

## **Completion date**

11/04/2025

## **Eligibility**

**Key inclusion criteria**

1. Young people aged 9.5-12 years enrolled at a participating school, and their caregivers
2. Caregiver has given consent and the young person has given their assent
3. Young person has experienced at least one Adverse Childhood Experience (ACE)
4. Young person is struggling with internalising distress such as sadness or worry

**Participant type(s)**

Learner/student, Other

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Lower age limit**

9 years

**Upper age limit**

12 years

**Sex**

All

**Total final enrolment**

34

**Key exclusion criteria**

1. Young people who are self-harming or at imminent risk of suicide
2. Young people with significant challenges such as psychosis or alcohol dependency
3. Young people who are currently on a child protection plan (e.g. subject to safeguarding proceedings)
4. Young people who are currently accessing another therapeutic intervention such as school-based counselling

**Date of first enrolment**

30/09/2024

**Date of final enrolment**

15/01/2025

**Locations****Countries of recruitment**

United Kingdom

Wales

**Study participating centre**

**School information cannot be shared as it may violate anonymity of participants**

Caerphilly Borough  
Caerphilly Borough  
United Kingdom  
N/A

## Sponsor information

### Organisation

Swansea University

### ROR

<https://ror.org/053fq8t95>

## Funder(s)

### Funder type

Government

### Funder Name

Economic and Social Research Council

### Alternative Name(s)

Social Science Research Council, ESRC, SSRC, UKRI ESRC

### Funding Body Type

Government organisation

### Funding Body Subtype

National government

### Location

United Kingdom

### Funder Name

Public Health Wales

### Alternative Name(s)

Iechyd Cyhoeddus Cymru, Public Health Wales NHS Trust, PHW

### Funding Body Type

Government organisation

**Funding Body Subtype**

Local government

**Location**

United Kingdom

## **Results and Publications**

**Individual participant data (IPD) sharing plan**

The dataset will be available upon request from Flo Avery (2226345@swansea.ac.uk)

**IPD sharing plan summary**

Available on request