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

Submission date
26/11/2024

Recruitment status
No longer recruiting

Registration date
11/12/2024

Overall study status
Completed

Last Edited
18/08/2025

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] 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.

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Additional identifiers

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

Primary study design
Interventional

Study design
Pilot feasibility trial across two school sites

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