

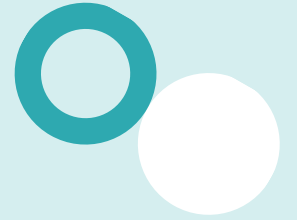
Assessing the feasibility and acceptability of an interactive film-based intervention on resilience, mental wellbeing and help-seeking attitudes in young people (aged 14-18) at school settings in North Cumbria and the North East of England: preliminary findings of a mixed-methods cluster randomised controlled feasibility trial



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Background and Rationale



Background

- Adolescence is a period of heightened vulnerability for the onset of mental illness.
- 75% of all mental health problems are established before 18 years old (1,2).
- Interventions aimed at building resilience have been shown to prevent mental illness in young people, improve wellbeing, reduce risk factors, increase help-seeking behaviours and reduce health inequalities (3–5).
- Schools are a key setting for building resilience

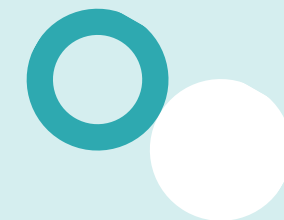
Rationale

- Interactive films potentially accessible and cost-effective preventative tool, but there is a lack of evidence evaluating effectiveness (6).
- Feasibility trials are an important step in building evidence (7)
- **Aim:** to evaluate the acceptability and feasibility of a randomised controlled trial of the interactive film intervention aimed to build resilience, enhance mental wellbeing and help-seeking attitudes for young people (14-18) in school settings in the North East and North Cumbria.

The Intervention: Interactive Film

- NENC Child Health and Wellbeing Network, & William Howard School worked with TryLife to create an interactive film
- Issues relevant to young people, including: teenage pregnancy, mental health, building resilience and help-seeking attitudes.
- TryLife use a young person focused co-production approach to public health concerns, grounded in the notion of building young people's capabilities
- www.trylife.tv





Methods



Design

- Mixed methods, three-arm cluster randomised controlled feasibility trial

Outcomes

Primary outcomes: Feasibility

- Willingness of schools to participate and be randomised
- Participant recruitment and retention and consent taking
- Suitability of data collection tools
- Feasibility and acceptability of the intervention

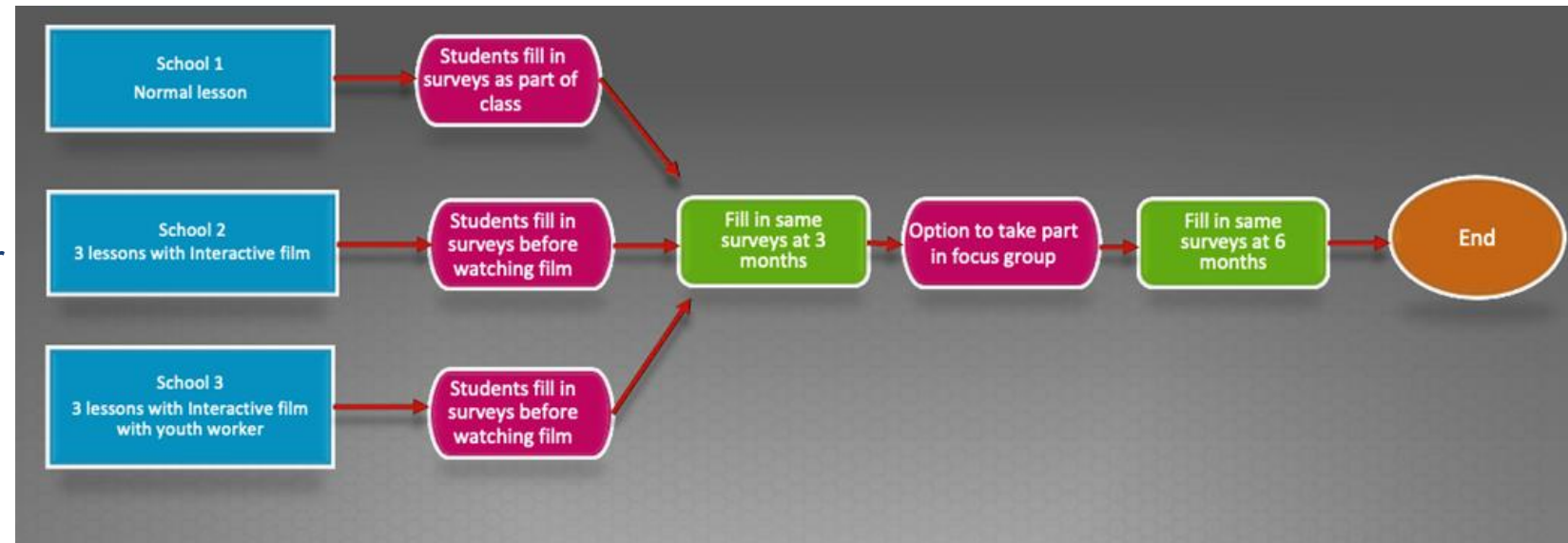
Secondary outcomes: Wellbeing

- Mental wellbeing
- Resilience
- Help-seeking attitudes

Trial conditions

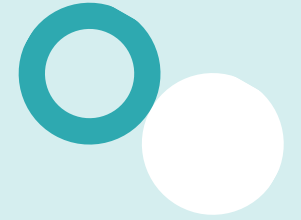
- Two Y10 and two Y12 classes from each of the three schools.
- The schools were randomised to one of three conditions:
 1. Interactive film with class teacher
 2. Interactive film with youth worker support (trained in delivering film)
 3. No film, normal classes (control condition).

- Follow up 3 and 6 months
- Schools received £750
- Participants received £5 voucher



Data collection tools

- Data collection consisted of a short demographic survey, which included questions on previous viewing of the film, and three wellbeing surveys focused on **mental wellbeing**, **resilience** and **help-seeking** attitudes:
 - Warwick Edinburgh Mental Wellbeing Scale - SWEMWBS (14 items)
 - Connor-Davidson Resilience Scale for young adults - CD-RISC (10 items)
 - Attitudes Toward Seeking Professional Psychiatric Help Scale - ATSPPHS (10 items)
- Qualitative data collection included focus groups with students that took part in the project and interviews with teachers and other stakeholders.



Findings



Willingness of schools to participate and be randomised

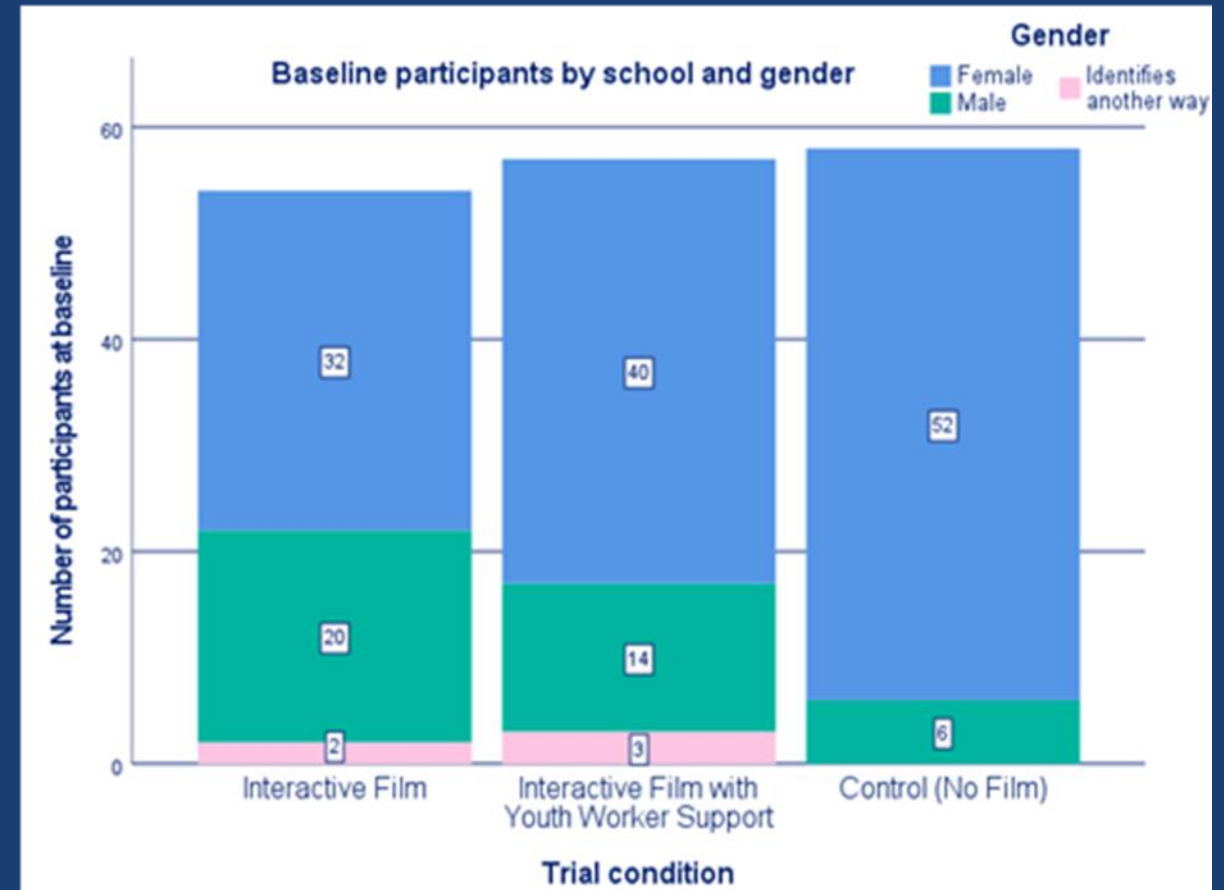
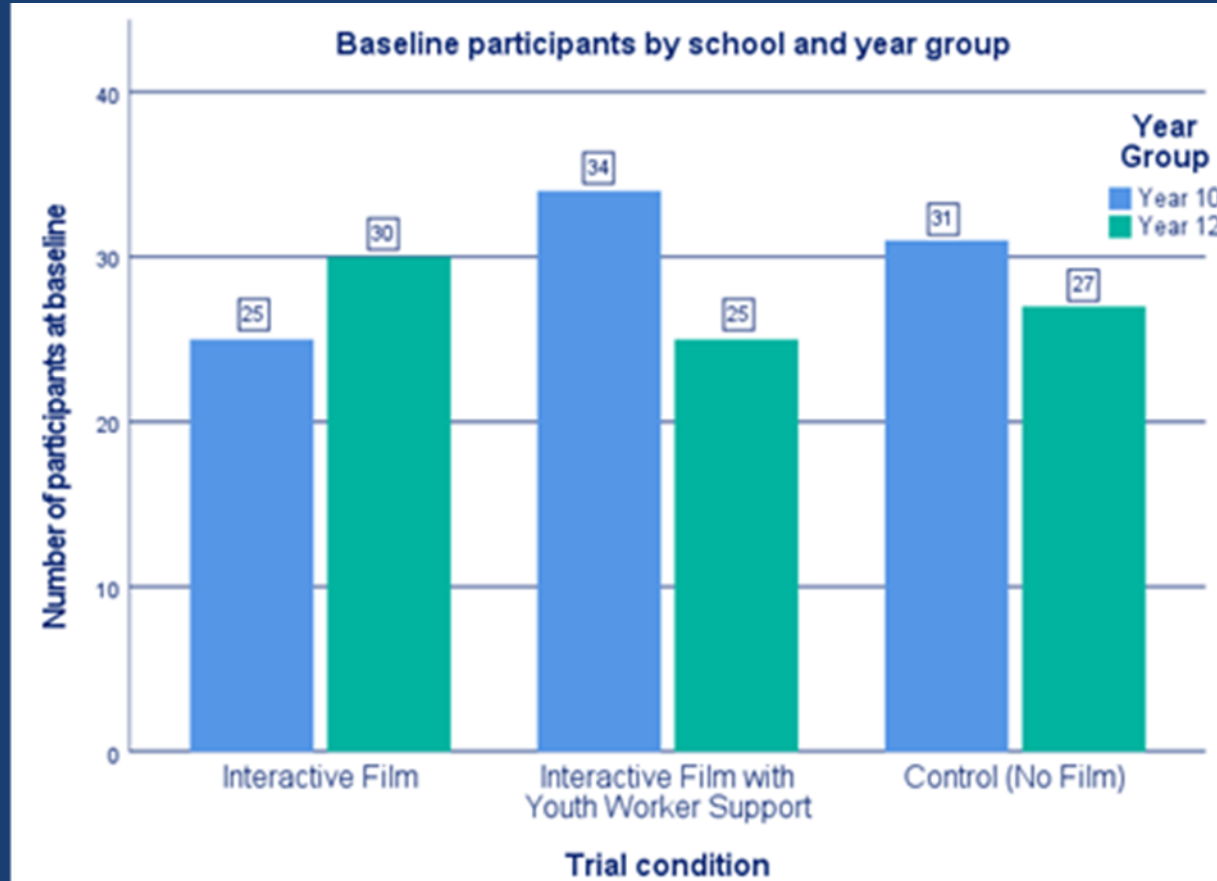
- The schools we approached (between May - October 2021) were selected through a variety of means, including utilising existing contacts and mailing groups (CHWN).
- Four of the seven schools directly contacted who responded were willing to take part in the trial and be randomised.
- The three schools were based in Newcastle, Durham and Middlesbrough.
- Reasons for deciding not to take part included resource issues (i.e. lack of access to computers), timing of contact and impact of pandemic.

“Yes I would take part again, I think, as long as schools see the value, and in this situation, the value was the topic, I think, was something very crucial and relevant in education at the moment” (teacher 1)

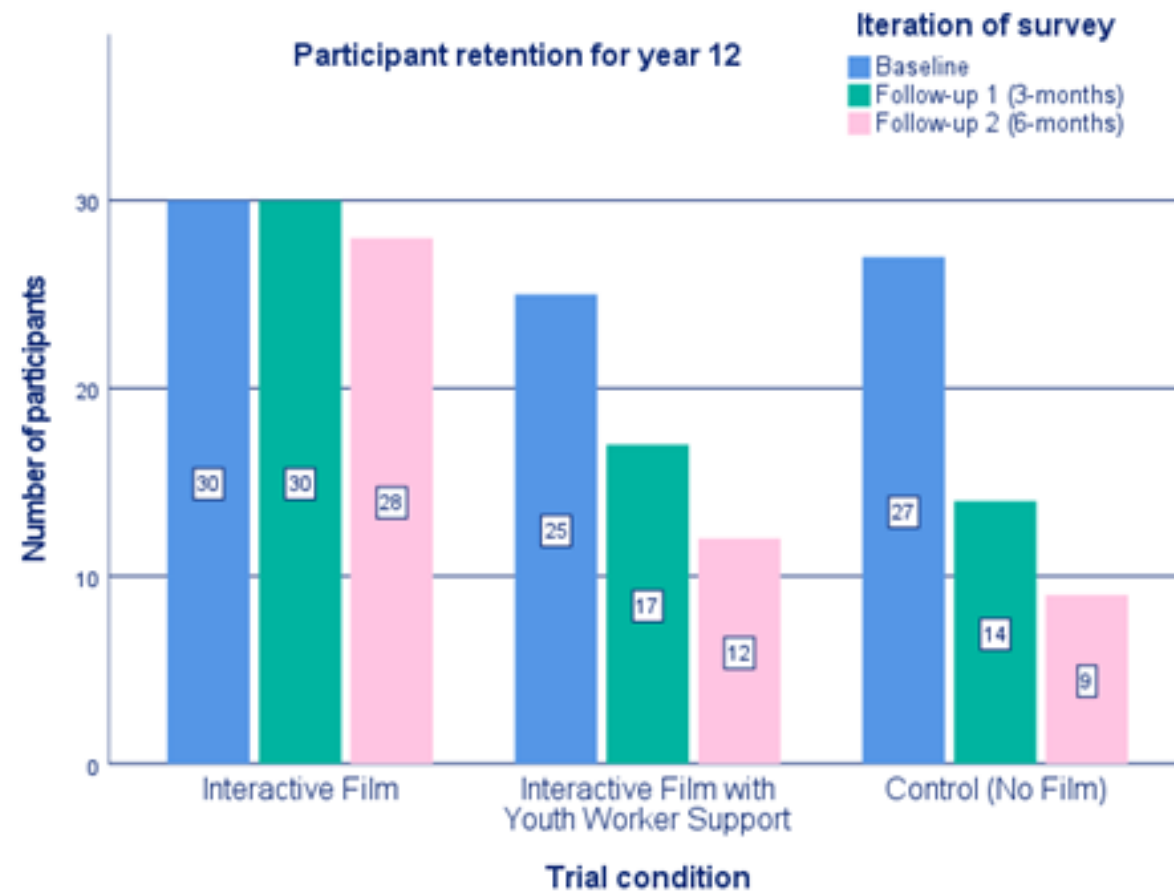
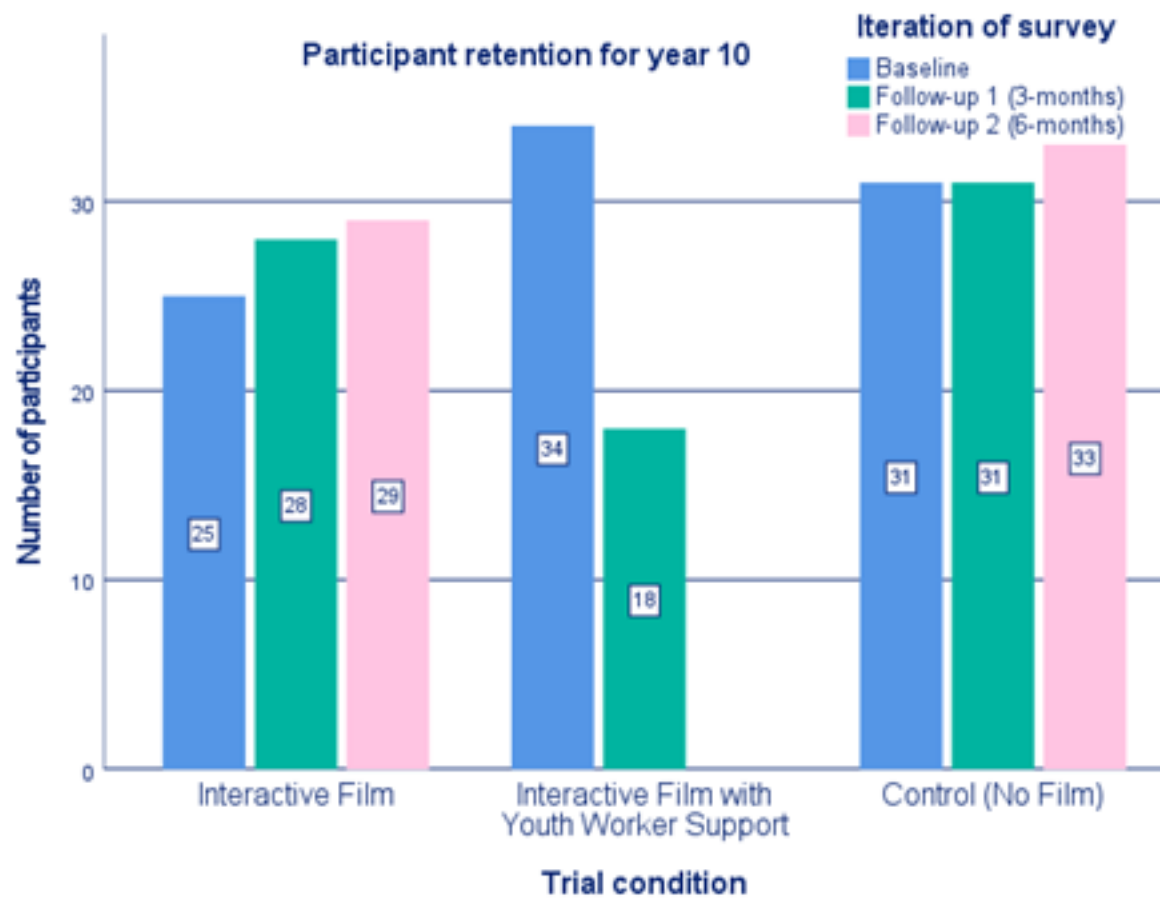
[randomisation]
“You know, well, we had to-well, we went that way, so it was fine to do it”
(teacher 2)

Participant recruitment

Students from two Y10 and two Y12 classes from each school participated.

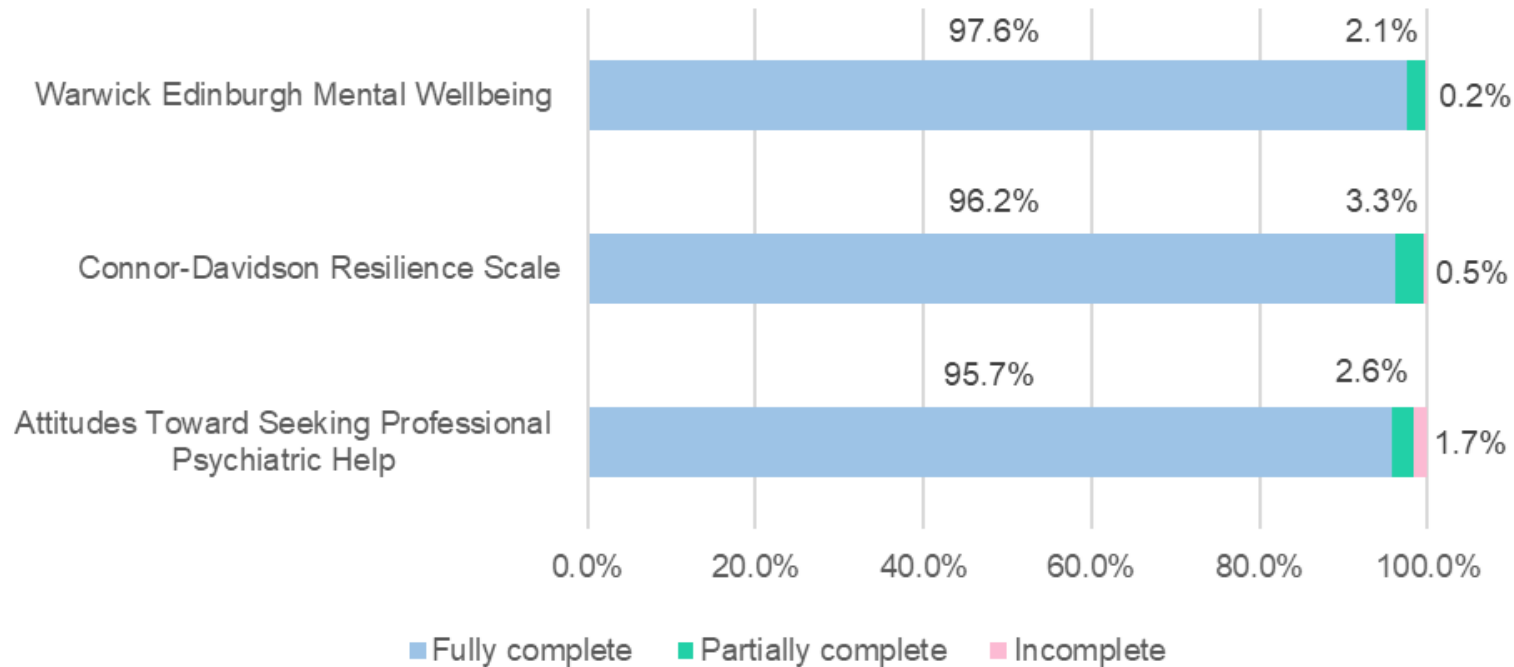


Participant retention



Suitability of data collection tools

Fully, partially and incomplete surveys



Surveys where $\geq 80\%$ and $<100\%$ of items were answered counted as 'partially complete'.
Surveys counted as 'incomplete' where $<80\%$ of items answered.

- For all 3 surveys $>95\%$ of participants fully completed the surveys.

“None of them taken long so they’re alright” (student Y10)

“I thought they were good” (student Y12)

“I don’t think they were relevant to the film” (student Y12)

Feasibility and acceptability of the intervention

- At baseline 7 participants (4.1%) had heard of TryLife, the film production company; two participants (1.2%) had seen the film used in the trial.

“Yeah there is the links to the mental health like, em, physical abuse can lead to like emotional abuse and that, and having like a lady’s got a boyfriend that does drugs, that can have like a big toll on mental health, so it does have like the links, so” (student year 12).

“We spoke about it more in form afterwards. It never came up before” (student year 10).

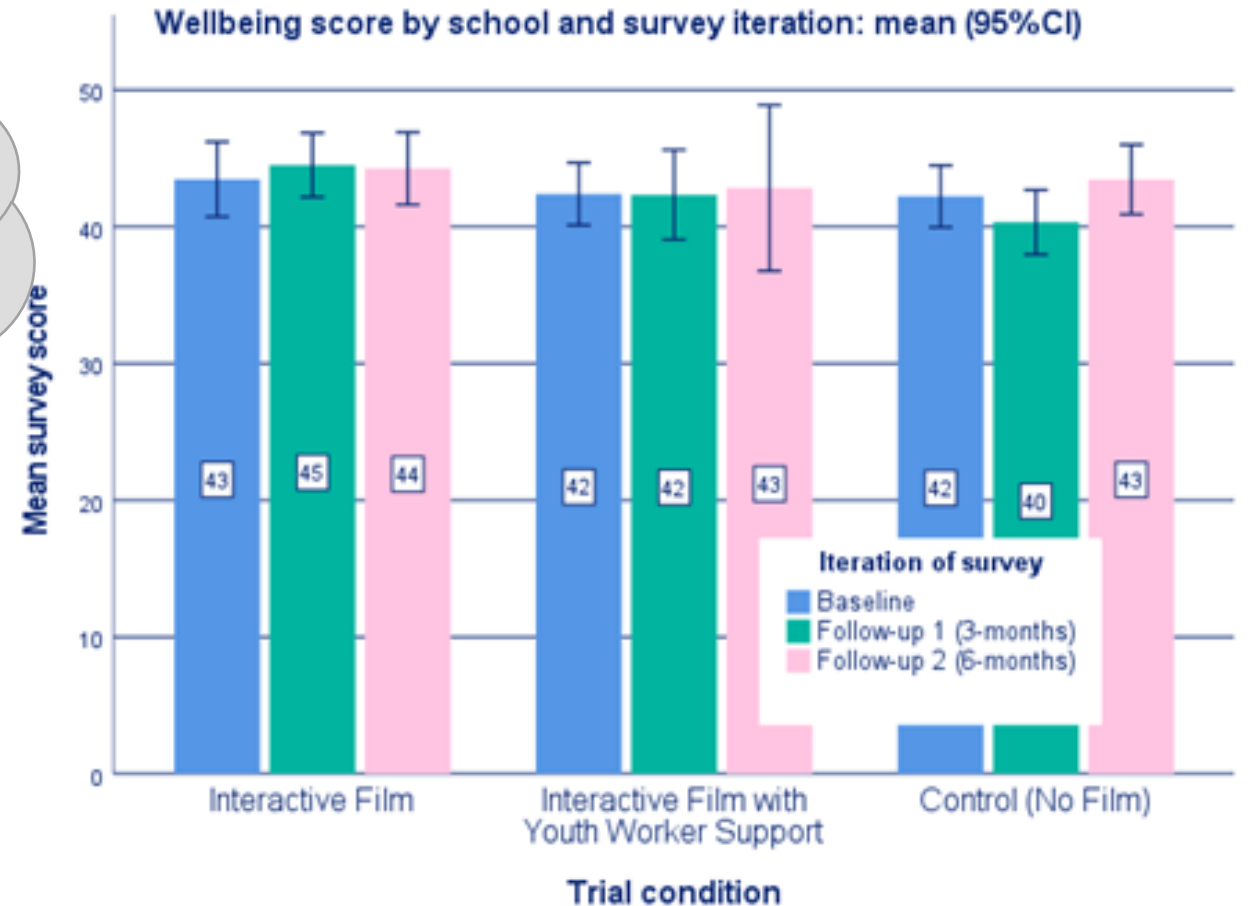
“I think the interactive element was good and it added a bit more to it that just sitting and watching 10 videos back to back. It allowed a bit of discussion in between and I think they felt quite involved” (teacher 3)

Secondary outcomes: wellbeing

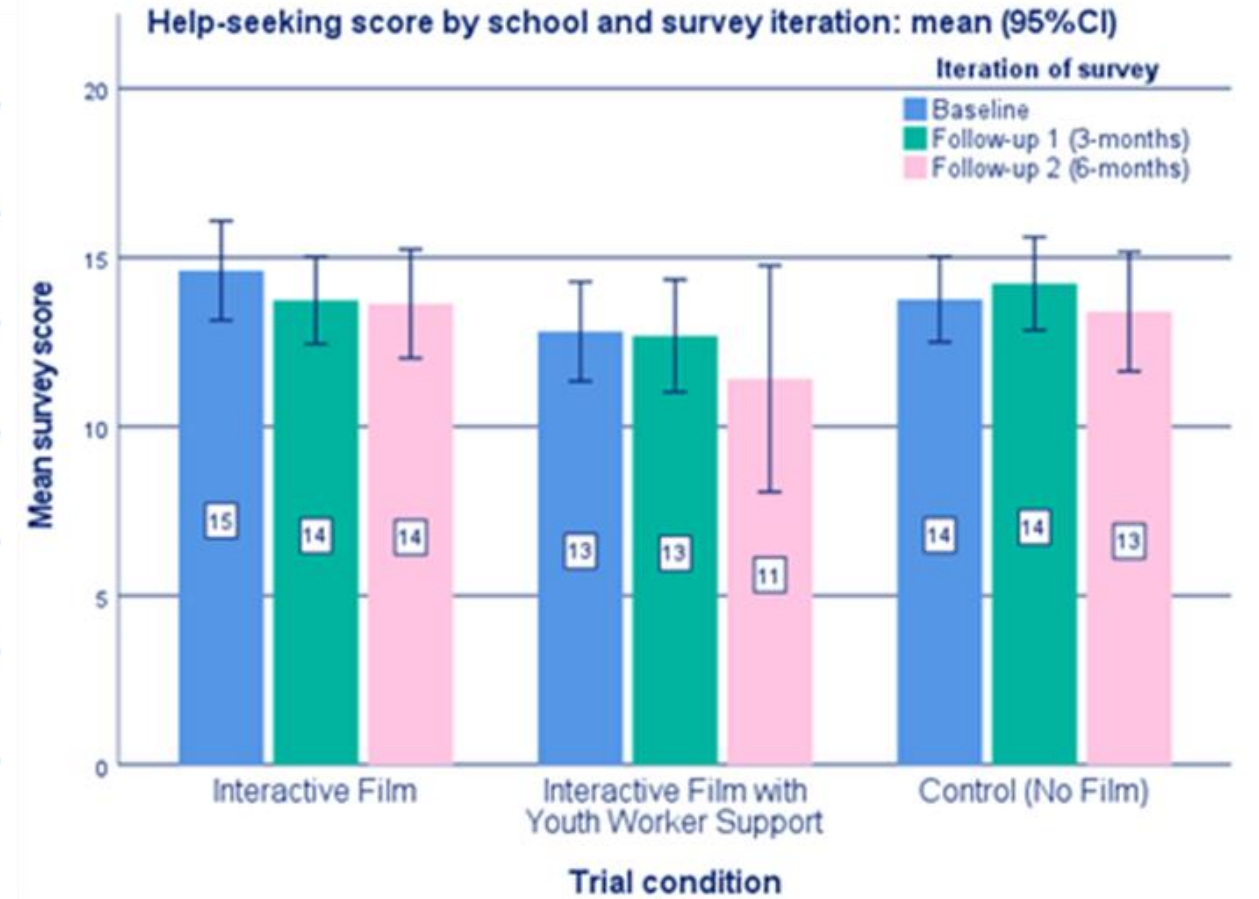
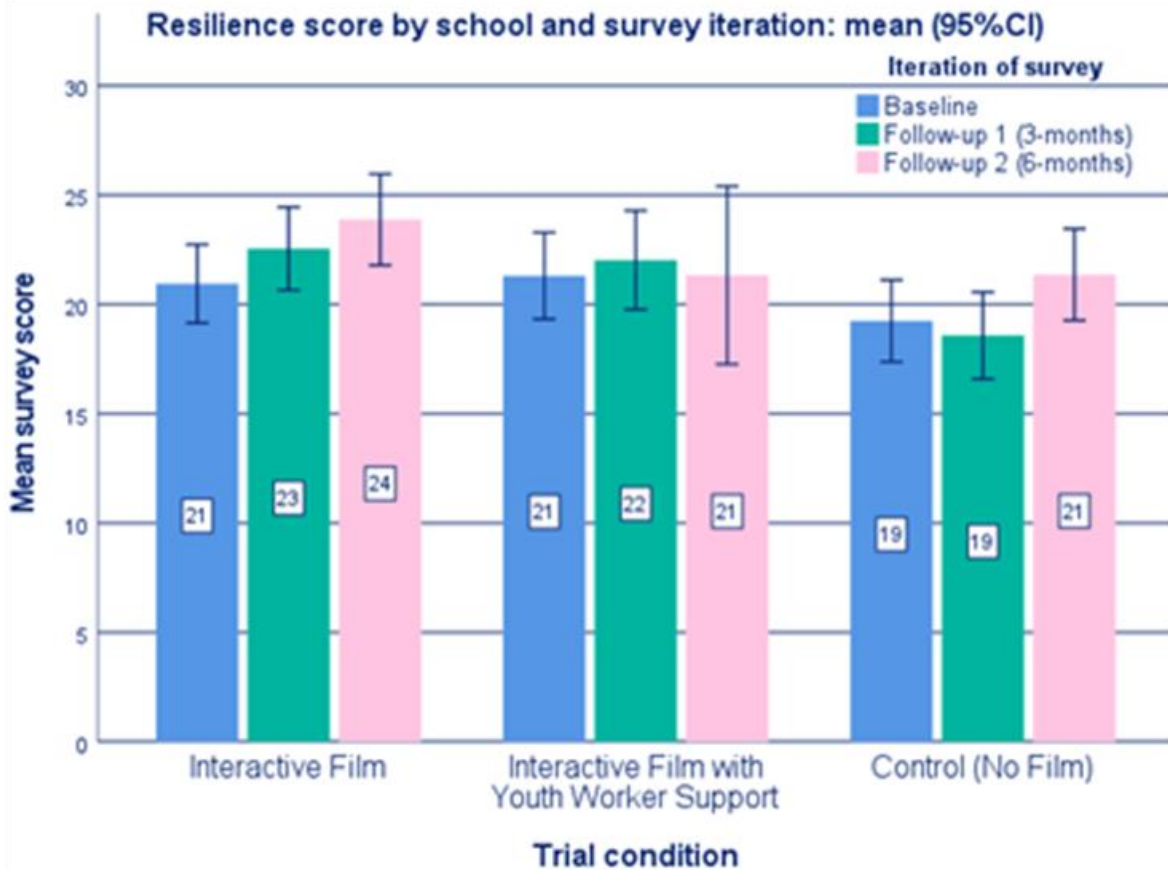
It didn't make a difference, not to my mental health" (student Y10)

I realise that it actually happens to people our age, so that's made me aware of it: (student y10)

- "I think it raised awareness a lot on that particular topic. I'm not sure I could comment on how it affected their mental health" (teacher 3)



Secondary outcomes: wellbeing

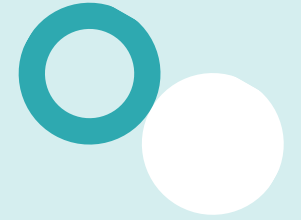


Recommendations for improvement

- Communication-information
- Age groups for delivery
- Delivery of intervention

“if there was a bit more information at the beginning about what was involved in it, I think they would have been a bit more engaged and the uptake from the beginning would have been better”
(teacher 3).

“Maybe a better understanding about what happens, how it works” (student year 10).



Discussion/Conclusion



Discussion

- The trial and the intervention were received positively
- But.. many challenges
 - Covid!
 - Communication with schools
 - Timetables schools
 - Lack of control of setting
 - Research team changes

Conclusion

- Preliminary findings suggest a definitive trial could be feasible and acceptable.
- Improvements in conditions of the trial need to be made, including recruitment and data collection.
- Challenges, particularly in communication, do need to be addressed.
- Interactive film could potentially an acceptable tool to be utilised in schools but testing effectiveness is important.
- Next steps

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