

Evaluation of a School-Based Mental Health Program: Grade 8-9

SND-ID: ext0157-1.

Creator/Principal investigator(s)

Agneta Berg - Kristianstad University Sweden, School of health and society

Research principal

[Kristianstad University](#) - School of health and society

Description

The data collection started in 2012 when students in grade 8 answered a questionnaire. The students were followed up after 3 months and after 12 months. Additional data collections are planned when the students are in high school.

The study was performed in grade 8 (students aged 13–15 years, median 14 years) in six municipalities in southern Sweden representing rural and urban areas with a total population of 120 000. There were 23 schools with grade 8 students in the included municipalities, and at 14 schools, a mental health program (the DISA program) was offered in the regular school context. At nine schools, the program was offered to girls only; at two schools, it was offered to girls and boys in separate groups; and at three schools, the program was offered in mixed groups.

The intervention had been delivered at the intervention schools for 2 years on average, with a range of 1–13 years. Three of the control schools had conducted the intervention before but did not do so during the study period. The reasons for this were staff turnover in two schools and priority of the curricular subject in the third school. Schools without this mental health program in their curriculum were recruited as control schools. At 17 of the schools, all students in grade 8 answered the study questionnaires, but at six schools, only girls participating in the mental health program completed the questionnaires due to school administration reasons, and two schools declined to participate. The gender inequity in the intervention and control groups is thus due to that the mental health program is offered to more girls than boys. The questionnaires were completed by 972 students at baseline.

Purpose:

To evaluate a universal school-based mental health program regarding its effectiveness.

Two data collections were conducted in grade 8, with a response rate of 75%. The questionnaires were completed by 972 students at baseline. At the 12-month follow-up, when students were in grade 9, the response rate was 80%.

Unit of analysis

[Individual](#)

Population

Students aged 13-18 years.

Time Method

[Longitudinal: Cohort/Event-based](#)

Study design

Non-randomised trial

Sampling procedure

[Total universe/Complete enumeration](#)

Time period(s) investigated

2012 - 2013

Number of individuals/objects

972

Response rate/participation rate

Data collection 1

- Mode of collection: Self-administered questionnaire
- Time period(s) for data collection: 2012-09
- Source of the data: Population group

Data collection 2

- Mode of collection: Self-administered questionnaire
- Time period(s) for data collection: 2012-12
- Source of the data: Population group

Data collection 3

- Mode of collection: Self-administered questionnaire
- Time period(s) for data collection: 2013-09
- Source of the data: Population group

Responsible department/unit

School of health and society

Ethics Review

Lund - Ref. 2012/462

Research area

[Public health, global health, social medicine and epidemiology](#) (Standard för svensk indelning av forskningsämnen 2011)

[Health](#) (CESSDA Topic Classification)

Keywords

[Quality of life](#), [Depression](#), [Youth](#), [Prevention](#)

Accessibility level

Access to data through an external actor

Access to data is restricted

Contact for questions about the data

Pernilla Garmy

pernilla.garmy@hkr.se

Related research data in SND's catalogue

[Evaluation of a School-Based Mental Health Program: High school](#)

Download metadata

[DataCite](#)

[DDI 2.5](#)

[DDI 3.3](#)

[DCAT-AP-SE 2.0](#)

[JSON-LD](#)

[PDF](#)

[Citation \(CLS\)](#)