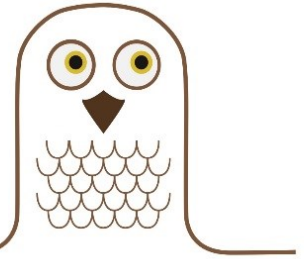


# The WISE Project

Wellbeing in Secondary Education



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# WISE Study (England)

## Welcome to the WISE Study

The WISE study is a collaborative project run between Cardiff University and the University of Bristol funded by the National Institute for Health Research. The study aims to improve the mental health of secondary school teachers and students. Research suggests that teachers have more contact with young people regarding emotional wellbeing than any other public sector service. Many teachers feel that they lack the training to support emotional health in their students. Evidence suggests that school staff who are stressed or experiencing mental distress are less likely to engage positively with students, which impacts negatively on the development of supportive relationships. A failure to

attend to these levels of stress and distress may also lead to longer term mental health problems, poor performance at work, sickness absence, and health-related retirement.

The WISE study is a three year study that aims to address these issues by gathering data via questionnaire from secondary school staff and students in relation to their wellbeing. The questionnaires will be undertaken by staff every year for three years. Students will complete questionnaires at the beginning and end of the study.

The pilot study carried out by the University of Bristol between 2013-14 gathered evidence from 555 teachers. It found that 19.4% of teachers had moderate to severe depression and that

teacher and student wellbeing was linked.

Additionally, randomized school staff will receive an intervention in the form of training. This training will enable staff to recognize the signs of emotional distress in students and colleagues. They will also be able to provide help, support and guidance to those suffering from emotional distress.

Presently we are executing the next stage of the WISE project. Data will be gathered from 25 schools in the Bristol and South Wales areas. Six schools in each area will be randomized to receive the intervention. The study will run until 2019.

**Please see overleaf for a list of sources of help.**

 [@WiseStudy](#)

### Randomisation: how random is random?

The WISE study will utilize a randomization process to identify which schools will receive the intervention. This will allow a measurable comparison to be made on the effectiveness of the intervention.

Randomisation will be achieved through the use of unique identifiers for each school and an algorithm set by the study statistician. Each school in the WISE study is allocated a unique ID number.

A statistician uses a computer program to randomly allocate six schools in Wales and six schools in Bristol to receive the inter-



vention. The statistician is 'blind' to the identity of the school to ensure non-bias

and impartiality, thus ensuring scientific rigor.

The remaining schools in the study will continue their usual activities and act as comparison schools.

At the end of the study the comparison schools will receive funding equivalent to the cost of the intervention for their, potential, benefit.

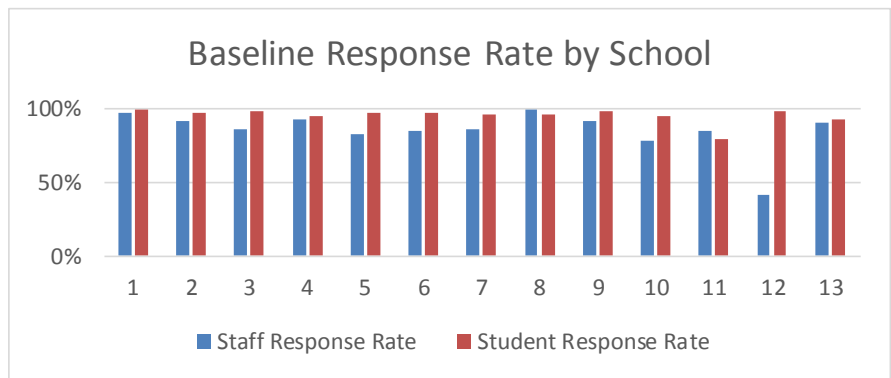
## BASELINE RESPONSE RATES

During June 2016 the WISE team undertook baseline data collection sessions at thirteen secondary schools in Bristol and the surrounding area.

Secondary school students and teaching staff completed a questionnaire regarding their wellbeing. The student data collections were undertaken in large halls or form/subject classrooms and the staff questionnaires were undertaken at INSET days and staff meetings

Participating schools achieved an average response rate in excess of 85% for both teacher and student questionnaires. High response rates encourage data that is unbiased and ensures scientific rigor.

This data will be compared to data collected at a further two points within the study.



### Next Stage of the Study

Intervention delivery for school staff will commence in September and continue until the end of this year.

The WISE team will also be collecting information from all our study schools about ongoing activities that support mental health.

We are pleased to have received such commitment and support for the WISE study from all schools and individual participants.

Thanks to all who have contributed and are contributing to making this study possible.

Remember—it's **World Mental Health Day** on Monday 10 October and this year's theme is 'psychological first aid and the support people can provide to those in distress'. For more information go to:

[www.mentalhealth.org.uk/campaigns/world-mental-health-day](http://www.mentalhealth.org.uk/campaigns/world-mental-health-day)

## Sources of help for staff

### Education Support Partnership

(formerly Teacher Support Network)

24/7 helpline number for teachers: 08000 562 561

Online advice and information for teachers:

[www.teachersupport.info](http://www.teachersupport.info)

### Bristol MIND

Mental health charity providing advice and information.

Telephone: 0117 980 0370 (9am-5pm Mon to Fri)

Email:

[admin@bristolmind.org.uk](mailto:admin@bristolmind.org.uk)

### Samaritans

24/7 helpline number: 116 123

email: [jo@samaritans.org](mailto:jo@samaritans.org)

[www.samaritans.org](http://www.samaritans.org)

### Royal College of Psychiatrists

Leaflets and expert advice on mental health:

[www.rcpsych.ac.uk/expertadvice.aspx](http://www.rcpsych.ac.uk/expertadvice.aspx)

## Meet the WISE team (Bristol)



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