

Walker, Emma, Corlett, Heather, Hardacre, Charlotte ORCID: <https://orcid.org/0000-0002-3155-4132> , Soulsby, Emilia, Frank, Kevin, Ling, Jonathan, Azevedo, Liane and Christie-de Jong, Floor (2023) Feasibility of testing effectiveness of an interactive film to improve wellbeing in young people at school settings in the North of England. *Journal of Epidemiology and Community Health*, 77 (S1). A99-A100.

Downloaded from: <https://insight.cumbria.ac.uk/id/eprint/7289/>

Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

provided that

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
- a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

You may not

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing insight@cumbria.ac.uk.

Abstract

Title: Feasibility of testing effectiveness of an interactive film to improve wellbeing in young people at school settings in the North of England

Authors: Christie-de Jong, F; Walker, E.; Corlett, H.; Hardarce, C.; Soulsby, E.; Frank, K.; Ling, J.. Azevedo, L.

Background

Adolescence is a period of heightened vulnerability for the onset of mental illness and 75% of all mental health problems are established before 18 years old. The North East and North Cumbria (NENC) Child Health and Wellbeing Network worked with local filmmakers TryLife to create an interactive film to support young people's wellbeing. Interactive films potentially offer an accessible and cost-effective preventative tool, but there is lack of evidence evaluating effectiveness of such interventions.

Methods

This mixed-methods feasibility trial aimed to evaluate 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 NENC school settings. Primary outcomes were key parameters of the trial, including willingness of schools to participate, participant recruitment, and retention. Secondary outcomes were mental wellbeing, resilience and help-seeking attitudes, analysed descriptively and with a two-way ANOVA. Three schools were recruited and randomised to condition 1) watching the film in class 2) watching the film in class supported by youth workers or 3) class as usual without watching the film. Between November 2021 and December 2022, 172 students completed surveys about mental wellbeing, help-seeking and resilience before watching the film, and at 3- and 6-month follow-up. Acceptability was assessed qualitatively through three focus groups with students and teacher interviews (n=3).

Findings

Recruitment of schools was challenging due to resource issues and impact of the pandemic. Retention to Follow-up 2 was high in year 10 (96%), but considerably worse in year 12 (60%). Qualitative data indicated acceptability of the intervention and project. Pupils and teachers supported using the film as an intervention in schools, and particularly liked the interactive element to stimulate discussion. Data demonstrated that communication about the project and resource issues within schools were challenges to be remedied before beginning a larger-scale trial. Preliminary analyses showed no significant differences (CI 95%) on wellbeing, resilience and help-seeking outcomes between conditions.

Conclusion

Some trial aspects worked well, including data collection and analysis. However, recruitment, retention and communication with schools were challenging. Participants offered positive feedback both on the film and trial. Although secondary outcomes did not indicate significant differences between groups, sample sizes were small and further analyses need to be conducted to confirm results. Future research could help to understand the film's impact to support young people's wellbeing further. However, potential challenges need addressing ahead of a larger-scale trial.

Key words: feasibility trial, film-based intervention, adolescent wellbeing,