

The Evidence Base For Zippy's Friends and Apple's Friends

Summaries of Evaluation Studies

The *Zippy's Friends* programme has been regularly and rigorously evaluated. On the strength of this evaluation the programme has been recognised by:



Good mental health for children - for life



Apple's Friends builds on the same principles as *Zippy's Friends* and has also been found effective in a large-scale randomised controlled trial.

IRELAND, 2010

PROGRAMME: *Zippy's Friends*

TYPE OF TRIAL: Randomised control trial, validated scales

WHEN CONDUCTED: 2008-09

BY: Health Promotion Research Centre, National University of Ireland Galway

NUMBER OF CHILDREN: 730

MAJOR FINDINGS:

Improvements in:

- Emotional literacy
- Coping skills
- Classroom relationships

Reduction in:

- Hyperactivity

Reference: Clarke, A. M., Bunting, B. & Barry, M. M. (2014). Evaluating the implementation of a school-based emotional well-being programme: a cluster randomized controlled trial of Zippy's Friends for children in disadvantaged primary schools. Health Education Research, 29(5), 786-798. doi: 10.1093/her/cyu047



THE NETHERLANDS, 2016

PROGRAMMES: *Zippy's Friends* and *Apple's Friends*

TYPE OF TRIAL: Cluster randomised control trial, validated scales

WHEN CONDUCTED: 2012-14

BY: The Trimbos Institute

NUMBER OF CHILDREN: 1,177

MAJOR FINDINGS:

Improvement in:

- Emotion recognition
- Adaptive coping skills
- Motivation

Reduction in:

- Hyperactivity
- Aggressive behaviour

No significant findings from teacher reports

CZECH REPUBLIC, 2016

PROGRAMME: *Zippy's Friends*

TYPE OF TRIAL: Randomised control trial, own questionnaire (not validated)

WHEN CONDUCTED: 2015-16

BY: Consortium of Prague academics

NUMBER OF CHILDREN: 807

MAJOR FINDINGS:

Increase in:

- Self-regulation
- Cooperation with peers
- Particular benefits for children with SEND

NORWAY, 2012

PROGRAMME: *Zippy's Friends*

TYPE OF TRIAL: Randomised control trial, validated scales

WHEN CONDUCTED: 2007-08

BY: Centre for Child and Adolescent Mental Health, Eastern and Southern Norway

NUMBER OF CHILDREN: 1,483

MAJOR FINDINGS:

Improvements in:

- Coping skills
- Classroom climate
- Academic skills (teacher report)

Reduction in:

- Bullying
- Impact of mental health problems

Reference: Solveig Holen, Trine Waaktaar, Arne Lervåg & Mette Ystgaard. The effectiveness of a universal school-based programme on coping and mental health: a randomised, controlled study of Zippy's Friends. Educational Psychology: epub ahead of print. DOI:10.1080/01443410.2012.686152

Solveig Holen, Trine Waaktaar, Arne Lervåg & Mette Ystgaard. Implementing a Universal Stress Management Program for Young School Children: Are there Classroom Climate or Academic Effects? Scandinavian Journal of Educational Research. epub ahead of print. DOI:10.1080/00313831.2012.656320

UNITED KINGDOM, 2018

PROGRAMME: *Zippy's Friends*

TYPE OF TRIAL: Randomised controlled trial, validated scales.

WHEN CONDUCTED: 2016-17

BY: Queen's University Belfast, Funded by the Education Endowment Foundation

NUMBER OF CHILDREN: 3904

MAJOR FINDINGS:

- Improvement in self-regulated learning (teacher report)
- No improvements in emotional self-regulation (child report). However up to 1/3 of children were unable to complete the measure which hadn't been validated for children this age. Low security of finding
- Very positive process evaluation from teachers

Reference: educationendowmentfoundation.org.uk/projects-and-evaluation/projects/zippys-friends/