

The evidence base for SPARK Resilience

SUMMARY OF EVALUATION STUDY

- Two versions of SPARK Resilience have been evaluated so far
- The studies found increases in resilience and self-efficacy, and a reduction in depression.

LONDON, UK, 2010

PROGRAMME VERSION: Original 12 x 60 minute sessions

TYPE OF TRIAL: Two-cohort treatment/control design, validated scales

CONDUCTED: 2009-10

BY: Queen Mary University of London, Anglia Ruskin University, University of East London, University of East London

NUMBER OF CHILDREN: 438

AGE AND GENDER OF CHILDREN: 11-13 year-old girls

MAJOR FINDINGS:

QUANTITATIVE STUDY:

- Significant increase in resilience at post-intervention, 6 and 12-month follow up
- Significant decrease in depression at post-intervention and 6 month follow-up, not maintained at 12-month follow-up

QUALITATIVE STUDY:

Teachers perceived that the programme:

- gave students an 'emotional toolkit'
- improved class climate
- fostered empathy in students

The **ENTHUSIAST**



TOKYO, JAPAN, 2015-18

PROGRAMME VERSION: 6 x 60 minute sessions

TYPE OF TRIAL: Three treatment cohorts, validated scales

CONDUCTED: 2015-18

BY: Ochanomizu University, Tokyo, Ikibunken Yume Gakuen, Tokyo, Tokyo Kasei University, Anglia Ruskin University

NUMBER OF CHILDREN: 407

AGE AND GENDER OF CHILDREN: 15-16 year olds, girls and boys

MAJOR FINDINGS:

- Self-efficacy increased
- Greater increase in self-esteem and reduction in depression in highly sensitive students

The **WORRIER**

