

## Information Sheet

Study title: Grow Your Mind Program Evaluation

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Your school has signed up to implement the whole-school well-being program ‘Grow Your Mind’ in 2021. The University of Wollongong (UOW) has been commissioned to evaluate the effectiveness of the program independently for primary school students and teachers. This is an invitation for you to participate in the research activities for this evaluation.

What is the aim of the study?

The aim of the study is to evaluate the outcomes of the Grow Your Mind program on a broad range of outcomes compared to a waitlist control group. For students, the outcomes include: psychological well-being, knowledge and confidence in taking care of mental health, and connectedness to school and home environment. For teachers, the outcomes include: psychological well-being, knowledge and confidence in caring for mental health and confidence in teaching mental health content.

Grow Your Mind is a curriculum-aligned, whole-school program for teaching well-being within schools (for more information, see below). In the present study, we will evaluate the effectiveness of the Grow Your Mind program through a range of pre- and post-program questionnaires.

What will you do?

As the child’s classroom teacher, you will be asked to undertake the following tasks:

- A pre-program 15-minute assessment consisting of online questionnaires related to wellbeing, confidence in taking care of mental health, and confidence in teaching mental health content. This will occur at the end of Term 2, 2021.
- If my class is allocated to the ‘treatment’ condition: you will be asked to complete a post-program 15-minute assessment, following a 10-week implementation of the Grow Your Mind program in Term 3. The assessment consists of online questionnaires related to wellbeing, confidence in taking care of mental health, and confidence in teaching mental health content.

- If my class is allocated to the ‘waitlist’ condition: you will be asked to complete the 15-minute pre-program assessments at the end of Term 2, and post-program questionnaires at the end of Term 3, prior to starting the Grow Your Mind program in the following term.

Some examples of the types of items in the pre/post-program questionnaires you will complete include:

1. “I can always manage to solve difficult problems if I try hard enough”
2. “I become easily discouraged by failures”
3. “I can answer my students’ general questions about mental health”

What will the students in your class do?

As a part of this study, the students in your class will undertake the following tasks:

- A pre-program 35-minute assessment session consisting of online questionnaires related to well-being, confidence in taking care of mental health and school connectedness. Questionnaires will be completed in one session during allocated class time at the end of Term 2.
- If our class is allocated to the ‘treatment’ condition: students will participate in a post-program 35-minute assessment session, after participating in the Grow Your Mind program in Term 3. The assessment session will consist of online questionnaires related to well-being, confidence in taking care of mental health and school connectedness, and will be completed in one session during allocated class time.
- If our class is allocated to the ‘waitlist’ condition: students will complete the 35-minute pre-program questionnaires at the end of Term 2, and post-program questionnaires at the end of Term 3, prior to starting the Grow Your Mind program in the following term.

Some examples of types of items in the pre/post-program questionnaires the students will complete include:

1. Answer the question: In the last week: “Have you been happy at school?”
2. Make a rating on the statement “I have to do too much schoolwork”
3. Make a rating on the statement “If I have a problem, my teacher helps me”

Important things to consider

- Participation in the study is voluntary and you or the students in your class can choose to withdraw at any stage. You can refuse to participate and are free to withdraw from the research, at any time. Your refusal to participate or withdrawal of consent will not affect any relationship with your school, the Grow Your Mind program, or the University of Wollongong, and you and your students will still be able to participate in the Grow Your Mind program.
- Your classroom will be randomly assigned to a treatment or waitlist condition (i.e. teacher and class will be allocated to the same condition). If you are allocated to the waitlist condition, you will be able to implement the Grow Your Mind program in the following term.
- All data obtained will be used only for the purposes of this study and will not be made available to any persons other than the research team. Confidentiality is assured and no individual will be identifiable. The data will be analysed at a group level to examine the effectiveness of the Grow Your Mind Program,

and documented in a report for the Grow Your Mind Team, and potentially published in a scientific journal. If you choose to withdraw your consent to participate, your data will be destroyed and not included in any group analyses. You may withdraw your data from the research study up until the beginning of Term 4, 2021, by emailing Stuart (sjohnsto@uow.edu.au).

- Your school has already signed up to implement the Grow Your Mind program in 2021. Participation in the research study involves the additional pre-/post-program assessment sessions. If you do not wish to participate, or choose to withdraw your data, your school will still have access to the Grow Your Mind program.
- This research project is funded by Grow Your Mind.

### The Grow Your Mind Program

Grow Your Mind is a curriculum-aligned, whole-school program for teaching well-being within schools. It provides resources for teachers to learn and teach evidence-based psychoeducation and well-being strategies to their students. It draws on evidence-based principles for enhancing mental health and well-being from four areas: 1) positive psychology; 2) social and emotional learning; 3) public health; and 4) neuroscience. Strategies include psychoeducation in the neuroscience of emotion regulation, building character strengths, growth mindset, respectful relationships, resilience, and mindfulness. The program aligns with the NSW Wellbeing Framework for Schools themes: 'Connect' (through its focus on building positive relationships and emotion regulation); 'Succeed' (through its focus on resilience, confidence, and character strengths); and 'Thrive' (through its focus on enjoyment, growth, meaning, and reflection). The program is also consistent with the NSW Wellbeing Framework for Schools recommendations for embedding and integrating strategies into the school community and learning environment.

Please note that the University of Wollongong is not involved in the development or implementation of the Grow Your Mind program. Please contact your school if you have any questions regarding this program.

### Benefits of Participation

There will be no recompense for your participation in this study. However, the questionnaires selected for this study provide an opportunity for teachers to think about their own mental health, wellbeing, and self-efficacy in teaching wellbeing at school. Participation in the study will contribute towards understanding of the impacts of the Grow Your Mind program. This may also help the developers improve the program for future implementation.

### Risks and burdens of participation

There are likely to be few risks of participation. There is a time commitment involved of 15 minutes pre- and post-program assessment sessions for the teacher. As participating students will complete their pre- and post- questionnaires during class time, there will also be a time commitment of a total of 70

minutes of assessment sessions in which a member of the research team and the teacher will supervise. None of the questionnaires chosen for the study is intended to be confronting. However, some individuals may experience mild emotional discomfort when asked to reflect on their mental health and wellbeing. Contact details for support services can be found at the end of this document.

What will we do with the data from this study?

Group level data may be reported in a report and/or peer-reviewed scientific journal publication. No individual data will be reported.

Thank you for your interest in this study. If you have any questions about this research please email or call  
Professor Stuart Johnstone.

Email: [sjohnsto@uow.edu.au](mailto:sjohnsto@uow.edu.au)

Phone: 02 4221 4495

This project has been approved by the UOW Human Research Ethics Committee (ethics protocol number HE2021/024). If you have any complaints about the conduct of the study please contact the Complaints Officer, University of Wollongong/Illawarra Area Health Service Human Research Ethics Committee on 02 4221 4457 or email [rso-ethics@uow.edu.au](mailto:rso-ethics@uow.edu.au).

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