

COMBINED DATA EXTRACTION SHEET

Notes:

	RM ID	30650	30650	30650
	Author	Ruini	Ruini	Ruini
	Date	2009	2009	2009
	Extractor	SP	RE	Consensus
STUDY POPULATION	Target	School children	High school students	High school students
	Condition	MH promotion (especially anxiety)		MH promotion (especially anxiety)
	Inclusion	Not explicit; consent	Universal	Unclear
	Exclusion		None reported.	Unclear
	Sex	139/227 F	P 6 for both	61.2% female
	Age	14.4		14.4
	Age Group			
	Ethnicity	Not given	Not reported.	Not reported
	Locale	Italy	Italy	Italy
	Recruitment	Via the schools who volunteered to take part	Schools given information about trial, 9 classes from the same school volunteered to take part and did take part.	Via the schools who volunteered to take part
TRIAL DESIGN	Arms	2	2	2
	Control	Attention control	Attention placebo	Attention control
	Control type	Attention control		Attention control
INTERVENTION DETAILS	Int Level	1	1	1
	Int Name	Well-being Therapy (WBT)	WBT well being therapy	Well-being Therapy (WBT)
	Model	Ryff's model of well-being (autonomy, environmental mastery, positive interpersonal relationships, personal growth, purpose in life and self acceptance, which were never applied in adolescence until now. Particular emphasis was given to positive interpersonal relationships, purpose in life and self-acceptance, which are extremely important in adolescence); cognitive elements; cognitive structuring (CBT) Mixed Ryff and CBT	CBT and Ryff's model of wellbeing.	Mixed CB principles (especially cognitive restructuring) and the Ryff model of well-being

	Self care	role-playing and group discussions were performed	Taught to complete diaries and cognitive restructuring.	Diary keeping; role playing; groups discussions
	Recipients	YP	Children	Young people
	Platform	Embedded into teaching curriculum; school based;	Classroom setting	School based (classroom setting); face to face
	Agent	Clinical psychologists	Clinical psychologists.	Clinical psychologists
	Agent role	Running the interventions	Running the sessions	Delivering and facilitating the sessions
	Agent trained?	Unclear	Unclear – think they were probably involved in developing the interventions but no mention of training.	Unclear
	Agent supervised	Unclear	None reported	Unclear
	Int Length	6 × 2 hour weekly sessions	6 × 2 hour sessions held weekly	6 weekly 2 hour sessions
	Average contact			
OUTCOMES	Outcome	Psychological well being (If so EXCLUDE); anxiety RCMAS	PWB; SQ; RCMAS	Discuss – See SP note in first column
	Principal outcome	RCMAS	PWB	RCMAS
	Satisfaction	No	No	No
	Narrative summary of results	Anova for repeated measures, considering time*group allocation interaction effect, showed that there were no significant differences for RCMAS scale scores, nevertheless contrast analysis showed a significant effect of WBT on the RCMAS Physiological Anxiety subscale score which decreased in WBT group and increased in attention-placebo group at retest but no effect at follow-up (Table 1 and associated text).		RE to concur