

# What's the impact of measuring wellbeing in schools?

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# Context

- Mental Health Support Teams in ‘trailblazer’ areas
- National, local and regional initiatives and projects to promote mental wellbeing
- Increased emphasis on mental health with school inspection framework

# CORC's involvement

- Supporting trailblazer areas to evaluate impact e.g. in South West London and Greater Manchester
- Partnering on specific projects embedding outcome measurement in practice e.g. Community Wellbeing Project
- Providing schools with easy to implement tools to increase understanding of student and staff wellbeing using Wellbeing Measurement for Schools

# Our approaches

- Providing online staff and pupil surveys to schools and colleges – using anonymous surveys to understand strengths and challenges for cohorts
- Supporting schools to use outcome measures to evaluate the impact of specific interventions in those that access them
- Developing the capacity of schools to embed outcome measurement in their work



**the COMMUNITY WELLBEING project**

working together for children & young people's  
mental health & wellbeing

# CORC Research

As use of outcome measurement in schools is becoming more widespread, CORC research will explore:

- feasibility and reliability of the use of a wellbeing survey in schools in order to support schools to monitor and support positive wellbeing in their students and staff.
- the barriers and facilitators to implementation and use of data arising from the wellbeing survey
- clusters and patterns within the data exploring the relationship between contextual and demographic data and reported wellbeing
- the immediate emotional impact on the young person completing the survey

# Exploring pupils' immediate emotional response to completing the survey

- Examples of questions asked in online survey

Below is a questionnaire which is going to ask you how you feel. There are no right or wrong answers. You should just pick the answer which is best for you.

Are there students at your school who would...

Never

Always

It is important to know what you REALLY think, so please answer the questions the way you really think, not how you should think. This is NOT a test. There are NO right or wrong answers.

|   | Strongly disagree     | Moderately disagree   | Mildly disagree       | Mildly agree          | Moderately agree      | Strongly agree        |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| My life is going well                         | <input type="radio"/> | <a href="#">reset</a> |
| My life is just right                         | <input type="radio"/> | <a href="#">reset</a> |
| I would like to change many things in my life | <input type="radio"/> | <a href="#">reset</a> |

# Exploring pupils' immediate emotional response to completing the survey

- Does completing the online wellbeing survey change how happy or sad pupils are feeling, and what factors are associated with this?
- Final question in survey:

Has completing this survey changed how happy or sad you are feeling?

- No, completing this survey has not made me feel happy or sad
- Yes, completing this survey has made me feel happy
- Yes, completing this survey has made me feel sad

- Sample: 2,903 pupils in year groups 5, 7, 8 and 9, who completed the survey in around 60 schools since summer 2018

# Early findings

- Overall responses

Has completing this survey changed how happy or sad you are feeling?

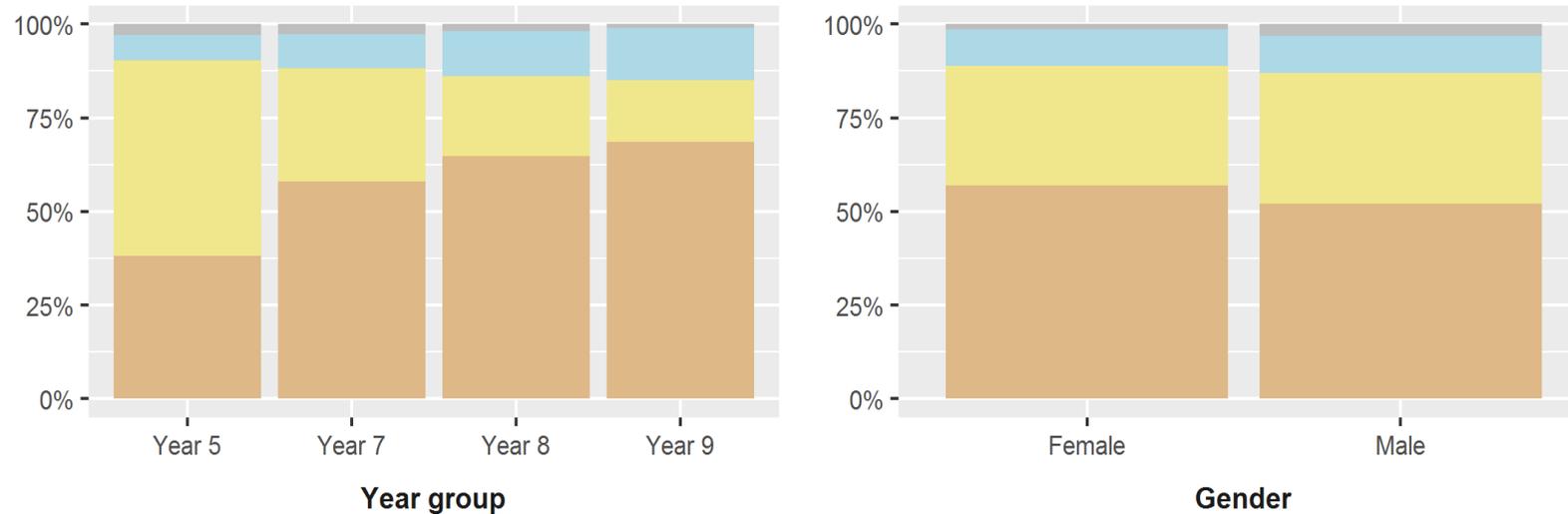
| Response                          | Number of pupils | %   |
|-----------------------------------|------------------|-----|
| No, not made me feel happy or sad | 1583             | 55  |
| Yes, made me feel happy           | 972              | 33  |
| Yes, made me feel sad             | 282              | 10  |
| Not known (question skipped)      | 66               | 2   |
|                                   |                  |     |
| Total                             | 2903             | 100 |

# Early findings

- Examples of responses broken down by pupil characteristics

Has completing this survey changed how happy or sad you are feeling?

■ No, not made me feel happy or sad   ■ Yes, made me feel happy   ■ Yes, made me feel sad   ■ Not known

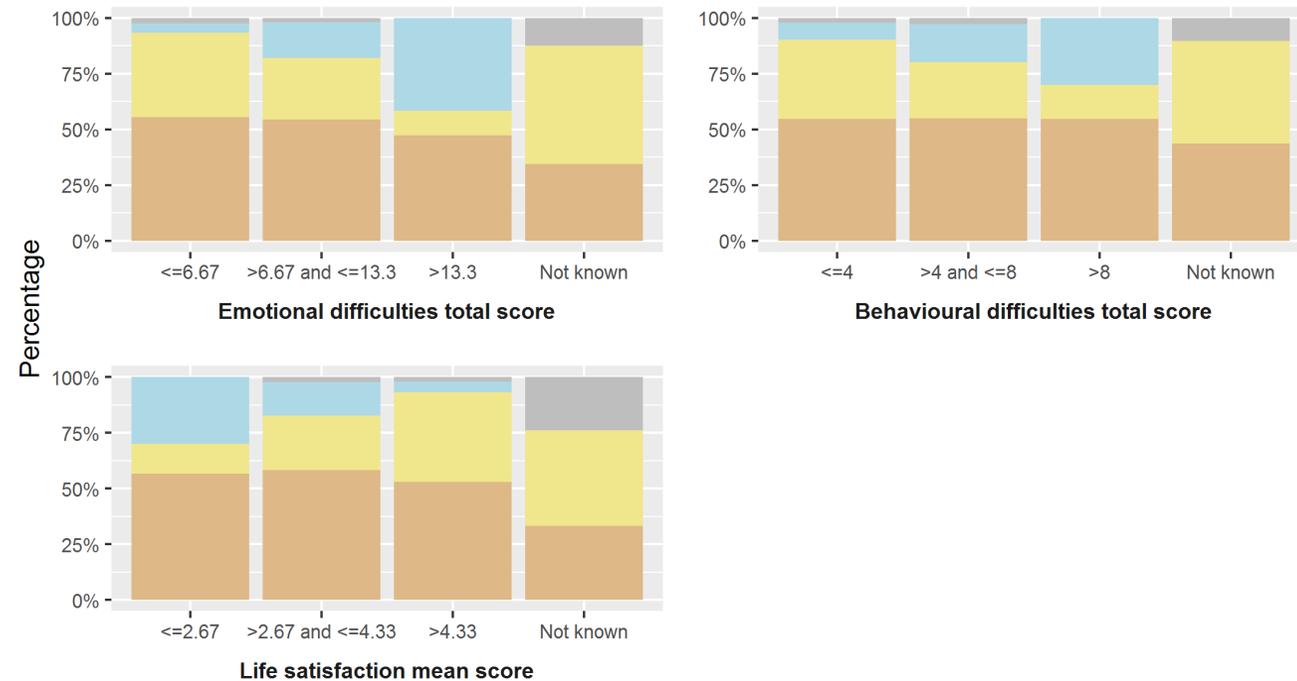


# Early findings

- Examples of responses broken down by self-reported measures

Has completing this survey changed how happy or sad you are feeling?

Legend: No, not made me feel happy or sad (orange), Yes, made me feel happy (yellow), Yes, made me feel sad (light blue), Not known (grey)



# Early findings summary

- Around half (55%) of pupils reported that completing the survey did not make them feel happy or sad
- A third (33%) reported that completing the survey made them feel happy
- 10% reported that completing the survey made them feel sad
- Responses appear to be associated with year group and self-reported measures of wellbeing

# What's next?

- Developing approaches for Post-16 Providers and Special Schools
- Supporting schools and colleges to engage young people with results of surveys

<https://www.corc.uk.net/for-schools/>