

# 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

### 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

Reference: Kibe C, Suzuki M, Hirano M, Boniwell I (2020) Sensory processing sensitivity and culturally modified resilience education: Differential susceptibility in Japanese adolescents. *PLoS ONE* 15(9): e0239002.

- The General Self Efficacy Scale: [general-self-efficacy.pdf \(bouncetogether.co.uk\)](https://www.bouncetogether.co.uk/general-self-efficacy.pdf)
- Rosenberg Self-Esteem Scale: [Microsoft Word - Self Measures for Self-Esteem ROSENBERG SELF-ESTEEM \(fetzer.org\)](https://www.fetzer.org/microsoft-word-self-measures-for-self-esteem-ROSENBERG-SELF-ESTEEM/)
- Bidimensional resilience scale: [pone.0239002.s006.docx \(live.com\)](https://www.live.com/pone.0239002.s006.docx)
- Birlleson Depression Self-Rating Scale for Children: [DSRS \(childrenandwar.org\)](https://www.childrenandwar.org/DSRS/)
- Highly sensitive child scale – [The Highly Sensitive Child scale | Download Scientific Diagram \(researchgate.net\)](https://www.researchgate.net/publication/338888888)

Reference: Pluess M, Boniwell I, Hefferon K, Tunariu A (2017) Preliminary evaluation of a school-based resilience-promoting intervention in a high-risk population: Application of an exploratory two-cohort treatment/control design. *PLoS ONE* 12(5): e0177191

- Wagnild & Young Resilience Scale: [tool17.pdf \(researchinpractice.org.uk\)](https://www.researchinpractice.org.uk/tool17.pdf)
- Centre for Epidemiologic Studies Depression scale [Center of Epidemiological Studies — Depression \(CES-D\) \(ahrq.gov\)](https://www.ahrq.gov/center-of-epidemiological-studies-depression-ces-d/)