

# The Evidence Base For Zippy's Friends and Apple's Friends

## Summaries of Evaluation Studies



### IRELAND, 2010

**PROGRAMME:** *Zippy's Friends*

**TYPE OF TRIAL:** Randomised control trial, validated scales

**WHEN CONDUCTED:** 2008-09

**BY:** Health Promotion Research Centre, National University of Ireland Galway

**NUMBER OF CHILDREN:** 730

**MAJOR FINDINGS:**

Improvements in:

- Emotional literacy
- Coping skills
- Classroom relationships

Reduction in:

- Hyperactivity

*Reference: Clarke, A. M., Bunting, B. & Barry, M. M. (2014). Evaluating the implementation of a school-based emotional well-being programme: a cluster randomized controlled trial of Zippy's Friends for children in disadvantaged primary schools. Health Education Research, 29(5), 786-798. doi: 10.1093/her/cyu047*



### THE NETHERLANDS, 2016

**PROGRAMMES:** *Zippy's Friends* and *Apple's Friends*

**TYPE OF TRIAL:** Cluster randomised control trial, validated scales

**WHEN CONDUCTED:** 2012-14

**BY:** The Trimbos Institute

**NUMBER OF CHILDREN:** 1,177

**MAJOR FINDINGS:**

Improvement in:

- Emotion recognition
- Adaptive coping skills
- Motivation

Reduction in:

- Hyperactivity
- Aggressive behaviour

No significant findings from teacher reports

### CZECH REPUBLIC, 2016

**PROGRAMME:** *Zippy's Friends*

**TYPE OF TRIAL:** Randomised control trial, own questionnaire (not validated)

**WHEN CONDUCTED:** 2015-16

**BY:** Consortium of Prague academics

**NUMBER OF CHILDREN:** 807

**MAJOR FINDINGS:**

Increase in:

- Self-regulation
- Cooperation with peers
- Particular benefits for children with SEND

### NORWAY, 2012

**PROGRAMME:** *Zippy's Friends*

**TYPE OF TRIAL:** Randomised control trial, validated scales

**WHEN CONDUCTED:** 2007-08

**BY:** Centre for Child and Adolescent Mental Health, Eastern and Southern Norway

**NUMBER OF CHILDREN:** 1,483

**MAJOR FINDINGS:**

Improvements in:

- Coping skills
- Classroom climate
- Academic skills (teacher report)

Reduction in:

- Bullying
- Impact of mental health problems

*Reference: Solveig Holen, Trine Waaktaar, Arne Lervåg & Mette Ystgaard. The effectiveness of a universal school-based programme on coping and mental health: a randomised, controlled study of Zippy's Friends. Educational Psychology: epub ahead of print. DOI:10.1080/01443410.2012.686152*  
*Solveig Holen, Trine Waaktaar, Arne Lervåg & Mette Ystgaard. Implementing a Universal Stress Management Program for Young School Children: Are there Classroom Climate or Academic Effects? Scandinavian Journal of Educational Research. epub ahead of print. DOI:10.1080/00313831.2012.656320*

### UNITED KINGDOM, 2018

**PROGRAMME:** *Zippy's Friends*

**TYPE OF TRIAL:** Randomised controlled trial, validated scales.

**WHEN CONDUCTED:** 2016-17

**BY:** Queen's University Belfast, Funded by the Education Endowment Foundation

**NUMBER OF CHILDREN:** 3904

**MAJOR FINDINGS:**

- Improvement in self-regulated learning (teacher report)
- No improvements in emotional self-regulation (child report). However up to 1/3 of children were unable to complete the measure which hadn't been validated for children this age. Low security of finding
- Very positive process evaluation from teachers

*Reference: educationendowmentfoundation.org.uk/projects-and-evaluation/projects/zippys-friends/*