



The Me and My School Research Project: Research commissioned by the Department for Children, Schools and Families (DCSF).

A collaboration between:



What is the “Me And My School” project?

It is a research project that looks at all children in certain year groups in schools across England. It explores the ways schools try to help children when they feel sad, worried or troubled. The aim is to find out which approaches seem to be the best ways for schools to help children.

What does the “Me And My School” project involve?

2 studies are involved:

Study 1 looks at pupils in 25 areas over three years (2008-11).

Study 2 looks at pupils in a further 74 areas over the course of one year (2009-10).

In both studies pupils, parents and teachers will be asked to take part:

Pupils in Year 4 and Year 7 at the start of each study will be asked, once a year for the duration of the study, to answer multiple choice questions about their feelings and about their school (via a computer at their school).

Parents of these pupils will be asked to answer multiple choice questions about their child once a year.

Teachers (class or form) will be asked to complete brief online questions about children in their class.

What is the difference between study 1 and study 2?

Study 1 is a three-year “naturalistic study”. It looks at what local areas have chosen to do to support children when they feel worried, sad or troubled. The research team looks at how the children in the different areas are doing over time (taking into account the children’s views and those of their parents and teachers) to see the impact of the different approaches adopted by different areas.

Study 2 is a one year “randomised control trial” (RCT). The areas will be randomly assigned to different conditions which vary in the type of support they offer. The researchers will look at how the children in different areas are doing. The fact that areas are randomly assigned to different conditions means the research team can be more confident that any differences they find in how children are doing are the result of differences in ways schools are going about helping rather than a result of other differences between the areas.

“Me and My school” project is part of the “Targeted Mental Health in Schools” (TaMHS) national evaluation

Approved by the UCL Research Ethics Committee (Project ID Number 1530/001)

