An invitation to take part in research
MYRIAD is a research project investigating how schools prepare young people to manage their emotional health and improve resilience. We would like to invite you to take part in this project.

Before you decide if you would like to take part, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully. Please do get in contact with us to ask us any questions you may have about the project, or if you would like more information.

What is the purpose of the project?
Adolescence is a time of change and development. Learning skills that build resilience has the potential to help adolescents navigate these challenges during their time at school and build a platform to serve them throughout their lives.

What will we do?
We will compare existing, good quality social and emotional learning that is already being taught in schools (known as ‘teaching as usual’) to a programme of study that is based on mindfulness techniques. Mindfulness is a way of being present to experiences as they happen, rather than worrying about what has happened or might happen in the future.

The mindfulness programme, called ‘b’, has been developed by the Mindfulness in Schools Project and is a series of 10 lessons plus a small number of follow up sessions in subsequent years. The lessons are designed to appeal to young people and each one teaches a particular mindfulness skill. Typically, a lesson includes an introduction by the teacher, supported by prepared resources, practical exercises and demonstrations, which make the ideas relevant to the pupils. Participating teachers in schools allocated to the mindfulness group will be trained to deliver the intervention to pupils.
How have schools been chosen?
We invited mainstream secondary schools in the UK to apply to take part and your school has signed up. We looked for a range of schools that are representative of schools in the UK and schools who were not already using mindfulness techniques in their school.

Do I have to take part?
You do not have to take part. The school has signed up to take part in the project, but it is up to you to agree your participation with your headteacher. If you do decide to take part, you will be asked to sign a consent form, but you are still free to withdraw at any time without having to give a reason.

Design of the project
This project is a randomised controlled trial in which all schools are randomly allocated, using a computer programme, to continue either with ‘teaching as usual,’ or to provide the mindfulness programme alongside their current teaching. The two groups in the project, therefore are: ‘teaching as usual’ and the mindfulness programme groups. Schools had an equal chance of being allocated to either group.

The two diagrams below show the timeline and involvement in the project for schools starting in 2017. The diagrams indicate what teachers and pupils will experience in both groups as part of this project.
Your school

Figure 1: Teachers' progression through MYRIAD

Your school

Figure 2: Pupils' progression through MYRIAD
Teacher Involvement

All participating schools identified a group of ideally around ten teachers, but at least five who would be willing to take part and complete questionnaires for the duration of the project. Some schools now wish to nominate additional study teachers following randomisation. You have been put forward as one of those teachers.

To participate in this project, teachers must normally:

1) Be a fully qualified teacher according to the regulatory framework of the country they are working in. (Examples are: Qualified Teacher Status (QTS), 2 years classroom teaching experience, have completed the national induction programme or probation period)

2) Have a permanent contract with the school, or likely to be in the same school for next two-three years

3) Be available to attend an eight-week personal mindfulness course* consisting of a two-hour class each week together with a ‘silent day,’ which is usually on a Saturday and then attend a further course to be trained in the mindfulness programme (four full days optionally residential) in the current school year

4) Be willing to complete measures for the project

5) Be happy to deliver the mindfulness programme to pupils in school following training and be able to be timetabled into the curriculum to teach this

Unfortunately, in this project teachers cannot:

1) Be a newly qualified teacher (e.g. NQT)

2) Have already completed an eight-week face to face mindfulness course or the ‘.b’ training provided by Mindfulness in Schools Project

3) Be currently identified as ‘Unsatisfactory’ in their performance management cycle

What will participating teachers do?

Teacher Training and Programme of Study Delivery

Your school was allocated to the mindfulness training programme so participating teachers are taking part in mindfulness training. This training consists of two phases (shown in Figure 1). Firstly, teachers will complete a personal eight week face to face mindfulness course. * Each session will last for around two hours per week after school, plus one full day session and this will take place on the school premises. This course is experiential in nature and includes exercises and activities to help you become more aware of the present moment, including paying attention to moment-to-moment changes in the mind and the body. There are also home practices to complete, so you must think carefully about whether you are able to make this commitment, before agreeing to take part.

* You may have already completed the personal mindfulness course.
Follow up mindfulness sessions of one to two hours will also be offered to participating teachers. This personal mindfulness training will be followed 3-6 months later by a four-day syllabus training, which is usually residential in June/July 2018. We will provide financial support for associated travel and subsistence costs, and will reimburse schools for the costs of essential supply teacher cover during syllabus training. Following this, between September and December 2018, teachers will be asked to deliver the full programme in their school to a group of young people, who will not be research participants, to gain experience in delivering the programme.

Training will be provided free of charge.

Teachers will then teach the course again, as part of the research, between January and July 2019 to classes of Year 9 and 10 pupils. They will be required to film the delivery of the course. The videos will be used to assess how the course is being delivered in our trial schools. Teachers will be asked to film themselves in such a way that no pupils in the class are identifiable from the video.

Within each school allocated to the mindfulness training programme, we aimed to recruit around ten, but at least five teachers to commence the training pathway, with the expectation that at least four will complete their training and at least three will go on to deliver project classes within their school.

Research Lead
We asked each school to identify a teacher who will act as the ‘research lead’ within the school, and be the primary point of contact for the research team when liaising with the school.

Teacher Questionnaires
One aim of the research is to examine teacher well-being. Teachers participating in the project will be asked to complete questionnaire measures of well-being at the five measurement time points shown in Figure 1. Since you have joined after the start of the study, you will only complete questionnaire measures at the remaining time points. If you were to move onto another school during the time of the project, we would ask you if you wanted to continue to provide these measures and you could choose whether to continue or withdraw from the study.

Pupil Questionnaires
All pupils in Years 8 and 9 in participating schools were invited to complete a brief questionnaire. Next academic year, a subset of these pupils will go on to complete further measures at the four additional time points shown in Figure 2.

Each set of pupil assessments will be done as a whole class and will take around 45 minutes. Pupils will complete their own questionnaire, either electronically or on paper. These visits will be scheduled at a convenient time for the school and at an appropriate point in relation to the timeline of the project. We will try to include all pupils in relevant classes, with support from their
teaching assistants if required. It is important that we get data from all pupils in the project, including those who may be absent from school on the day the research team visits. Where pupils are absent, we will take advice from the school on the best way to collect their data.

**Teacher-completed Pupil Measures**

Some teachers will be asked to complete a brief questionnaire on each participating pupil on four occasions during their involvement in the project. The teacher most suited to completing these measures will be asked to complete these (for example the teacher who knows each pupil best).

**Parent/Carer opt-out**

Parents/carers can opt-out their child from being involved in the project. If a parent or carer opts out their child, then the pupil concerned would not be asked to answer the project questionnaires and the research team would not request the pupil’s UPN number. Irrespective of their involvement in the research project though, all pupils will still participate in lessons, either being taught as usual or following the mindfulness programme, as part of the school’s timetabled provision.

**Filming**

In the mindfulness teaching condition, teachers will be asked to film their delivery of lessons. As such, there is a possibility that the teachers might inadvertently film their pupils, or reveal their identity on film in some other way (for example, by using their full name). In the event that a parent opts their child out of the research, we will ask their teacher to ensure that the pupil in question is seated in such a way that there is no chance of their image being captured on film, and to be aware of opted-out pupils (for example, by not saying their full name when filming).

**Consent**

We will ask you to sign a consent form before you participate in the project. If you are timetabled to teach mindfulness, your headteacher will need to agree to you taking the time out of school to attend the syllabus training, and also to you delivering the mindfulness programme to a class of pupils in your school once you have completed the training.

Although by signing the consent form you are agreeing to take part in the project, it is important to remember that:

- You can decide to stop any element of the project at any point.
- You need not answer questions that you do not wish to.
- Anything you tell us will be absolutely confidential. Your name will be removed from the information and it will not be possible to identify anyone from our reports on the project. The only circumstances in which information would be shared would be in the rare event that it was judged that you or someone else was at risk of serious harm. In this instance, we would only share information essential to ensure safety and any information sharing would