

Strengths and Difficulties Questionnaires

Parents, the child/young person, if appropriate, and teachers completed a strengths and difficulties questionnaire (SDQ). For each item, the participant was asked to mark the box Not True, Somewhat true and Certainly true. Questionnaires were scored using a standardised system, into the following categories: overall stress, overall emotional distress, behavioural difficulties, hyperactivity and concentration difficulties, difficulties getting along with other children, kind and helpful behaviour and the impact of any difficulties on the young person's life. Parent/carers, child/young person and teachers were scored separately.

38 parents/carers completed the SDQ (one child was <2 years). The SDQ was age appropriate - 1 completed 2-4, 37 completed 4-17yr. Figures 2a, b and c show the results of the SDQs for parents (n=38), self-assessment (n=5) and teachers (n=17).

On per-protocol analysis, there was a significant change in the parents' scoring of behavioural difficulties (MD 1.05, 95% confidence intervals 0.50-1.60, $p<0.05$). There was a significant change in the self-reporting of emotional distress (MD 0.18, 95% confidence intervals -1.7-2.1, $p<0.05$) and in the teachers' reports of emotional distress (MD 1.42, 95% confidence intervals 0.17-2.67, $p<0.05$). All other measures were not significantly changed following the intervention.

Figure 2a

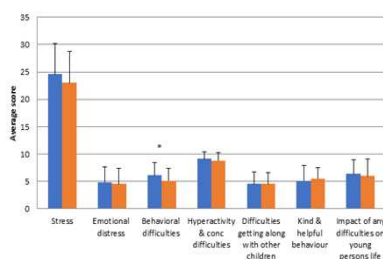


Figure 2b

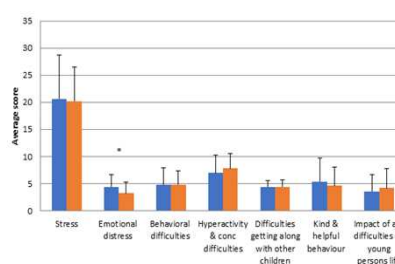
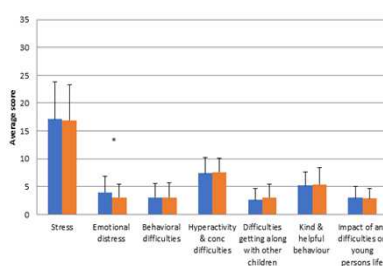


Figure 2c



We accept that numbers are small, especially for the self-assessment and we do not wish to overstate the potential significance of these changes.

Median(range) SDQ scores pre- and post-intervention: Parent (n=38)

	Stress	Emotional distress	Behavioural difficulties	Hyperactivity	Diff with other children	Kind and helpful	Impact on child
Pre	24 (11-34)	5 (0-9)	6 (1-10)	10 (4-10)	4 (1-8)	6 (0-10)	7 (1-10)
Post	23 (9-33)	4 (0-10)	5 (0-10)	9 (1-10)	5 (1-8)	6 (0-9)	6 (0-10)

Median(range) SDQ scores pre- and post-intervention: Teacher (n=17)

	Stress	Emotional distress	Behavioural difficulties	Hyperactivity	Diff with other children	Kind and helpful	Impact on child
Pre	18 (4-28)	4 (0-10)	4 (0-8)	8 (2-10)	2 (0-6)	5 (0-10)	3 (0-6)
Post	17 (7-25)	3 (0-7)	3 (0-10)	8 (3-10)	3 (0-9)	6 (0-10)	3 (0-6)

Median(range) SDQ scores pre- and post-intervention: Young Person (n=5)

	Stress	Emotional distress	Behavioural difficulties	Hyperactivity	Diff with other children	Kind and helpful	Impact on child
Pre	23 (7-29)	6 (1-10)	5 (0-9)	8 (2-10)	4 (1-8)	5 (0-10)	4 (0-9)
Post	18 (12-28)	3 (1-5)	5 (3-9)	8 (3-10)	4 (1-6)	5 (0-9)	3 (1-10)