

# Operation Newstart Victoria



## **Note on following results summary.**

A research project was completed in July 2010 by the Royal Children's Hospital Integrated Mental Health Unit. (Anthony Carlsson 0432526100). This work assesses participants on data through Strengths and Difficulties Questionnaires (SDQs) which classify children into "clinical" "borderline" and "normal" ranges for emotional symptoms, conduct problems, hyperactivity, peer problems, pro-social behavior and total difficulties. It measures the differences pre- and post-program. Responses from parents, teachers, facilitators and youth were forwarded to Anthony Carlsson for assessment. The pattern of results for students from 7 programs for the past 6 school terms confirms clinical improvements in the participants, seeing movement from borderline and clinical ranges into the normal range.

### **PARENT**

A paired-samples t test was performed to evaluate the effectiveness of Operation Newstart program. There was a significant decrease post program for Emotional Symptoms ( $t(118) = 5.32, p < .01, \eta = .19$ ), Conduct Problems ( $t(118) = 4.19, p < .01, \eta = .13$ ), Hyperactivity ( $t(118) = 5.91, p < .01, \eta = .23$ ), Peer Problems ( $t(118) = 2.27, p = .25, \eta = .04$ ), Total Difficulties ( $t(118) = 6.42, p < .01, \eta = .26$ ), and Impact ( $t(118) = 5.32, p < .01, \eta = .23$ ). The eta squared statistic indicated a large effect size, except for peer problems which indicated a small to medium effect size.

There was an improvement in Prosocial Behaviour ( $t(118) = -1.55, p = .125$ ).

### **TEACHER**

A paired-samples t test was performed to evaluate the effectiveness of Operation Newstart program. There was a significant decrease post program for Conduct Problems ( $t(46) = 2.31, p = .02, \eta = .11$ ) and Impact ( $t(46) = 10.19, p < .01, \eta = .69$ ). The eta squared statistic indicated large effect sizes for Conduct Problems and Impact. Analysis revealed participants post program scores were lower on Emotional Symptoms ( $t(46) = 1.17, p = .25$ ), Hyperactivity ( $t(46) = 1.33, p =$

.191), Peer Problems ( $t(46) = 1.14, p = .26$ ), and Total Difficulties ( $t(46) = 1.88, p = .06$ ).

In contrast, there was an improvement in Prosocial Behaviour ( $t(46) = -.64, p = .53$ )

## **YOUTH**

A paired-samples  $t$  test was performed to evaluate the effectiveness of Operation Newstart program. There was a significant decrease post program for Hyperactivity ( $t(163) = 2.76, p < .01, \eta = .04$ ) and Total Difficulties ( $t(163) = 2.31, p = .022, \eta = .03$ ). The eta squared statistic indicated small effect sizes for Hyperactivity and Total Difficulties. Analysis revealed participants post program scores were lower on Emotional Symptoms ( $t(163) = 1.31, p = .192$ ), Conduct Problems ( $t(163) = 1.73, p = .085$ ), and Peer Problems ( $t(163) = .28, p = .78$ ) but higher on Impact ( $t(163) = -1.23, p = .22$ ).

In contrast, there was an improvement in Prosocial Behaviour ( $t(163) = -.22, p = .83$ )

## **CATEGORICAL RESULTS**

Based on the test developer guidelines, a participant's score on the SDQ can fall into the normal, borderline or clinical range. At the completion of Operation Newstart, there were more participants in the normal range but fewer participants in the clinical and borderline ranges for Emotional Symptoms, Conduct Problems, Hyperactivity, Peer problems, Prosocial Behaviour, Total Difficulties and Impact subscales of the SDQ. This pattern of results suggests that clinical improvements in the participants see them moving from the borderline and clinical ranges into the normal range.

This pattern occurred in parent, teacher, and youth reported SDQs but was more pronounced in the parent and teacher reported SDQs.