

University of Chester RWV Report Synopsis

The University of Chester were commissioned to produce an independent Real-World Validation of myHappyMind under the ERDF Cheshire & Warrington Health Matters Project.

The report considered the wider context around myHappyMind and the current demand on the NHS for mental health services. The report is structured around 5 key areas:

1. Was there evidence that the myHappyMind programme had an impact on resilience, self-esteem, self-regulation and mental wellbeing over the course of the curriculum?
2. What were the schools' budgets and subsequently is the myHappyMind curriculum sustainable for the schools?
3. What is the curricular impact on students, teachers and parents?
(Achieved by thematic analysis of Case Studies)
4. What does the competitor market look like?
5. Are there any unintended outcomes or benefits reported by schools?

In conclusion, the report found that the myHappyMind whole school approach appears to be, from the data provided, an effective school-based approach to developing positive behaviours. These positive behaviours in turn strengthen pupil mental health, resilience, and wellbeing consistent with the expectations of current UK education and health policy. The report validated the evidence in the pre and post intervention pulse survey data which saw significant changes in pupil behaviours in dealing with stressful events, active participation and listening in the classroom, being grateful for people and experiences and addressing their social and emotional needs. The UofC Research team found that the myHappyMind programme is a good adjunct to the wider health and education priorities of the local commissioning footprint of the NHS and is aligned with the local investment priorities.



The UofC Research team found that myHappyMind did not appear to be an outlier in cost to the current marketplace, and they offer a breadth of service not evident in many of their competitors, suggesting value for money. The report found that, when considering the myHappyMind programme through both the quantitative (impact of cohorts) and qualitative data (feedback and competitor analysis), the offer is both scalable and affordable to other local education authorities.

