



TERADATA

Measuring the effectiveness of IHEART

Marat Otarov, Damien White (July 2018)



THINKBIG
ANALYTICS

Measuring the effectiveness of IHEART

Teradata Think Big Analytics was engaged with IHEART to provide evidence based research on the effectiveness of the training, measured by 6 hypothesis based on questionnaire data.

Hypotheses Overview



Compared with the control group, students exposed to IHEART will show a significant improvement in :

- Hypothesis 1: Mental Wellbeing
- Hypothesis 2: Resilience
- Hypothesis 3: Pro-Social Behavior
- Hypothesis 4: Emotional Symptoms
- Hypothesis 5: Conduct problems
- Hypothesis 6: Peer relationship

Data Overview



- Control & Treatment groups
- Pre & Post treatment data
- 3 questionnaires (Warwick-Edinburgh Mental Wellbeing Scale, Strengths & Difficulties Questionnaire, Inside-out Resilience Questionnaire)
- 84 participants in the treatment group
- 64 participants in the control group
- All of the participants were students in one of 3 single-sex (male) schools studying at Year 9

Key findings – Positive impact on mental wellbeing and resilience

The experiments were designed to test 6 hypotheses. A range of techniques were used to analyse the questionnaire data and the summary below provides an overview of the key results. The results present the effect of IHEART on male students studying at Year 9.

- **Hypothesis 1: Mental Wellbeing & Hypothesis 2: Resilience** – The analysis suggests there is a positive impact of IHEART on mental wellbeing and resilience. This is suggested by the WEMBWS score and Inside-Out Resilience score improvements of the treatment group compared to the control groups using ANCOVA analysis and t-tests.
- **Hypothesis 4: Emotional Symptoms & Hypothesis 6: Peer problems:** There is a statistical evidence to suggest that there is an improvement based on the Inside-Out Resilience scale.
- **Hypothesis 3: Pro-Social Behavior & Hypothesis 5: Conduct Problems:** There is no statistical evidence to suggest positive impact of the IHEART on metrics based on the Strengths & Difficulties Questionnaire and the Inside-Out Resilience Questionnaire.