



SCHOOL PROGRAM

Improving student mental health

COMPARISON OF MENTAL HEALTH OUTCOMES IN NORTH QUEENSLAND SCHOOLS, 2020-22
Conducted by the University of Adelaide

KEY FINDINGS

The University of Adelaide recently conducted an evaluation of the North Queensland school students who have participated in the North Queensland Toyota Cowboys and TRP school partnership program (program), and compared them to non-intervention (control) students. The evaluation provides evidence that the issues that face North Queensland children and youth nationally with regards to overall wellbeing, are very much present, and in some cases worse, within our region.

RESULTS

- The evaluation demonstrates the positive impact this program has had on the lives of the young people in our region and the beneficial and cumulative positive effect of a long-term approach.
- While we have seen a real and positive impact across key indicators of mental wellbeing, our young people still report outcomes in the mid or moderate range of most scales demonstrating that there is **potential for further improvements to occur**.
- Preventative interventions like this one should be considered an essential component of any strategy to protect and support our children and youth.

“Participation in the program resulted in improved student mental health, as well as improvement in engagement, life satisfaction and hopefulness.”

This collaborative project has demonstrated a real and positive impact across key indicators of mental wellbeing. In partnership with our schools, The Resilience Project and funding partners, we've built a more resilient North Queensland community. - North Queensland Cowboys

*Santamaria, A., & Kohler, M. (2023). Cowboys and The Resilience Project partnership program : Comparison of mental health outcomes in North Queensland from 2020-2022. Adelaide: University of Adelaide.



MENTAL WELLBEING OUTCOMES

The program was incredibly successful, as evidenced by more favourable outcomes being achieved across all measures for both primary and secondary students doing the program in comparison to those that were not (control).

MEASURE	PRIMARY STUDENTS		SECONDARY STUDENTS	
	Program	Control	Program	Control
Depression	Reduced	Increased	Reduced	Increased
Anxiety	Consistent	Increased	Consistent	Increased
Disengagement	Consistent	Consistent	Reduced	Increased
Life satisfaction	Increased	Reduced	Increased	Consistent
Hope	Consistent	Reduced	Increased	Consistent

*It's helping the kids to be strong themselves, to be strong for each other...
and if there's a time where they don't feel they can be strong, that we can
take the pressure off them.*

(Participating teacher in the Cowboys and TRP school-based program)

