Intervention/Approach Nomination Form	
Intervention Name	Friends for Life
Intervention website / developer details	https://friendsresilience.org/ Professor Paula Barrett
Target age range of the intervention	8-11 years old
Universal [Y] **Targeted** [Y]	
Who is the intended population for the intervention?	
Universal - Delivered in 10 sessions of one-hour duration to a whole class. Can also be delivered as a targeted intervention for small groups of children who are experiencing raised levels of anxiety.	
What is the primary intended outcome for those receiving the intervention? (Give details of how the intervention is a psychosocial prevention or early intervention approach and impacts on children or young people's mental health)	
The programme aims to build resilience in children, to promote socio-emotional development and reduce the risk of anxiety developing. The intervention teaches children coping skills, how to manage emotions & respond to uncomfortable emotions.	
How are outcomes measured?	Research conducted has measured anxiety, depression, self-concept and other outcomes using standardised tools.
Please give details of the evidence base for the intervention and / or theory of change?	
A number of Randomised Controlled Trials have been conducted and found positive outcomes on children's levels of anxiety, depression and increased self-concept and coping efficacy. The intervention was designed to address the attachment, physiological, cognitive and learning processes that interact in the development, experience and sustenance of anxiety. The intervention aims to teach children to understand and manage these processes as a way of managing anxiety.	
Is the programme replicable? Please give details. E.g. Does the programme have standardised training, is the intervention manualised?	
The intervention involves a standardised training and is manualised. The intervention is delivered using the sequence and structure set out in the manual.	