



CORE COHORT SUPPORT RESEARCH

2019-2022

**Funded by the London
Violence Reduction Unit**



The Work

The intervention that Mary's evaluated had three components. The components are representative of the support Mary's provides to its Core Cohort.

The work evaluated was clearly delineated and measured, and comprised:

**24hr reactive
phone support for
the period of 12
sessions**

**12 counselling
sessions of an
hour**

**Guided
completion of
self assessed
diagnostic
worksheets**



Evaluation Methodology

All participants were measured before and after the intervention based on three externally validated standardized assessments on self-esteem, mental wellbeing and aggression.

Rosenberg Self-Esteem Scale (RSES)

Instructions:

Below is a list of statements dealing with your general feelings about yourself. There are four possible answers for each of the 10 questions, from "strongly agree" to "strongly disagree". Tap the box to indicate how strongly you agree or disagree with each statement.

| | Strongly Agree | Agree | Disagree | Strongly Disagree |
|---|----------------|-------|----------|-------------------|
| 1 On the whole, I am satisfied with myself | 3 | 2 | 1 | 0 |
| 2 At times, I think I am no good at all | 0 | 1 | 2 | 3 |
| 3 I feel that I have a number of good qualities | 3 | 2 | 1 | 0 |
| 4 I am able to do things as well as most other people | 3 | 2 | 1 | 0 |
| 5 I feel I do not have much to be proud of | 0 | 1 | 2 | 3 |
| 6 I certainly feel useless at times | 0 | 1 | 2 | 3 |
| 7 I feel that I'm a person of worth, at least on an equal plane with others | 3 | 2 | 1 | 0 |
| 8 I wish I could have more respect for myself | 0 | 1 | 2 | 3 |
| 9 All in all, I am inclined to feel that I am a failure | 0 | 1 | 2 | 3 |
| 10 I take a positive attitude toward myself | 3 | 2 | 1 | 0 |

Rosenberg Self Esteem Scale

Please tick (✓) the box that best describes your experience of each over the last 2 weeks

| STATEMENTS | None of the time | Rarely | Some of the time | Often | All of the time |
|--|------------------|--------|------------------|-------|-----------------|
| I've been feeling optimistic about the future | 1 | 2 | 3 | 4 | 5 |
| I've been feeling useful | 1 | 2 | 3 | 4 | 5 |
| I've been feeling relaxed | 1 | 2 | 3 | 4 | 5 |
| I've been feeling interested in other people | 1 | 2 | 3 | 4 | 5 |
| I've had energy to spare | 1 | 2 | 3 | 4 | 5 |
| I've been dealing with problems well | 1 | 2 | 3 | 4 | 5 |
| I've been thinking clearly | 1 | 2 | 3 | 4 | 5 |
| I've been feeling good about myself | 1 | 2 | 3 | 4 | 5 |
| I've been feeling close to other people | 1 | 2 | 3 | 4 | 5 |
| I've been feeling confident | 1 | 2 | 3 | 4 | 5 |
| I've been able to make up my own mind about things | 1 | 2 | 3 | 4 | 5 |
| I've been feeling loved | 1 | 2 | 3 | 4 | 5 |
| I've been interested in new things | 1 | 2 | 3 | 4 | 5 |
| I've been feeling cheerful | 1 | 2 | 3 | 4 | 5 |

■ Satisfaction
■ Affect
■ Competence
■ Relatedness
■ Autonomy

Warwick Edinburgh Mental Health Scale

Buss-Perry Aggression Questionnaire (BPAQ)

Name: Valley Collins Date: 9/29/2022

Rate each of the following items in terms of how characteristic they are of you.

| ITEM | (1) Extremely Uncharacteristic | (2) Somewhat Uncharacteristic | (3) Neither Uncharacteristic Nor Characteristic | (4) Somewhat Characteristic | (5) Extremely Characteristic |
|--|-----------------------------------|----------------------------------|--|----------------------------------|---------------------------------|
| 1. Some of my friends think I am a hothead. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 2. If I have to resort to violence to protect my rights, I will. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 3. When people are especially nice to me, I wonder what they want. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 4. I tell my friends openly when I disagree with them. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 5. I have become so mad that I have broken things. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 6. I can't help getting into arguments when people disagree with me. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 7. I wonder why sometimes I feel so bitter about things. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 8. Once in a while, I can't control the urge to strike another person. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 9. I am an even-tempered person. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 10. I am suspicious of overly friendly strangers. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 11. I have threatened people I know. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 12. I flare up quickly but get over it quickly. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 13. Given enough provocation, I may hit another person. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 14. When people annoy me, I may tell them what I think of them. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 15. I am sometimes eaten up with jealousy. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 16. I can think of no good reason for ever hitting a person. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input checked="" type="radio"/> | <input type="radio"/> |
| 17. At times I feel I have nothing to lose about such of | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Buss Perry Aggression Questionnaire



Who We Reached

77 young people met the criteria and were opted in to the study. Of these, 70 completed the intervention and before and after assessments. This completeness level was the same for all data categories.

The individuals who were researched were of the risk profile of Mary's young people. Specifically: 82% of young people had involvement with criminal activity; 67% had been excluded from school; 12% in care.

Analysis

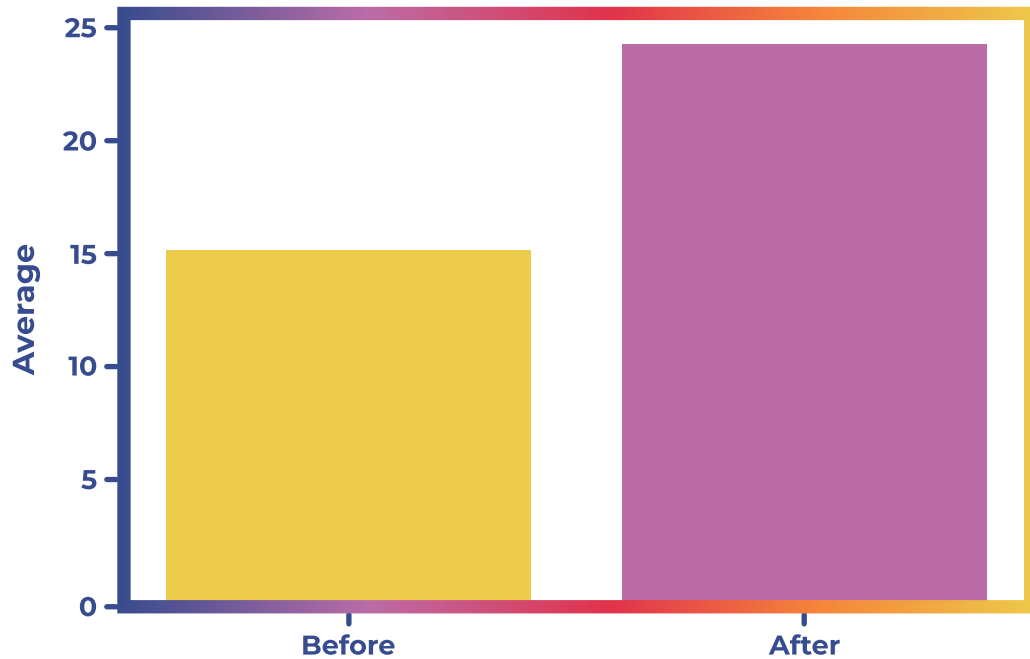
The three outcomes of effect on mental health, effect on self esteem and effect on aggression were analysed overall.

The data was also analysed by variable of school exclusion.



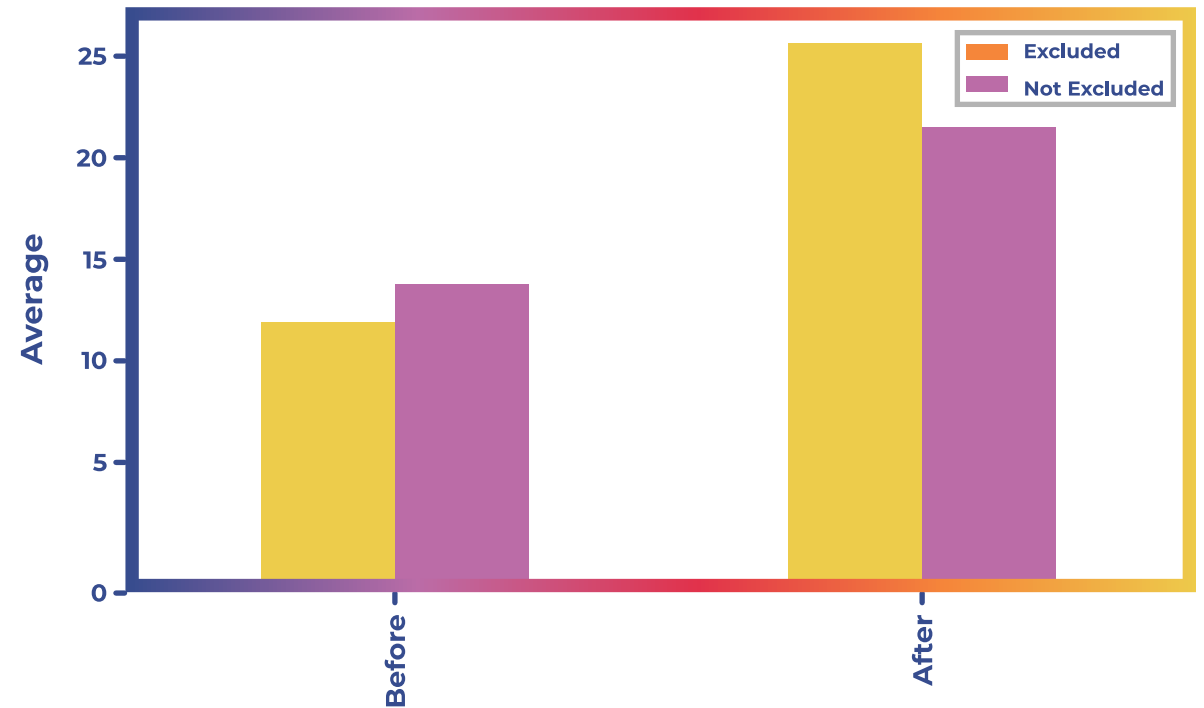
Outcomes - Mental Health

Warwick Edinburgh Mental Wellbeing Scale



We found a 59% increase in mental wellbeing, with the average score going from 15.2 to 24.2.

Effect of exclusion from mainstream education on the SWEMWS

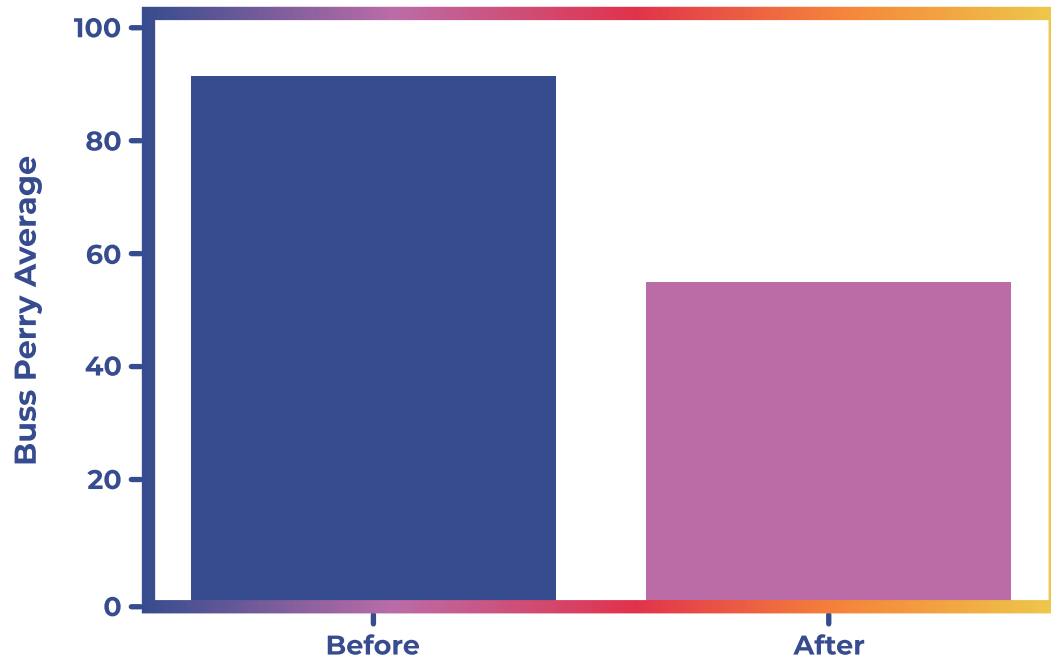


6.5% higher improvement in self-esteem



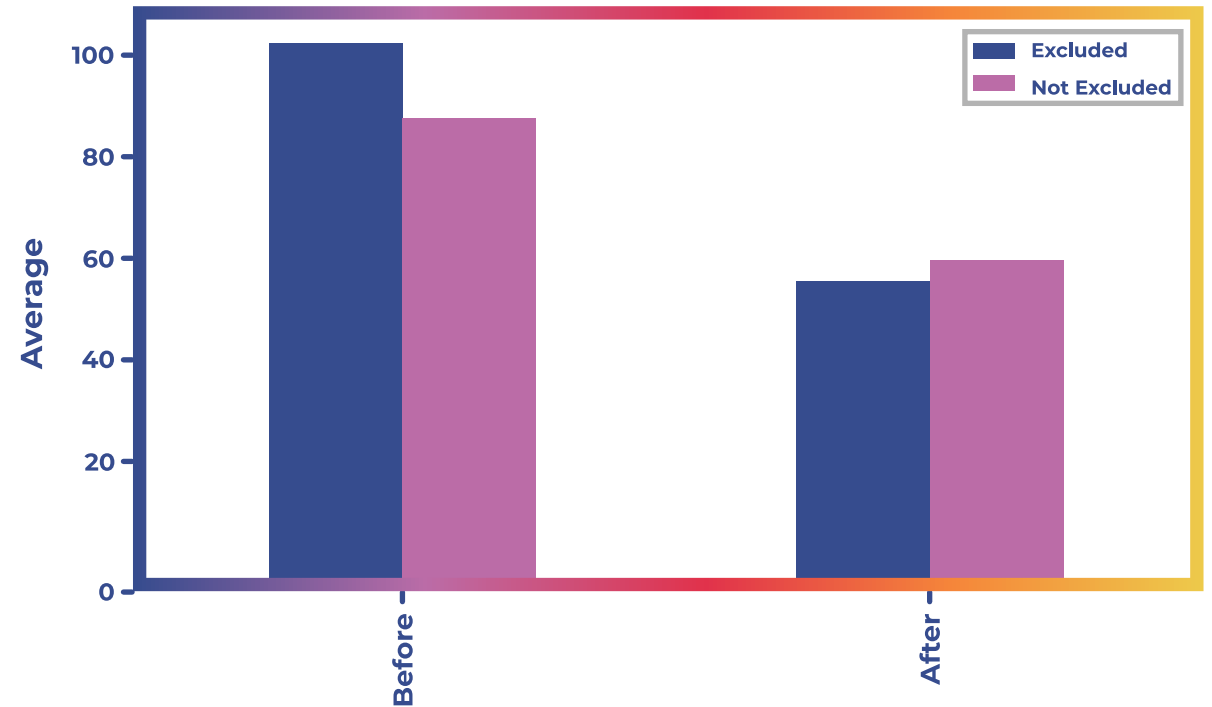
Outcomes - Aggression

Buss Perry Aggression Questionnaire



The average score of the mentees upon completion showed a decline of 108 to 66 - a 39% decrease in aggression over this period

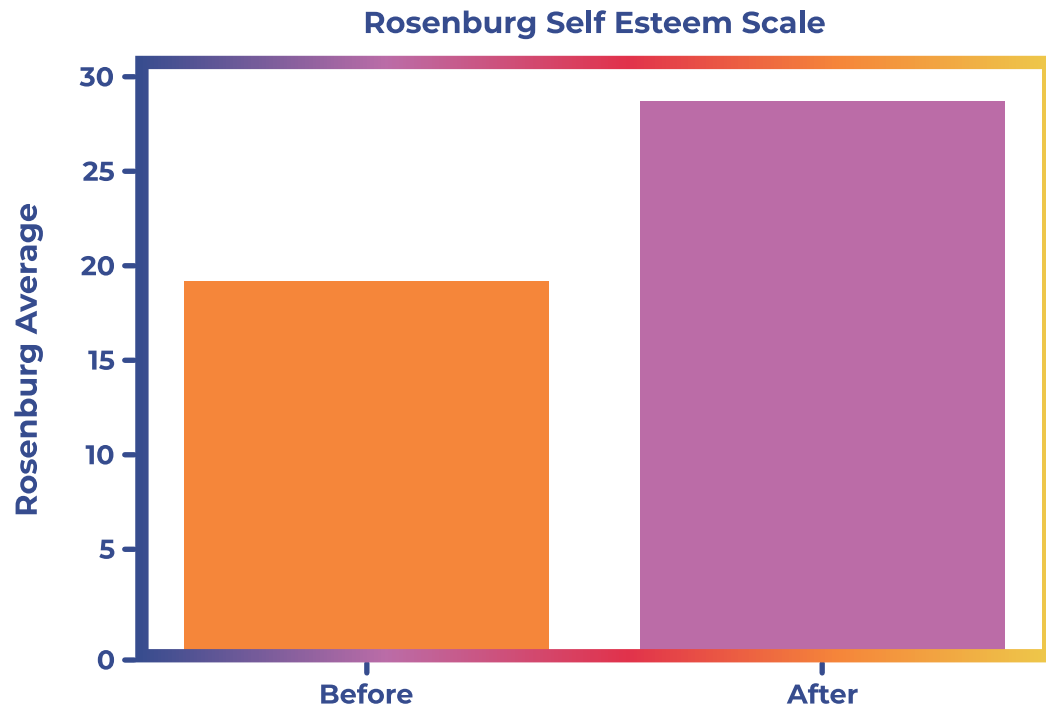
Effect of exclusion from mainstream education on the Buss Perry Aggression Questionnaire



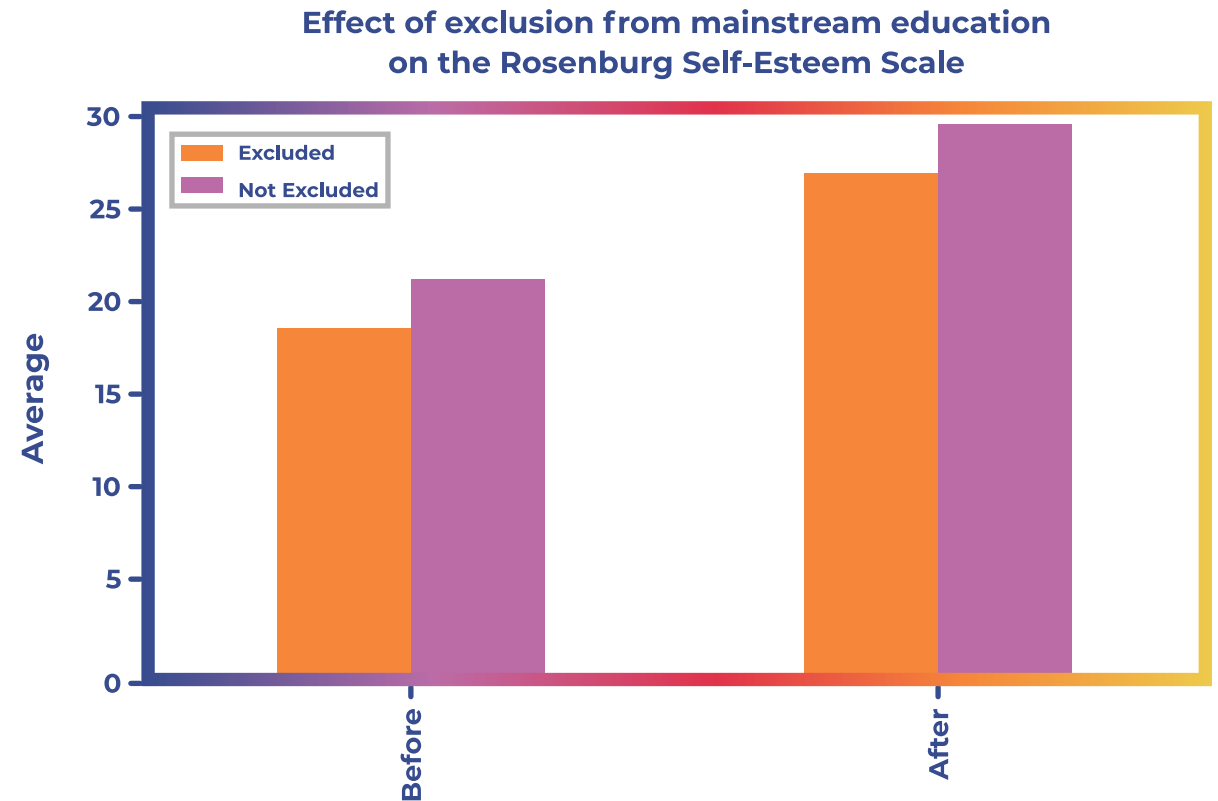
11% greater reduction for those excluded



Outcomes - Self-Esteem



The average score over all participants that completed the program went from 20.2 to 30.0 which is a 49% increase



58% more for those excluded



St Mary's Centre Community Trust
Charity Number 1122054

www.maryscharity.org