


Proposal Evaluation Form

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|  | EUROPEAN COMMISSION Horizon 2020 - Research and Innovation Framework Programme | Evaluation Summary Report - Research and innovation actions/Innovation actions |
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Call: H2020-SC1-2017-Two-Stage-RTD
Funding scheme: RIA
Proposal number: 754919-1
Proposal acronym: UPRIGHT
Duration (months): 48
Proposal title: Universal Preventive Resilience Intervention Globally implemented in schools to improve and promote mental Health for Teenagers
Activity: SC1-PM-07-2017

| N. | Proposer name | Country | Total Cost | % | Grant Requested | % |
|--------|--|---------|------------|---------|-----------------|---------|
| 1 | ASOCIACION CENTRO DE EXCELENCIA INTERNACIONAL | ES | 4,000,000 | 100.00% | 4,000,000 | 100.00% |
| 2 | EN INVESTIGACION SOBRE CRONICIDAD | | | | | |
| 3 | FONDAZIONE BRUNO KESSLER | IT | 0 | 0.00% | 0 | 0.00% |
| 4 | Urząd Marszałkowski Województwa Dolnośląskiego | PL | 0 | 0.00% | 0 | 0.00% |
| 5 | NORGES TEKNISK-NATURVITENSKAPELIGE UNIVERSITET | NO | 0 | 0.00% | 0 | 0.00% |
| 6 | NTNU | | | | | |
| 7 | EMBAETTI LANDLAEKNIIS | IS | 0 | 0.00% | 0 | 0.00% |
| 8 | AARHUS UNIVERSITET | DK | 0 | 0.00% | 0 | 0.00% |
| Total: | | | 4,000,000 | | 4,000,000 | |

Abstract:

School based intervention programs provide a unique setting to promote mental health and well-being since schools provide a nurturing, secure environment for all learners. A whole school approach needs to address the challenges and obstacles likely to be faced by adolescents and teachers. Early adolescence (10-14 years) is a vulnerable time of many physical, mental, emotional, and social changes. UPRIGHT is a school based universal prevention intervention program whose general aim is to promote mental well-being and prevent future mental disorders by enhancing resilience capacities in youngsters by creating a real CULTURE OF MENTAL WELL-BEING PROMOTION IN THE SCHOOLS. UPRIGHT will take a holistic approach (addressing schools culture, staff, parents/tutors, pupils) since it is based on the understanding that promoting resilience requires an ecological view of resilience (addressing external and internal resilience factors) fostering a range of generic protective factors in each receptor that will increase resilience. UPRIGHT will teach 4 different components (Effective coping skills, self-efficacy; Social emotional learning (SEL), Mindfulness; Positive parenting skills) to school staff, parents/tutors and youngs making use of innovative procedures such as online sessions, role play and serious games. Traditional cognitive behavioral approach as well as the third wave of cognitive behavioural therapies will be implemented. UPRIGHT implementation is structured in 4 main phases: 1: co-design of the intervention per EU regions; 2: interventions deployment; 3: interventions evaluation, 4: convey positive culture of mental wellbeing to future regional, national and pan European programmes. UPRIGHT project will decrease not only the incidence of mental health in European population by acting in youngsters but also will provide evidence of a reduction of the economic burdens of these mental disorders at European level.

Evaluation Summary Report

Evaluation Result

Total score: 9.00

Form information

SCORING

Scores must be in the range 0-5.

Interpretation of the score:

- 0** The **proposal fails to address the criterion** or cannot be assessed due to missing or incomplete information.
- 1 Poor.** The criterion is inadequately addressed, or there are serious inherent weaknesses.
- 2 Fair.** The proposal broadly addresses the criterion, but there are significant weaknesses.
- 3 Good.** The proposal addresses the criterion well, but a number of shortcomings are present.
- 4 Very good.** The proposal addresses the criterion very well, but a small number of shortcomings are present.
- 5 Excellent.** The proposal successfully addresses all relevant aspects of the criterion. Any shortcomings are minor.

Criterion 1 - Excellence

Score: **4.50** (Threshold: 4/5.00 , Weight: -)

The following aspects will be taken into account, to the extent that the proposed work corresponds to the topic description in the

work programme:

Clarity and pertinence of the objectives

Soundness of the concept, and credibility of the proposed methodology

Extent that proposed work is beyond the state of the art, and demonstrates innovation potential (e.g. ground-breaking objectives, novel concepts and approaches, new products, services or business and organisational models)

Appropriate consideration of interdisciplinary approaches and, where relevant, use of stakeholder knowledge

The reviewers found that this criterion was overall successfully addressed in the proposal. The strengths of the proposal include clarity in the presentation of the concepts and conception of the methodology. Furthermore, the proposed interventions are based on empirical evidence and the investigators integrate multidimensional domains such as individual, familial, and support factors, including teachers school and community. UPRIGHT's general aim is to promote mental well-being and prevent future mental disorders by enhancing resilience capacities in youngsters. In order to achieve this, the investigators propose creating a real mental well-being culture in the environment, proposing a holistic intervention, which is considered relevant for youth. The panel noted that this approach appeared to be strong and in line with reaching a broad population via a universal intervention in schools across Europe addressed to early adolescents, families and education professionals. A weakness noted by the panel was that insufficient information was provided about the costs associated with the program itself and factors associated with sustainability of the intervention, should others wish to replicate the intervention.

Criterion 2 - Impact

Score: **4.50** (Threshold: 4/5.00 , Weight: -)

The following aspects have been taken into account:

The extent to which the outputs of the project would contribute to each of the expected impacts mentioned in the work programme under the relevant topic

The reviewers found this criterion to be well addressed. UPRIGHT proposes to improve mental well-being in youth and contribute towards reducing conduct problems by empowering youth. The number of youth that will benefit from the intervention is clearly presented. The proposal includes both short and longer term impacts, the expected impacts very explicit and indicators to evaluate them are presented. Given the comprehensiveness of the project and the use of prevention strategies already proven successful, it is likely to improve the mental well-being of the children who will participate in its intervention phase. If effective, the methodology, and the size of the sample, will likely ensure the generalization of the outcomes to other schools in Europe that have similar mental health needs. Hence, the proposal has the potential to create a strong evidence base for new promotion programmes for mental well-being.

Scope of the proposal

Status: **Yes**

Comments (in case the proposal is out of scope)

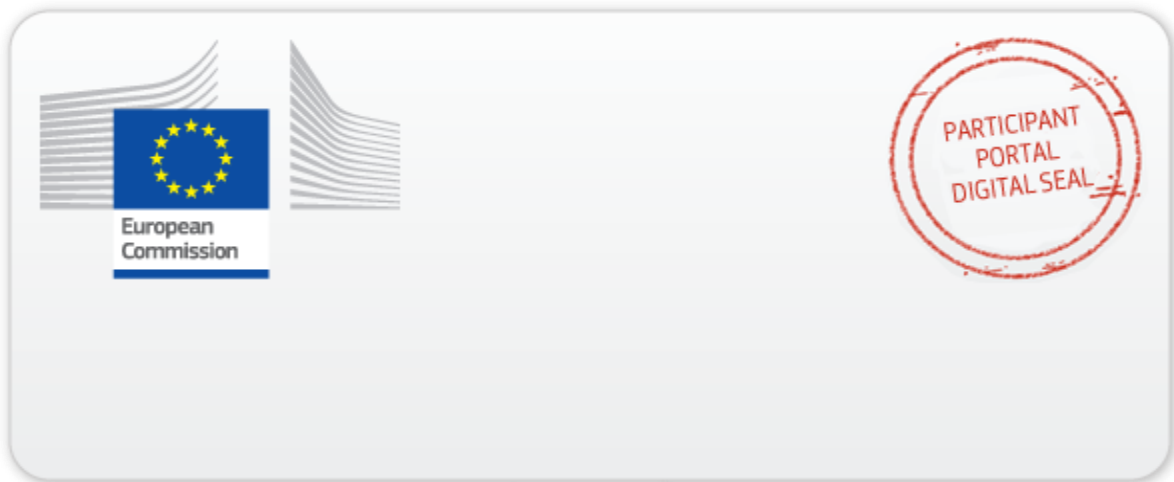
Not provided

Use of human embryonic stem cells (hESC)

Status: **No**

If yes, please state whether the use of hESC is, or is not, in your opinion, necessary to achieve the scientific objectives of the proposal and the reasons why. Alternatively, please also state if it cannot be assessed whether the use of hESC is necessary or not because of a lack of information.

Not provided



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