Evaluation: Coping Through Football

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Aims of the intervention

- Provide a route back to employment, volunteering, education and training
- Reignite their social skills
- Increase their self-esteem and confidence
- Improve the physical health of the target group
- Reduce their reliance on alcohol, cigarettes and recreational drugs
- Improve relationships with health professionals and reduce the use of acute care.
Number of participants 2015:
(Source: Coping Through Football)

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<th>Adult</th>
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<th>Youth</th>
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<tr>
<td></td>
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<td>107</td>
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<td>2538</td>
<td>39</td>
<td>328</td>
<td>214</td>
<td>2866</td>
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</tbody>
</table>
Source of Referral (adults) 2015:
(Source: Coping Through Football)
Ethnicity of participants 2015:
(Source: Coping Through Football)
Four parts of the evaluation

- Literature Review
- Quantitative Evaluation
- Qualitative Evaluation
- Cost effectiveness
Quantitative Evaluation

- Dem data (age, ethnicity, gender…)
- Physical health (medical history, pulse, weight, BMI, BP, height, physical illness, meds)
- Mental health (MH history, diagnosis, meds)
- Drug use (alcohol, smoking, other drugs)
- Quality of Life Scale
- Rosenberg Self-Esteem Scale
- Physical Activity Scale
- Action Plan (defining aim, how to achieve, timeline, whether achieved)
- Exit Routes
First evaluation results *(Mason & Holt, 2012)*:

**A role for football in mental health: the Coping Through Football project**

Oliver J. Mason, Rebecca Holt

The Psychiatrist (2012), 36, 290–293, doi: 10.1192/bjp.bp.111.036269

Aims and method  Coping Through Football aims to improve well-being and reduce social isolation for younger people with severe mental illness in a deprived area of North East London. Interviews were conducted with 12 service users, 5 referrers and 2 coaches to obtain their views of the project’s implications for health and well-being, quality of life and social/community relationships. A qualitative approach was used to derive themes from interview transcripts using some of the tools of grounded theory.

Results  Themes included: identifying with past self; service with a difference: opening up the social world; safety; empowerment; and feeling good. Coping Through
Six themes that were identified:  
*(Mason & Holt, 2012)*

1. Identifying with past self
2. Service with a difference
3. Opening up to the social world: breaking isolation, offering structure and friendship
4. ‘Feeling good’: fitness, health and enjoyment
5. Psychological safety: self-expression, mutual support and belonging
6. Empowerment: achieving, developing confidence, competing and moving on
Further qualitative Evaluation

1) An interview schedule will be developed in collaboration between UCL researchers, facilitators and service users that captures the participants experience of the intervention and its impact on their well-being and lives.

2) Follow-up interview of prior scheme attenders is planned using a short structured interview tool so as to document more extensively the range of outcomes following initiative attendance.

3) A selected sub-sample representative of a range of outcomes will be followed up for in-depth interviewing.
Any questions or comments?
Thank you for your attention!

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www.copingthroughfootball.org