

## Public Health Practice Evaluation Scheme

Addressing the challenges faced by 'front line' practitioners

# THE EVALUATION OF COPING THROUGH FOOTBALL

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### 1. COPING THROUGH FOOTBALL

#### Using football as mental health intervention

*Coping through Football (CTF)* is an intervention that aims at improving the quality of life of people with severe mental health problems. Participants are referred to the project by primary and secondary health workers and will attend one or two weekly football sessions. Participants are supervised during these sessions by football coaches as well as occupational therapists from the NHS. The project intends to improve:

- Physical Health** (e.g. fitness, weight, reduced use of drugs, alcohol and cigarettes)
- Mental Health** (e.g. enjoyment, quality of life, self esteem, empowerment, alleviation of mental health symptoms)
- Social Health** (e.g. inclusion in CTF community, helping to find exit routes into volunteering and employment opportunities)

### 2. THE EVALUATION APPROACH

The evaluation is funded by the *School of Public Health Research*. Due to the wide range of intended outcomes of CTF, this evaluation has adopted a multi method approach to measure and interpret CTF's impact. There are four main parts of the evaluation

- 2a Quantitative evaluation
- 2b Qualitative evaluation
- 2c Cost benefit analysis
- (2d Systematic literature review)

#### 2a. Main Quantitative Measures

- Physical measures:** blood pressure, weight/BMI, pulse, general physical well-being, physical health meds
- Health Behaviour:** SF-12 Health Survey, use of alcohol, drugs and cigarettes
- Mental Health:** Rosenberg self-esteem Scale, WHOQOL-BREF quality of life assessment, mental health status, use of mental health meds

#### 2b. Qualitative Evaluation Tool

- Open-ended interview schedule** to measure subjective experience of the intervention
- Content and thematic analysis** will be used to identify themes describing the changes participant experience, mechanisms in which the project impacts and potential problem areas of the intervention

#### 2c. Cost Benefit Analysis

- We will use the **MOVES tool** from Sport England which provides cost-benefit analysis of the preventative benefits of exercise schemes to eight common conditions (including depression) for which effect sizes are well understood

### 3. FIRST EVALUATION OUTCOMES

Mason and Holt (2012)<sup>1</sup> used qualitative interviews to identify themes that capture the participants' experience and views regarding the CTF intervention and its impact on their lives and well-being. These themes are:

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

<sup>1</sup>Mason, O. J., & Holt, R. (2012). A role for football in mental health: the Coping Through Football project. *The Psychiatrist*, 36(8), 290-293.



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