

'A Quiet Place' Research Dr. Fran Renwick

Final results from the independent study carried out under the supervision of Liverpool University were received during the 2003 / 2004 academic year. The study was based on a comparison of the classroom behaviour of a group of children who attended A Quiet Place® with the classroom behaviour of a similar group of children who did not participate in the programme. The research process involved the use of a specially developed observation schedule to sample both positive and negative behaviours in terms of attention or on-task behaviour; levels of self esteem and self awareness; impulse control; interpersonal skills and appropriate context related behaviours. A descriptive analysis of data from these observations shows a difference between participant and control group behaviours as illustrated in the figure below. From this it is clear that there is a greater change in the behaviour of A Quiet Place® participants than non participants, and that this change appears to be sustained over the period of 1 year.

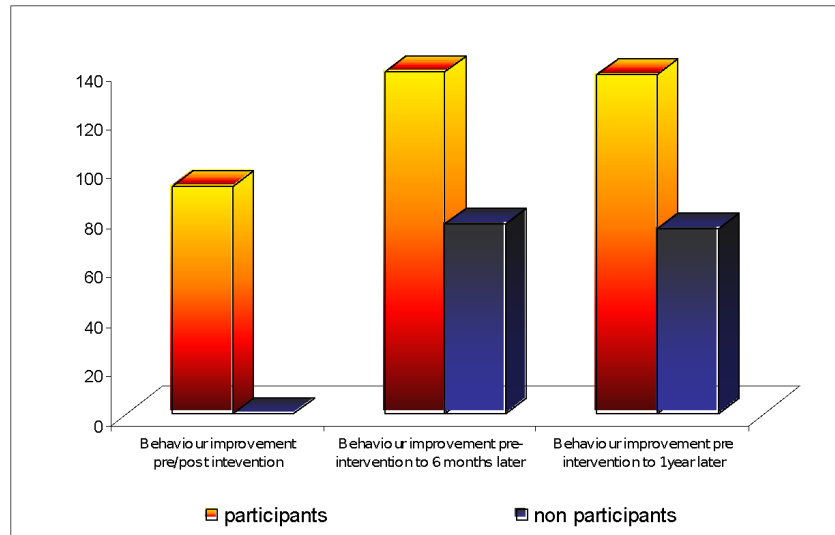


Figure 1 Descriptive analysis of the difference in observed behaviours of participant and non participant groups for 1 year following A Quiet Place® intervention programme

Further analysis of these data shows that this difference is statistically significant, and that this difference persists at a statistically significant level for a full year after the initial 6 week intervention period.

In order to view these results in the context of other studies carried out in the field of outcome studies with children, a statistic called 'Effect Size' was calculated. This provides point of comparison that enables the relative effectiveness of different approaches to be determined. A commonly accepted interpretation of this statistic is that an Effect Size of 0.2 can be considered a small effect; 0.5 can be considered a medium effect and 0.8 can be considered a large effect. The table below shows that after the initial 6 week intervention period, the Effect Size was 1.16, and that one year later it was still 0.8. This compares very favourably with the Effect Size reported in the literature, which tends to be in the range of 0.7 – 0.8.

	Improvement pre to post intervention	Improvement pre intervention to 1 year later
Difference between means	92.14	62.33
Mean SD of samples	79.17	78.02
Effect Size (d)	1.16	0.80

Effect Size, based on behaviour improvement following A Quiet Place® intervention

The study was externally assessed and reviewed as part of a PhD award, and was deemed to be of a good academic and scientific standard. These findings can therefore be accepted with confidence as sound evidence of the effectiveness of A Quiet Place® programme, and its ability to have a positive impact on the behaviour of young people.
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