

Randomised hybrid implementation-effectiveness trial of a school-based mental health program in Australian schools

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Status	RECRUITING
Sponsor	University of New South Wales
Enrollment	240 participants

Plain Language Summary

The PAX Good Behaviour Game is a classroom-based programme that helps children develop self-regulation, cooperation, and positive behaviour — skills that support both learning and mental health. While evidence shows the programme works, schools often face practical challenges rolling it out consistently, and research in the Australian context is still limited.

This study is testing whether a tailored implementation support package — including coaching, practical tools, and stakeholder collaboration — helps NSW primary schools successfully adopt the PAX Good Behaviour Game. Sixty schools will be randomly assigned to either receive the enhanced implementation support or continue with standard coaching. Teachers, support staff, and parents will be surveyed about how well the programme was implemented and any changes in children's wellbeing.

This study involves schools and the educators and parents within them, not individual children as direct participants. Any NSW government primary school (Kindergarten to Year 6) that has at least one teacher trained in the PAX Good Behaviour Game programme is eligible to participate.

Key Eligibility Criteria

Inclusion (1)

- All New South Wales government primary schools (K - Year 6) are eligible to enrol in the trial as long as at least one teacher in the school has trained in the PAX Good Behaviour Game program.

Exclusion (1)

- None.

Locations (1 total)

NSW, Australia