



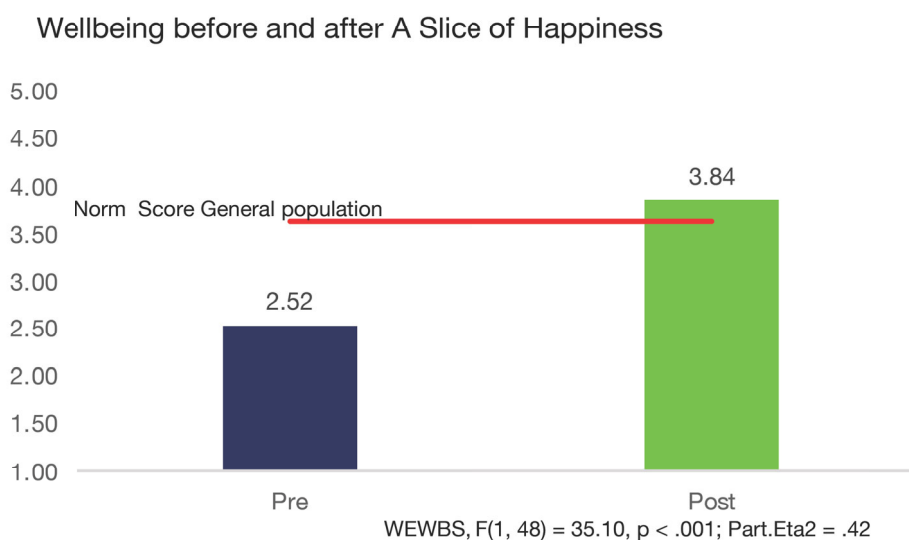
EVIDENCE OF IMPACT

A SLICE OF HAPPINESS is committed to providing the most effective service we can and all our work is rigorously evaluated to help us continuously improve it. We transferred our service online in January 2021 and evidenced our outcomes to see whether it succeeded in improving the mental health of our beneficiaries participating in the programme. The results have been impressive.

EVALUATION OF THE INTENSIVE PROGRAMME

The programme comprised 8 x 3 hour online sessions over an eight-week period and **A SLICE OF HAPPINESS** ran 2 programmes between January 2021 and April 2021 for those aged 18 and over facing redundancy, unemployed, or on Universal Credit. 53 beneficiaries enrolled and 25 completed the full course and evaluation. The others failed to start the course, dropped out, declined to do the research, or found permanent employment.

THE FINDINGS



CONCLUSION

The Warwick Edinburgh Mental Wellbeing Scale normal score for the general population is 3.62 (average of the 14 items; see for reference: <http://www.mentalhealthpromotion.net/resources/user-guide.pdf>). The average score of our population was 2.52 before the intervention. That was an extremely low score. After the intervention the average score went up to 3.84, which is higher than the high end of the confidence interval (3.65) of the normal score for the total population.

The result can be classified as (very) strong, because of the estimated effect size, indicated by the partial eta squared. The effect size among our participants was with part.eta sc can be considered a large effect size.

FURTHER RE

A Slice of Happiness is independently evaluated by Coventry University, Ethics approved. As such there is an expectation that the findings will contribute to a long term impact in the implementation and development of a research -based framework within the mental health arena.

These main outcomes will be measured by employing a mixed methodology involving the collection of both qualitative (interview) and quantitative (psychometric and survey) data in the context of quasi-experimental pre-post intervention research design. This design is best suited for addressing the challenges of working with the transient, vulnerable, and high-risk homeless population while still affording an empirical examination of the effects of a Three Principles intervention.

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