

Rapid Evidence Assessment of Wellbeing Impact Evaluations using Personal Subjective Wellbeing Measures

Study protocol
27th April 2020

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1 Background

The purpose of the Rapid Evidence Assessment (REA) is to identify, collate and appraise wellbeing impact evaluations to include on an online evidence platform. The aim is to answer the following questions:

1. What impact evaluation research has been carried out to assess the impact of wellbeing interventions that use at least one of the ONS4 Personal Wellbeing Measures¹?
2. What is the strength of evidence of the evaluation research?
3. What are the key findings from the evaluation research?

Solutions for Public Health (SPH), an NHS public health consultancy, has been commissioned by the What Works Centre for Wellbeing to produce the REA.

2 PICOS

The PICOS for the REA is presented in Table 1.

Table 1: PICOS

Question	Inclusion/exclusion criteria
Population	Adults living in the UK
Intervention	Interventions that feature improved 'wellbeing' as a key objective [Examples of intervention topic areas could include but will not be limited to: <ul style="list-style-type: none">• Community interventions (e.g. social cohesion, social isolation)• Health interventions (e.g. diet, sports)• Social care/services interventions• Education/skills-based interventions• Environmental interventions (e.g. safety, urban planning)• Workplace interventions• Social relationship interventions (e.g. loneliness, social integration)]
Comparator	Any comparator [Studies with no comparison group or counterfactual will be excluded]
Outcomes	Studies reporting quantitative outcomes for at least 1 of the ONS personal subjective wellbeing measures (i.e. life satisfaction, worthwhile, happiness, anxiety) [Additional outcomes reported in studies selected for inclusion, including outcomes relating to costs, will be listed]

¹ ONS use 4 survey questions to measure personal wellbeing, with each scored from 0 'not at all' to 10 'completely. These questions are on life satisfaction ('overall, how satisfied are you with your life nowadays?'), worthwhile ('overall, to what extent do you feel that the things you do in life are worthwhile?'), happiness ('overall, how happy did you feel yesterday?'), anxiety ('overall, how anxious did you feel yesterday?')

<p>Study designs</p>	<p>Formative or summative impact evaluations using one of the following study designs:</p> <ul style="list-style-type: none"> • Controlled trials (randomised, cluster randomised, quasi-randomised or non-randomised) • Comparative observational studies including cohort studies, before and after studies and surveys <p>[Written publications in the public domain that are readily retrievable through formal searches for peer-reviewed or grey literature (e.g. evaluation reports) will only be included]</p> <p>[Publications on individual studies will only be included as these are more likely to provide the level of detail required for the REA]</p> <p>Exclusions: narrative reviews, uncontrolled observational studies, case series, case reports, commentaries, letters, conference abstracts, publications only available as an abstract or summary and posters</p>
<p>Date and language</p>	<p>Studies published in English since 2011</p> <p>[The 4 ONS questions were first added to the Annual Population Survey in April 2011. Therefore, searches will be conducted from 2011]</p>

3 Search strategy

We will conduct searches for peer reviewed published literature across populations and thematic areas on six databases: CINAHL Plus, EMBASE, ERIC, Medline, Premium Social Sciences and PsychINFO.

Search terms will include synonyms for wellbeing, comparative study designs and types of interventions with filters/ limits for UK studies, adults, publication date and English language. Final searches will be informed by the results of initial test searches conducted by SPH and discussed with the Evidence Team and Advisory Panel for the What Works Centre for Wellbeing.

We will also conduct searches for grey literature using four approaches: a database search using NICE Evidence Search and Social Care Online, targeted Google searches for wellbeing intervention reports, a call for evidence via the What Works Centre for Wellbeing and a search of key organisational websites.

We will review the reference lists of selected eligible studies to check for additional potential studies.

4 Study selection

Titles/ abstracts will be assessed for eligibility against the PICOS by one reviewer and those clearly out of scope will be excluded. Full papers for studies that meet the inclusion criteria, or where there is any uncertainty, will be ordered. The reviewer will maintain an audit trail on whether a study meets the criteria for inclusion with reasons for exclusion recorded.

The number of studies excluded at each stage will be recorded via a PRISMA flow diagram, including reasons for exclusion during the review of full papers.

A senior member of staff will act as the quality assurance lead and will independently review a minimum of 10% of the titles/ abstracts retrieved and full studies selected. Any disagreements will be discussed and consensus reached. All studies where there is uncertainty about inclusion will be discussed in detail.

5 Data extraction and critical appraisal

Data extraction and critical appraisal of selected studies will be conducted by a single reviewer. The quality assurance lead will independently check a minimum of 20% of extracted study results and critical appraisal.

The data extracted will be entered into a spreadsheet for subsequent inclusion on the online evidence platform. The data fields to be included in the spreadsheet will be agreed during the course of the project but will include details of the study design, population, thematic area, intervention type, comparator type, ONS Personal Wellbeing Measure outcomes and results, and other outcomes reported.

A critical appraisal framework will be developed based on existing checklists used by the What Works Centre for Wellbeing (developed for systematic reviews). We will also develop summary statements relating to level of confidence in the results, focusing on the reliability of the results.

6 Reporting

A brief summary report will accompany the spreadsheet summarising the selected wellbeing impact evaluations. The summary report will focus on the following areas:

- Introduction to the context and aims of the REA
- Methodology, including search strategy overview, PICOS, inclusion/ exclusion criteria (with the full search strategy as an appendix)
- PRISMA diagram showing study selection flow
- A table summarising the type of content included in the excel spreadsheet
- A brief narrative discussion about impressions from the evidence base e.g. areas well-represented in the evidence base and apparent gaps.

The draft summary report will be reviewed by the quality assurance lead.

7 Review team members

Lisa Peto, Solutions for Public Health (project lead and contact for further information: agem.sphsolutions@nhs.net)

Gail Pittam, Solutions for Public Health

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8 Project dates

Start date: 23rd March 2020

Anticipated completion date: 14th August 2020