

# The Good Behaviour Game intervention to improve behavioural and other outcomes for children aged 7–8 years: a cluster RCT

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## Plain English summary

The Good Behaviour Game intervention

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## Plain English summary

Up to 1 hour per week of learning time in primary schools is lost because of low-level disruptive behaviour (e.g. calling out and fidgeting). The Good Behaviour Game is an approach used by teachers to improve behaviour in the classroom. It includes classroom rules, teamwork and positive reinforcement of good behaviour.

We asked:

1. What is the impact of the Good Behaviour Game on children's behaviour problems and other outcomes (e.g. well-being)?
2. Is the Good Behaviour Game particularly effective for boys showing signs of behaviour problems?
3. Does the amount of time spent playing the Good Behaviour Game make a difference to children's outcomes?
4. Is there any impact 1 or 2 years after the intervention has finished?
5. Are children's mental health and their reading scores related over time?
6. Does the Good Behaviour Game provide value for money?

A total of 77 primary schools (> 3000 children) were allocated by chance to deliver (or not deliver) the Good Behaviour Game for 2 years. Data were collected a further 2 years after the intervention had ended.

We found:

1. There was no evidence that the Good Behaviour Game improved children's behaviour problems or other outcomes.
2. The Good Behaviour Game was not effective for boys showing signs of behaviour problems – in fact, it may have led to increased experiences of bullying for them.
3. The amount of time spent playing the Good Behaviour Game did not appear to influence children's outcomes, except that playing the game for longer reduced well-being and also reduced school absence.
4. We found little evidence of impact in follow-up assessments, except that children in Good Behaviour Game schools reported lower levels of peer and social support 2 years after the intervention had ended.
5. Children's mental health and their reading scores did not appear to be related over time.
6. The Good Behaviour Game did not provide value for money.

Based on these findings, we cannot recommend the Good Behaviour Game as a way to improve children's behaviour or other outcomes.

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