

Positive Outcomes for TRP Schools

The University of Adelaide recently conducted an independent review of the schools that participated in The Resilience Project program in 2019, 2020 and 2021 (**83,002 students**) vs those that did not participate (**79,699 students**). Data was collected using the Resilience Survey ([Resilient Youth Australia](#)) and was administered electronically during class time on a single occasion to students in each year.



Emotional Wellbeing (2019 vs. 2021)

TRP participants maintained **consistent emotional wellbeing and life satisfaction** in contrast to those that did not participate in the program.

Measure	TRP Students	Non-TRP Students
Depressive Symptoms	Consistent	Increased
Anxiety Symptoms	Consistent	Increased
Life Satisfaction	Consistent	Declined



Social Wellbeing (2019 vs. 2021)

TRP participants experienced an **increase in perceived support** over the period from their peers and the wider school community. This differed to non TRP participants, who experienced a steady decline.

Measure	TRP Students	Non-TRP Students
Perceived School Support	Improved	Declined
Perceived Peer Support	Improved	Declined



Physical Wellbeing (2019 vs. 2021)

TRP students that participated in the program exhibited **consistent levels of healthy behaviours** in comparison to those students who were not involved in the program.

Measure	TRP Students	Non-TRP Students
Healthy Eating	Consistent	Declined
8 Hours Sleep Most Nights	Consistent	Declined

Overall, this evaluation demonstrates the strong outcomes that can be achieved by proactively supporting young Australians in the school environment. **“Providing the tools and interventions to build resilience can significantly lower the risk of mental illness and buffer the negative effects of stressful life events”¹.**

¹ Dr Mark Kohler and Dr Amanda Santamaria, 23.01.2022, “The Resilience Project (TRP) Education Program Outcomes”