



National Institute for Public Health  
and the Environment  
*Ministry of Health, Welfare and Sport*

# Schools4Health

RIVM, the Dutch National Institute for Public Health and the Environment



# Happy lessons

Dutch: “Happyles”



# Happy lessons

- › A school-based program designed to prevent depressive symptoms and promote well-being among young people (ages 12-25)
- › A trained professional runs the program, the teacher participates



Week 1	Lesson 1
Week 2	Lesson 2 (including questionnaire and e-learning module)
Week 3	Lesson 3 (including e-learning module)
Week 4	Lesson 4
Week 5-8	Individual consultation
>8 weeks	Potential aftercare for high-risk students

- > Four classroom lessons (45 min.) of which two lessons also contain an e-learning module
- > An online Happy lessons-questionnaire that includes two well-being scales and a depression scale that is administered at the start of the second lesson
- > An individual consultation session with the trainer who delivers Happy lessons for each student (with input from Happy lessons-questionnaire)
- > Potential aftercare for high-risk students



# Screenshots e-learning

MENU E-les 1 Positief gevoel 7 / 11

In het stoplicht zie je waarover jij je gelukkig voelt.



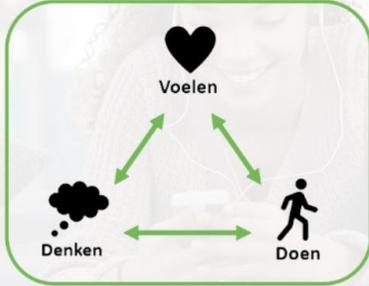
Hierover voel jij je niet zo gelukkig, kan je hier wat aan doen?: **bijbaan/werk en sporten en bewegen.**

Hierover ben je meestal tevreden: **vrienden en geld.**

Hierover voel jij je goed: **hoe het op school gaat, liefde/verkering, thuis, hoe je eruit ziet, gezondheid, hobby's en hoe je woont.**

MENU E-les 2 Jij en de rest 2 / 18

**Weet je nog?**  
In E-les 1 heb je geleerd dat je je gelukkiger kunt **voelen** door wat je **denkt** en door wat je **doet**.



```
graph TD; Denken <--> Doen; Denken --> Voelen; Doen --> Voelen;
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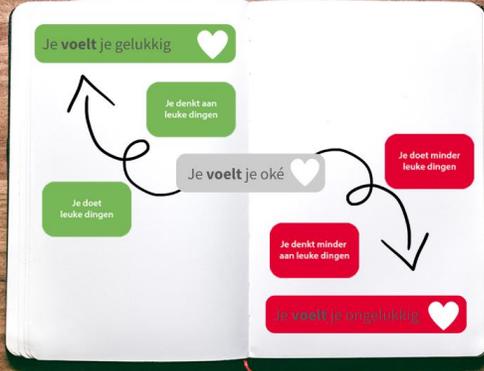
MENU E-les 1 Positief gevoel 6 / 11

**Waarover voel jij je gelukkig? Daarover gaat de volgende opdracht.**

Geef met de smileys aan hoe gelukkig jij bent met deze dingen in je leven. Kies per onderwerp hoe blij je je meestal ergens over **VOELT** of wat je er meestal van **VINDT**.

Vrienden	☹️	😞	😐	😊	☺️
Hoe het op school gaat	☹️	😞	😐	😊	☺️
Geld	☹️	😞	😐	😊	☺️
Liefde/verkering	☹️	😞	😐	😊	☺️
Thuis	☹️	😞	😐	😊	☺️
Bijbaan/werk	☹️	😞	😐	😊	☺️
Hoe je eruit ziet	☹️	😞	😐	😊	☺️
Gezondheid	☹️	😞	😐	😊	☺️
Hobby's	☹️	😞	😐	😊	☺️
Hoe je woont	☹️	😞	😐	😊	☺️
Sporten en bewegen	☹️	😞	😐	😊	☺️

MENU E-les 1 Denken voelen doen 10 / 15



```
graph TD; Denken <--> Doen; Denken --> Voelen; Doen --> Voelen;
```

Je voelt je gelukkig ❤️

Je doet leuke dingen

Je denkt aan leuke dingen

Je voelt je oké ❤️

Je doet minder leuke dingen

Je denkt minder aan leuke dingen

Je voelt je ongelukkig ❤️



# Results and successes so far

- > Developed 10 years ago, continuously used, revised 2 years ago
- > Since then:
  - 167 professionals are trained to give Happy lessons
  - the train-the-trainer 1-day course is offered 4–6 times each year
  - trained professionals: mental health professional, prevention workers, social workers .....
  - school year 2021-2022: 208 classes (16–30 scholars) received Happy lessons
  - school year 2022-2023 (15-03-2023): 198 classes received Happy lessons
- > 2021 a RCT started to examine the effectiveness and implementation of Happy lessons
- > Happy lessons-trainers are qualified and comfortable in working on these topics with young people
- > Happy lessons offers school teachers skills and starting points to talk about well-being
- > Happy lessons-trainers meet all scholars individually, including scholars who never talked about their problems before
- > Happy lessons normalizes talking about mental health issues
- > Happy lessons can be integrated in a whole school approach on well-being



# Possibility for adaption/transferability

- › The Happy lessons program can be translated and made suitable in close cooperation with the relevant stakeholders:
  - Manual
  - E-learning
  - Train-the-trainer
  - Happy lessons-test (international used questionnaires)
- › E-learning and Happy lessons-test can be made internationally accessible (online)
- › Trimbos-institute can educate local professionals who can implement the train-the-trainer
- › Material used during the lessons is easy to adapt and copy