

First-year report of the MTA-PTE Innovative Health Pedagogy Research Group (2021-2022)

The aim of our project is to develop a sustainable, complex addiction prevention programme in the field of school health promotion, to study its effectiveness at the level of students and teachers, and to research the relevant literature. Our multidisciplinary research team is formed of professionals, researchers, and teachers from 16 institutions (<https://iep.pte.hu/kutatocsoport/>). More information about our programme can be found on our website: <https://iep.pte.hu/>.

The theoretical research underpinning our programme has been conducted in two directions. On the one hand, we used multivariate random-effects meta-analysis and meta-regression analysis to examine the effects of mental health support interventions for primary school children, with a focus on stress, coping and/or resilience, that were available in international scientific databases. On the other hand, we investigated the regulatory context of implementing health promotion/health education in schools to identify good practices. In this context, the competencies required for health education, healthy lifestyle, and healthy living (global education, attitude development) were examined in the Hungarian and Swedish, Estonian, and Finnish regulations governing education and training. The content and comparative analysis of the documents were carried out in cooperation with the *MTA-SZTE Health Promotion Research Group*.

To support the practical side of our programme, we studied the implementation of addiction prevention in schools nationwide, involving nearly 3000 schools.

Our school-based addiction prevention programme is being piloted in three primary schools. Four primary schools were included as controls in a cohort study linked to the programme. In the baseline survey, 199 teachers and 237 children from the 7 schools participated. We collaborated with the *MTA-SZTE School Failure Prevention Research Group* to explore the relationship between social competences and addictions.

A higher education course on Innovative Health Pedagogy was developed, which will ensure the dissemination and sustainability of the programme. The course is going to start in the autumn semester in the Faculty of Pedagogy at Károli Gáspár Reformed University.

We have presented our results at national conferences, and three papers are under preparation.