



# START

Schools Teaching Awareness of Randomised Trials

## THE START COMPETITION SUBMISSION GUIDELINES

### 1. Format

Be as creative as you like! You can send your project in any digital format (like videos, podcast, PowerPoint, Google site or anything else).

We love all project formats, including hard copies such as scrap books or posters, but we can only accept digital versions of the entry.

If you have made your project on paper, please scan it, and upload it through the website. If your project is shortlisted, we would be delighted if you could bring the original paper version to the University for the award ceremony.

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### 2. What Our Judges Look For

While we offer flexibility in the format to encourage creativity, it's not what matters most to our judges. What is important is that the judges can easily understand how the children followed each step of the trial.

The clarity and accessibility of your results are also considered, ensuring that everyone from the community can understand your findings.

Points will also be given if the project can teach other schools or people something new.

Lastly, critical thinking is assessed by how well the students reflect on their work, identifying strengths and areas for improvement for future projects.

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### 3. What to Include in Each Step

#### Step 1: Deciding Your Trial question

Please share with us how you decided on your question. You can add photos, drawings, or notes from your decision-making process. Tell us how your class came up with a question for your trial.

#### Step 2: Registering Your Trial

Tell or show that you have done this.

#### Step 3: Your Outcomes

What outcomes have you chosen for your trial, and how will you measure them? For example, if your trial is about whether homework makes children feel stressed,

the outcome might be the children's mood, measured through a survey, drawings, or written reflections.

### Step 4: Participants (Who Took part) and Consent

Tell us who was in your trial. Was it another class, or your own class? Did they formally consent to taking part?

Make sure you tell everyone taking part what they need to do and have them fill in a consent form. Remember to include this in your project so the judges know you've done it

### Step 5: Randomisation (How You Divided Your Participants into Groups)

Explain how you split people into groups randomly. Did you pick names from a hat? Did you use an online tool, like randomise.me? Pictures or drawings of this are great to add!

### Step 6: Blinding (Keeping it a Secret)

Explain whether your trial is blinded or not, and why. Watch our video on blinding to learn more (coming soon to our resources page!)

- If you could not keep it secret, explain to us why this was not possible. For example, if you are testing whether mindfulness or breathing exercises reduce stress before a test, your participants will know if they are practising these exercises or not, making it hard to keep secret.
- If your trial is blinded, explain how you kept it secret, which participants were in the test group, and which were in the control group. This is important because it helps make your results more trustworthy.

### Step 7: Conducting Your Study

You can use photos, drawings, charts, or graphs to show us what you did and how you did it.

### Step 8: Reporting Your Findings

Summarise what happened in your trial. Whether the results were good, bad, or didn't change, it is all useful information! Feel free to use photos, videos, or drawings to show what you discovered.



## 4. How to Upload Your Project

Upload your project by logging into the website and following the instructions step by step. Make sure to check everything on the list above!

