



Emotional  
Training:  
does online  
work?

**THE  
RESULTS  
ARE IN!**

Evaluation of the online  
ABC Course Autumn 2020.



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# ABC of Emotions Evaluation Study 2020

ABC of Emotions, a one hour introduction to emotional skills training, was delivered to volunteer participants online.

Tests of present state wellbeing were made before and one week after testing. Qualitative data was collected in recorded interviews.

Here are the results.

March 2021



Helen Campbell



The scores showed an average overall *improvement* of 23%.

Results were strongest in the reduction of feelings of *suffering* (low mood, stress or anxiety etc) 25% improvement.

A strong improvement was seen in measures of feelings of *wellbeing* (confidence, relaxation and satisfaction etc) an improvement of 19%.



# Feeling good

*All* had more of this!

Feeling rested

Feeling pleasant

Feeling comfortable

Feeling satisfied with  
themselves

Feeling happy

**(Improvements ranged  
from +4 to +23 points  
(median +9 or 19%).**





# Feeling good

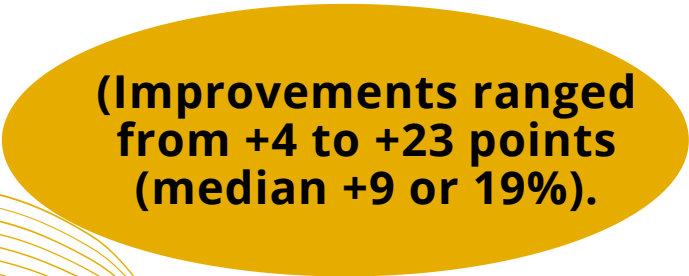
*Over half of them* had more of these!

Feeling calm, cool and controlled

Feeling relaxed

Feeling secure

Feeling self-confident



**(Improvements ranged from +4 to +23 points (median +9 or 19%).**



# Feeling better

*More than half* of responses showed less of these!

Worrying in the moment

Worrying in general

Feeling nervousness or restlessness

Feeling indecisive

Wishing to be as happy as other people appear to be

Feeling inadequate

**Improvements ranged from -6 to -22 points (median -12 or 25%).**



# Feeling better

*More than 40%* of responses reported less of these!

Feeling tense  
Feeling strained  
Feeling nervous  
Feeling like a failure  
Feeling a lack of confidence  
Worrying about unimportant things  
Being hit hard by disappointments

**Improvements ranged from -6 to -22 points (median -12 or 25%).**



# Participant responses

Magical really. I think if you talked to my partner it would be the best indication. I'm quick to anger, I have a bit of a short fuse, if I feel angry or impatient I let loose. But in the past few weeks I've just decided not to.

I think what you gave me with my session was ownership of my feelings. They're not something that happens to me, they are mine.

I am pleased. It feels like I have control over - like I am responsible for how I react; it's not just my brain telling me how to react, I get to choose.





# Participant responses

I have found it useful, especially the river technique, I find myself using that a lot, mainly in anxiety type of situations where you feel a bit panicky, and it really does help me to just get myself back into real life again. It's been really useful.

There's a few times I've called it to mind and tried to go down that process kind of .. ( ) .. yes, its been quite effective I think.

Very useful ( ) there was an argument going on and I used the process that you taught me. I was just really quiet and calm .. ( ) .. and I was just like .. "Yeah". So it worked and felt good.



# Participant responses

*How would you describe the training?*

It's like a lightbulb moment. It flicks something and you're- "Oh yeah! That makes complete sense. Why have I never viewed it like that before?" It's like flicking a switch - it really is.

The way I sort of see it is all you're trying to do is get your mind to clear up, and allow yourself to rest. There's this knot inside you that keeps going and going and going and as long as your brain is going and going and going - it's working on that knot - making it tighter and tighter. The talking through is great, it makes perfect sense, and there are many different ways to get your head to switch off, depending on the person.



# Participant responses

*How would you describe the training?*

I would probably say - if you think you *have* a grip on your own emotions and your own thoughts - this might change your mind.

I would say life changing actually, something so simple in theory does really change the way you act in a situation. It can completely change the way the situation is going to go as well. If you don't use what you did in the training what happened may have been worse - or different - if you didn't calm yourself down. So yeah, really, really important and life changing actually.



# Participant responses

*How would you describe the training?*

Simple, straightforward, but quite interesting in that it gets you to think about things in a slightly different way.

Game-changing. It is really, in the sense that you put yourself in a better position - not so much to win an argument because there's never really a winner in an argument. You gain the tool to put your side of any dispute or argument or disagreement into better, more calm content. You're taking control of what you are doing because you are calm and you're collected.



# Conclusions for online Emotional Health Training

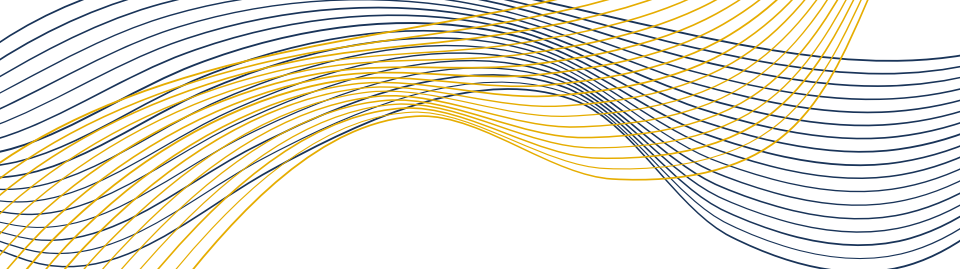
The results of the interviews informed the restructuring of training for 2021.

Based on this evaluation it was concluded that online delivery of Campbell Education's Emotional Health training can be highly effective.

And that the ABC can make a valuable contribution to the wellbeing, emotional health and happiness of adult learners.



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While *training is not therapy*, those starting with high levels of stress and anxiety showed the strongest improvement, and enjoyed the training most.

Emotional training quickly and easily shows you how to use skills you already have available if you know how to use them. All processes are natural and focus on giving the learner choice.

Full details, terms and conditions, enrolment forms and instructions are available on the website.



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