Readme file

Focus Group transcripts 1 & 2 – Verbatim transcripts from focus group interview. Thematic analysis was used to examine the data

Demographic data – demographic information from students – age, sex, ethnicity, SIMD number

TARS Students –student responses from training and acceptability rating scale

TARS class facilitators–class facilitators responses from the training and acceptability rating scale

TARS Qualitative responses – student’s responses to 3 qualitative questions (Q16 – 18) on the training and acceptability rating scale

WEMWBS Students – Student’s score on the Warwick-Edinburgh Mental Wellbeing Scale at baseline, post intervention (4 weeks) and follow-up (3 months)

WEMWBS Class facilitators –Class facilitators scores on the Warwick-Edinburgh Mental Wellbeing Scale at baseline and post intervention (4 weeks)

Consent forms & information sheets provided for students, class facilitators & parents.