

### **Abstract**

This study aimed to evaluate if the *Friends For Life* programme is effective in reducing the anxiety levels of children in Sixth Class. Sixty-Two Children in Sixth Class across three different primary schools in County Cork completed a Spence Children's Anxiety Scale questionnaire prior to and upon completion of the *Friends for Life* programme. These results were then compared and analysed to determine if there were statistical improvements in the children's anxiety levels. Questionnaires were also distributed to the children and their parents in order to assess their attitudes and opinions on the suitability of the programme for use in Primary Schools in the Republic of Ireland. Interviews were also conducted with classroom teachers, special education teachers and parents to again determine their attitudes and opinions about the programme.

Results from the Spence Children's Anxiety Scale indicated that the *Friends for Life* programme was effective in reducing the anxiety levels of the children who partook in the study. Teachers, parents and children involved in the study highlighted the suitability of the programme for use in Primary Schools in the Republic of Ireland and also for the need for programmes such as the *Friends for Life* programme to help children cope with the anxieties and stresses that are inevitable in life.