

Suicide Intervention Training for Community Gatekeepers: A Meta-Analysis

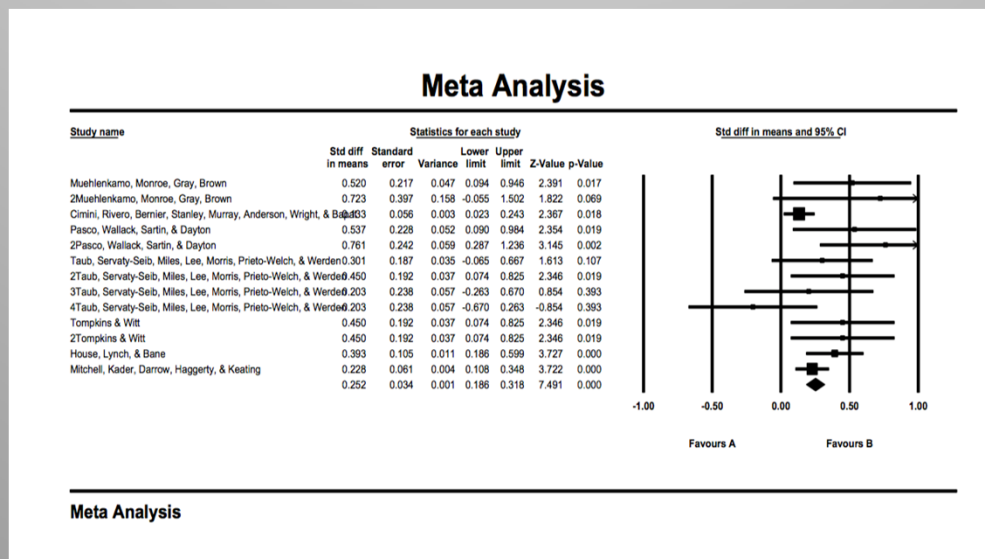
Overview: The National Action Alliance for Suicide Prevention has designated training in identifying and treating at-risk individuals as one of the top four research agendas designed to meet the goal of saving 20,000 lives over the next 5 years. Evaluation of suicide training is a difficult and complex task, in part because of the heterogeneous groups needing training, diverse populations of at-risk and diverse settings in which suicide intervention services occur. Empirical evidence supports the effectiveness of different trainings with regard to one or more key components: knowledge, attitudes, self-efficacy, and behaviors, but there has been no cross-training estimation of true population effects.

This poster presents preliminary data from a very specific aspect of community based suicide intervention training: intervention training efforts on college and university campuses to increase knowledge about suicide, warning signs, and risk factors.

Inclusion criteria: (1) Published in a peer-reviewed journal, reported pre/post-test data, included 1 or more measures of “knowledge”, trained campus gatekeepers (e.g., faculty, advisors, peers, etc.)

Sample: Current sample consists of 7 unique studies and 13 knowledge outcomes. Knowledge outcomes included declarative knowledge, self-perception of knowledge, warning signs, and risk factors.

Findings: A summary of the results is provided below. A fixed-effect model was used, and in this exploratory analyses study characteristics and confounding factors have not yet been considered. Pooled results suggest a .25 standard deviation increase in “knowledge” after intervention training.



Discussion: Results are promising for a positive effect of suicide intervention training on participants’ level of knowledge with regard to knowledge components. It must be noted that this is a very preliminary analyses. Additional analyses to be conducted include heterogeneity, sensitivity, study quality, and confounding factors.

Suicide intervention training typically incorporates four constructs: knowledge, attitudes, self-efficacy, and skills/behaviors. This analysis only addressed the first of these constructs. Additionally, the current analysis focuses solely on college and university campuses. The next step will be to include the other three training components into the analyses for campuses. Moving forward from that additional projects will include training for veterans and active service members, gatekeepers in middle/high school, and medical professionals (i.e., physicians and nurses).