

teen Mental Health First Aid: Results from a pilot evaluation study

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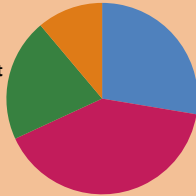
Infographic compiled by Rob Mason

■ Inner-city public

■ Inner-city Independent

■ Rural public

■ Rural Catholic

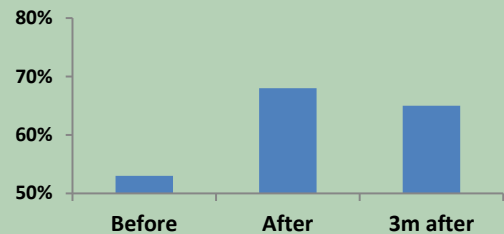


One thousand year 10 and 11 students were trained across **four schools** in the greater Melbourne region.

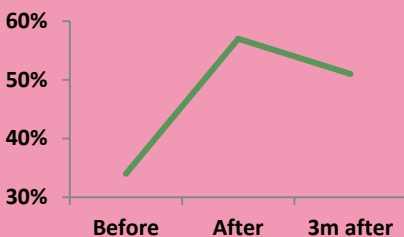
87% of students with parent consent completed evaluation surveys **before, after and three months after** the training.

Recognition of an **anxiety disorder** in a vignette **significantly increased** after the course.

This effect was still seen after **three months**



Recognition of depression was already quite high: 86% of students correctly identified depression in a vignette before the course.



Students' **confidence in helping a peer with a mental health problem** significantly increased after the course. This effect was also maintained after three months.

Students also reported they were **more willing to disclose their own mental health problem** to others (47% before vs 61% after).

There were also positive changes to the attitudes of students towards people with a mental health problem. Students:

were **LESS LIKELY** to believe that mental health problems **increase dangerousness**



showed **LESS DESIRE** for **social distance**

(likelihood of rejecting a person with a mental illness in certain situations, such as working on a school project together)



were **LESS LIKELY** to believe that mental health problems are **a sign of personal weakness**



Visit mhfa.com.au for more information about Mental Health First Aid courses.



This research was funded by *beyondblue: the national depression and anxiety initiative*