

# Mental Health First Aid Training in a Workplace Setting

<b>Submission date</b> 22/11/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 01/12/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 13/12/2017	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Mental Health First Aid Training in a Workplace Setting

**Study objectives**

The Mental Health First Aid course was favorably evaluated in an uncontrolled trial published in 2002. This study evaluated the same course using a wait-list control group. The major hypothesis was that Mental Health First Aid training would improve mental health literacy and helping skills relative to a wait-list control. A secondary hypothesis was that it would benefit the participants' own mental health. The trial found a number of benefits from the training, including greater confidence in providing help to others, greater likelihood of advising people to seek professional help, improved concordance with health professionals about treatments, and decreased stigmatizing attitudes. There was also an improvement in participants' mental health.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Study design**

Randomised controlled trial

**Primary study design**

Interventional

**Study type(s)****Health condition(s) or problem(s) studied**

Mental and Behavioural Disorders

**Interventions**

Participants are randomly assigned to receive either the Mental Health First Aid course or no intervention. (The control group receives the course once the trial is finished). The Mental Health First Aid course trains members of the public to provide initial help to people in mental health crisis situations and in the early stages of a mental disorder.

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome(s)**

Recognition of mental disorders in vignettes, beliefs about treatments for the persons in the vignettes, social distance from people with mental disorders, amount of contact with people with mental disorders, confidence in providing help to others, amount and type of help provided to others, participant mental health.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

30/11/2003

# Eligibility

## Key inclusion criteria

Employees of two Australian government departments. The trial examines the ability of participants to provide initial help to people who have a mental disorder.

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

All

## Key exclusion criteria

Not provided at time of registration

## Date of first enrolment

01/04/2003

## Date of final enrolment

30/11/2003

# Locations

## Countries of recruitment

Australia

## Study participating centre

Centre for Mental Health Research

Canberra

Australia

0200

# Sponsor information

## Organisation

Australian Centre for Mental Health Research

## ROR

<https://ror.org/019wvm592>

# Funder(s)

## Funder type

Research organisation

## Funder Name

National Health and Medical Research Council

## Alternative Name(s)

National Health and Medical Research Council, Australian Government, NHMRC National Health and Medical Research Council, NHMRC

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

Australia

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	15/08/2004		Yes	No