

Mental Health First Aid Training in a Workplace Setting

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

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
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

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Not Specified

Participant information sheet

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 measure

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.

Secondary outcome measures

Not provided at time of registration

Overall study start date

01/04/2003

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

Age group

Adult

Sex

Both

Target number of participants

301

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

Sponsor details

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Sponsor type

Research organisation

ROR

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

Funder(s)

Funder type

Research organisation

Funder Name

National Health and Medical Research Council

Alternative Name(s)

NHMRC

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Australia

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	15/08/2004		Yes	No