

# 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

**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  
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## **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?
<a href="#">Results article</a>	results	15/08/2004		Yes	No