# Mental Health First Aid Training in a Workplace Setting

Submission date	Recruitment status No longer recruiting	<ul><li>Prospectively registered</li></ul>		
22/11/2003		☐ Protocol		
Registration date 01/12/2003	Overall study status Completed	Statistical analysis plan		
		[X] Results		
<b>Last Edited</b> 13/12/2017	<b>Condition category</b> Mental and Behavioural Disorders	Individual participant data		

# Plain English summary of protocol

Not provided at time of registration

# Contact information

# Type(s)

Scientific

#### Contact name

Prof Anthony Jorm

#### Contact details

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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)

Study type(s)

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

Australian National University Canberra Australia 0200 +61 2 61258414 anthony.jorm@anu.edu.au

## 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)

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**

**Publication and dissemination plan**Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

**Study outputs** 

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