

# A school-based collaboration model to detect and prevent suicidal thoughts among adolescents

<b>Submission date</b>	<b>Recruitment status</b>	<input checked="" type="checkbox"/> Prospectively registered
10/11/2025	Not yet recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
18/12/2025	Ongoing	<input type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
22/01/2026	Mental and Behavioural Disorders	<input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Suicide is one of the leading causes of death among young people, both in Sweden and internationally. Many teenagers struggle with mental health problems, but schools often do not have structured ways to identify those who may be at risk. Different parts of the support system, schools, student health services, primary care and specialist mental health services, tend to work separately. This means that some young people who need help are never noticed in time. This study aims to test whether a more systematic approach can help identify young people with suicidal thoughts earlier and offer them appropriate support sooner. The study examines whether mental health screening in schools, combined with clear routines for collaboration between schools, student health services and primary healthcare, can improve the detection of suicide risk and lead to timelier and more effective help.

The goal is to develop a model that is practical for everyday school settings and can be scaled nationally if shown to be effective.

### Who can participate?

The study involves pupils in participating schools. All pupils in selected classes will be invited to complete a mental health questionnaire. The screening includes questions about mood, wellbeing and suicidal thoughts.

Young people who show signs of higher suicide risk based on the questionnaire will be invited to take part in a follow-up conversation with a psychologist. Participation is voluntary, and pupils can choose to take part in the screening, the follow-up, or neither. There are no restrictions related to sex, ethnicity or health status.

### What does the study involve?

The study compares two types of school environments:

1. Schools that use a systematic mental health screening, followed by structured routines for collaboration between student health services, and primary care when adolescents show signs of suicide risk.
2. Schools that continue with their usual routines, where student health service identify and support pupils based on the methods they normally use.

Students in both types of schools complete a digital questionnaire called the Children's Depression Inventory (CDI), which assesses mood and thoughts related to depression and suicide. Adolescents who show signs of increased suicide risk will be contacted by student health staff and offered a follow-up conversation with a psychologist as part of the study procedures.

The researchers will:

1. Compare how many adolescents with suicidal thoughts are identified in intervention compared to control schools.
2. Follow changes in mental health over time at 6, 12 and 18 months.
3. Talk with students, parents, teachers and school staff about their experiences and how well the approach works in practice.
4. Assess whether this model of screening and collaboration is feasible, helpful and potentially cost-effective.

**What are the possible benefits and risks of participating?**

Young people with suicidal thoughts or other signs of mental health problems may be identified earlier. Pupils who need support may receive timely access to psychological help. Schools may gain a clearer structure for how to respond when a student is in distress. By taking part, pupils contribute to research that could improve suicide prevention in schools across Sweden.

Answering questions about mood and suicidal thoughts may be emotionally uncomfortable for some pupils. Talking about these issues can temporarily increase worry or sadness for some individuals. To reduce risks, a psychologist or the student health service will follow up promptly with any student who shows signs of suicide risk. All conversations are voluntary, confidential and designed to ensure safety and support.

**Where is the study run from?**

The study is run by Västra Götalandsregionen in collaboration with participating schools. It is led from Regionhälsan, FoUUI primär och nära vård and includes collaboration with researchers at the University of Gothenburg and international experts in suicide prevention.

**When is the study starting and how long will it run?**

January 2026 to June 2029

**Who is funding the study?**

The study is funded by Forte through the call "Psykisk ohälsa och suicidprevention 2025". The funding covers costs related to screening, staff training, follow-up conversations, data collection, analysis and communication of results.

**Who is the main contact?**

Dr Carl Wikberg, carl.wikberg@allmed.gu.se

## Contact information

**Type(s)**

Public, Scientific, Principal investigator

**Contact name**

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

Nil known

## Study information

### Scientific Title

Systematic screening to detect and prevent suicide in adolescents in school settings - the SPARK study (Suicidal Prevention And Resilience in Kids)

### Acronym

SPARK

### Study objectives

This study aims to develop and evaluate a sustainable, collaborative model for suicide prevention among adolescents in Swedish schools.

### Ethics approval required

Ethics approval required

### Ethics approval(s)

notYetSubmitted

### Study design

Multicenter interventional - longitudinal case-control study

### Primary study design

Interventional

### Study type(s)

Prevention, Screening

### Health condition(s) or problem(s) studied

## Prevention of suicidal ideation and suicide in adolescents

### Interventions

A collaboration model between student health service at each participating school, and a primary care centre in close proximity. The model includes a screening part with Children Depression Inventory (CDI) were adolescents who score 1 or 2 on item 9 (suicidal thoughts) will be contacted by a primary care psychologist the same day (if 2 on CDI item 9) or in close proximity to the screening (if 1 on CDI item 9).

The study compares two types of school environments:

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Students in both types of schools complete a digital questionnaire called the Children's Depression Inventory (CDI), which assesses mood and thoughts related to depression and suicide. Adolescents who show signs of increased suicide risk will be contacted by student health staff and offered a follow-up conversation with a psychologist as part of the study procedures.

The researchers will:

1. Compare how many adolescents with suicidal thoughts are identified in intervention compared to control schools.
2. Follow changes in mental health over time at 6, 12 and 18 months.
3. Talk with students, parents, teachers and school staff about their experiences and how well the approach works in practice.
4. Assess whether this model of screening and collaboration is feasible, helpful and potentially cost-effective.

### Intervention Type

Other

### Primary outcome(s)

Number of adolescents identified with suicidal thoughts at schools who conduct the screening and assessment model measured using CDI and assessment records compared to control schools where no screening or assessment model is used between 2026-2029

### Key secondary outcome(s)

Qualitative aspects of this collaboration model measured using interviews and focus group discussions with adolescents and their guardians (separately) after completion of follow ups

### Completion date

30/06/2030

## Eligibility

### Key inclusion criteria

Adolescents and their guardians at participating schools who:

1. Score 1 or 2 on item 9 in the CDI screening  
or

who has been identified with:

1. Suicidal ideations through the collaboration model with the psychological assessment in primary care.
2. Been identified through the student health service
3. Said YES to participate in the study, after oral and written consent

#### **Participant type(s)**

Population, Other

#### **Healthy volunteers allowed**

No

#### **Age group**

Child

#### **Lower age limit**

13 years

#### **Upper age limit**

16 years

#### **Sex**

All

#### **Total final enrolment**

0

#### **Key exclusion criteria**

1. Want to withdraw from the study

#### **Date of first enrolment**

01/03/2026

#### **Date of final enrolment**

31/12/2029

## **Locations**

#### **Countries of recruitment**

Sweden

#### **Study participating centre**

Bleket

Slåtthusvägen 4

Tjörn

Sweden

471 50

**Study participating centre**

Häggvallskolan  
Höviksnäsvägen 1  
Tjörn  
Sweden  
471 70

## Sponsor information

**Organisation**

Region Västra Götaland

**ROR**

<https://ror.org/00a4x6777>

## Funder(s)

**Funder type**

Government

**Funder Name**

Forskningsrådet för hälsa, arbetsliv och välfärd

**Alternative Name(s)**

Swedish Research Council for Health, Working Life and Welfare, Forskningsrådet om Hälsa, Arbetsliv och Välfärd, FORTE

**Funding Body Type**

Government organisation

**Funding Body Subtype**

Local government

**Location**

Sweden

## Results and Publications

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**  
Not expected to be made available