

Mental Health First Aid Training in a Workplace Setting

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

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

Intentional

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?
Results article	results	15/08/2004		Yes	No