

Mental Health First Aid Training With Members of the Public in a Rural Area

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 10/09/2007	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

Study objectives

A Mental Health First Aid course has been developed which trains members of the public in how to give initial help in mental health crisis situations and to support people developing mental health problems. This course has previously been evaluated in a randomized controlled trial in a

workplace setting and found to produce a number of positive effects. However, this was an efficacy trial under relatively ideal conditions. The present trial is an effectiveness trial in which the course was given under more typical conditions. The hypotheses were that individuals trained in Mental Health First Aid, when compared to wait-list controls, would have increased knowledge of mental disorders and their treatments, decreased social distance, increased confidence in providing help, and that they would provide greater help to people experiencing mental health problems. The findings were that training produced significantly greater recognition of the disorders, increased agreement with health professionals about which interventions are likely to be helpful, decreased social distance, increased confidence in providing help to others, and an increase in help actually provided. There was no change in the number of people with mental health problems that trainees had contact with none in the percentage advising someone to seek professional help.

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

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 Specified

Primary outcome(s)

Recognition of mental disorders in vignettes, agreement with health professionals about which interventions are likely to be helpful for the persons portrayed in the vignettes, social distance from people with mental disorders, confidence in providing help to others, contact with people with mental disorders, amount and type of help actually provided.

Key secondary outcome(s)

Not provided at time of registration

Completion date

31/10/2003

Eligibility

Key inclusion criteria

Members of the public living in a rural area of Australia. The trial examines the ability of participants to provide initial help to people who have a mental disorder.

There were 753 participants, 416 in the intervention group and 337 in the control group. These were members of the community, not patients.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex**Key exclusion criteria**

Not provided at time of registration

Date of first enrolment

01/10/2002

Date of final enrolment

31/10/2003

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

Government

Funder Name

New South Wales Department of Health,

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:	23/10/2004		Yes	No