

# NAMI Ending the Silence Published Evidence Summary

Publications	Study Types	Study Samples	Major findings
2 Peer-Reviewed Publications	1 Randomized Control Trial, 1 Quasi-Experimental Design	Country: US Sample Sizes: 206 and 932 Students Grade Levels: 9th to 12th Grade	NAMI Ending the Silence has been shown to be effective in improving high school students' knowledge and attitudes toward mental health conditions and help-seeking.

NAMI Ending the Silence Published Evidence Table

Publication Type	Title	Published	Study Type	Sample	Findings	Link
Peer-Reviewed	Changing student attitudes about mental health conditions: NAMI ending the silence.	May 2019	Quasi-Experimental Design	932 9-12th Grade US Students	Students completed a 12-item questionnaire about knowledge of mental health conditions, attitudes/social distance preferences, and help-seeking before, immediately after, and four to six weeks after the presentation. Significant positive change in overall scores and individual item scores occurred for students receiving the NAMI ETS presentation but not for students who did not receive the presentation. Improved scores were still apparent for the NAMI ETS students at follow-up but, again, not for students who did not receive the presentation. Results indicate that NAMI Ending the Silence is an effective mechanism for improving the knowledge and attitudes of high school students about mental health conditions.	<a href="https://nami.org/getattachment/Learn-More/Research-(1)/Research-on-NAMI-Programs/Wahl_ETS_2018-(1).pdf">https://nami.org/getattachment/Learn-More/Research-(1)/Research-on-NAMI-Programs/Wahl_ETS_2018-(1).pdf</a>
Peer-Reviewed	Reducing stigma in high school students: A cluster randomized controlled trial of the National Alliance on	May 2020	Randomized Control Trial	206 students	The results suggest that NAMI's Ending the Silence is well-liked by youth and has positive effects on multiple stigma dimensions for high school youth. Prospectively, mixed effects modelling indicated significant effects in favor of the ETS group for reduced negative	<a href="https://www.researchgate.net/publication/341566417_Reducing_stigma_in_high_school_students_A_cluster_randomized_controlled_trial_of_the_National_Alliance_on_Mental_Illness'_Ending_the_Silence_intervention">https://www.researchgate.net/publication/341566417_Reducing_stigma_in_high_school_students_A_cluster_randomized_controlled_trial_of_the_National_Alliance_on_Mental_Illness'_Ending_the_Silence_intervention</a>

Mental Illness Ending  
the Silence  
intervention

stereotypes, improved mental health knowledge, and less anticipated risk for disclosing to a counselor. There were also trends in favor of the ETS group for reductions in intended social distancing and negative affect, and improvements in help-seeking intentions. Qualitative feedback indicated positive impressions of ETS overall, but suggestions for more interactive activities and discussion.