

**teen Mental Health First Aid Published Evidence Summary**

<b>Publications</b>	<b>Study Types</b>	<b>Study Samples</b>	<b>Major findings</b>
4 Peer-Reviewed Publications	2 Randomized Control Trials, 2 Single Group Designs	Country: Australia Sample Sizes: Ranged from 372 to 1,942 Students Ages: Ranged from 13 to 17 years old	<p>Students receiving teen Mental Health First Aid training demonstrated increased mental health literacy, were more confident helping a peer with a mental health problem, viewed seeking help from mental health professionals more positively, and significantly decreased stigmatizing attitudes.</p> <p>Students receiving a culturally adapted version of teen Mental Health First Aid training were more likely to endorse 'helpful' adults as valid sources of help, had significantly higher levels of concordant (helpful) helping intentions, and had significantly lower levels of discordant (harmful) helping intentions -- all of which were maintained at 3 month follow-up.</p>

**teen Mental Health First Aid Published Evidence Table**

<b>Publication Type</b>	<b>Title</b>	<b>Published</b>	<b>Study Type</b>	<b>Sample</b>	<b>Findings</b>	<b>Link</b>
Peer-Reviewed	teen Mental Health First Aid as a school-based intervention for improving peer support of adolescents at risk of suicide: Outcomes from a cluster Randomized crossover trial.	Nov 2019	Randomized Control Trial	1605 Australian students (15-17 yrs old)	Students receiving teen Mental Health First Aid training were much more likely to report an increase from pre- to post-training in recognition of suicidality and appropriate first aid intentions towards a peer at risk of suicide than students receiving physical first aid . Twelve months after training, most effects were still significant. Although a greater proportion of teen Mental Health First Aid participants self-reported feeling briefly distressed after the training, there was no evidence of greater distress at 12 months on the Kessler Psychological Distress Scale.	<a href="https://journals.sagepub.com/doi/10.1177/0004867419885450">https://journals.sagepub.com/doi/10.1177/0004867419885450</a>

Peer-Reviewed	An evaluation of the teen and Youth Mental Health First Aid training with a CALD focus: an uncontrolled pilot study with adolescents and adults in Australia	Nov 2019	Single Group Design	372 Australian 10th grade students	The teen MHFA course for the culturally linguistically diverse (CALD) community included the development of new case scenarios which better represented the needs of CALD young people, the development of a resource list with relevant local services, and two videos featuring interviews with mental health professionals in their local area. Following training, students were more likely to endorse 'helpful' adults as valid sources of help ( $p < 0.001$ ) and these gains were maintained at 3-month follow-up ( $p < 0.01$ ). Significantly higher levels of concordant (helpful) helping intentions were found after training ( $p < 0.01$ ), and this was maintained at follow-up ( $p < 0.05$ ). Significant lower levels of discordant (harmful) helping intentions were found after training ( $p < 0.001$ ), and this was maintained at follow-up ( $p < 0.01$ ).	<a href="https://ijmhs.biomedcentral.com/articles/10.1186/s13033-019-0329-0">https://ijmhs.biomedcentral.com/articles/10.1186/s13033-019-0329-0</a>
Peer-Reviewed	Helping adolescents to better support their peers with a mental health problem: A cluster-Randomized crossover trial of teen Mental Health First Aid	Jul 2018	Randomized Control Trial	1,942 Australian 10th grade students	Compared to a matched emergency Physical First Aid (PFA) training programme, students who received tMHFA Demonstrated increased mental health literacy, were more confident helping a peer with a mental health problem, and viewed seeking help from mental health professionals (e.g., school counselors, therapists) more positively	<a href="https://pubmed.ncbi.nlm.nih.gov/29417834/">https://pubmed.ncbi.nlm.nih.gov/29417834/</a>
Peer-Reviewed	'teen Mental Health First Aid': a description of the program and an initial evaluation	Jan 2016	Single Group Design	520 Australian students (15-17 yrs old)	Statistically significant improvements were found in mental health literacy, confidence in providing Mental Health First Aid to a peer, help-seeking intentions and student mental health, while stigmatising attitudes significantly reduced.	<a href="https://ijmhs.biomedcentral.com/articles/10.1186/s13033-016-0034-1">https://ijmhs.biomedcentral.com/articles/10.1186/s13033-016-0034-1</a>