

Sources of Strength Published Evidence Summary

| Publications | Study Types | Study Samples | Major findings |
|------------------------------|-----------------------------|---|--|
| 2 Peer-Reviewed Publications | 2 Randomized Control Trials | Countries: Australia, US Sample Sizes: 2,675 and 3,730 Students Grade Levels: 9th to 12th Grade | Training improved the peer leaders' adaptive norms regarding suicide, their connectedness to adults, and their school engagement. Trained peer leaders in larger schools were 4 times as likely to refer a suicidal friend to an adult. Among students, the intervention increased perceptions of adult support for suicidal youths and the acceptability of seeking help. |

Sources of Strength Published Evidence Table

| Publication Type | Title | Published | Study Type | Sample | Findings | Link |
|-------------------------|--|------------------|--|--|--|---|
| Peer-Reviewed | Diffusion of a Peer-Led Suicide Preventive Intervention Through School-Based Student Peer and Adult Networks | Nov 2018 | Randomized Control Trial clinicaltrials.gov #02043093 | 533 students were trained as peer leaders and 3,730 9th–12th graders completed baseline surveys (9-12th graders U.S) | Training more peer leaders increased school-wide exposure for all modalities except presentation. In multivariate models, exposure to the intervention was consistently higher for students closer to peer leaders in the friendship network and students who named more trusted adults and lower for males. In multivariate models, training more students as peer leaders predicted exposure to poster-video and direct peer communication in larger schools. Network characteristics influenced exposure similarly for students with suicidal thoughts and behaviors. | https://www.frontiersin.org/articles/10.3389/fpsy.2018.00598/full |
| Peer-Reviewed | An outcome evaluation of the Sources of Strength | Apr 2010 | Randomized Control Trial | GA, NY, & ND students 453 peer leaders and to | Training improved the peer leaders' adaptive norms regarding | https://ajph.aphapublications.org/doi/full/10.2105/AJPH.2009.190025 |

suicide prevention program delivered by adolescent peer leaders in high schools

2675 students selected as representative of the 12 rural schools.

suicide, their connectedness to adults, and their school engagement, with the largest gains for those entering with the least adaptive norms. Trained peer leaders in larger schools were 4 times as likely as were untrained peer leaders to refer a suicidal friend to an adult. Among students, the intervention increased perceptions of adult support for suicidal youths and the acceptability of Seeking help. Perception of adult support increased most in students with a history of suicidal ideation