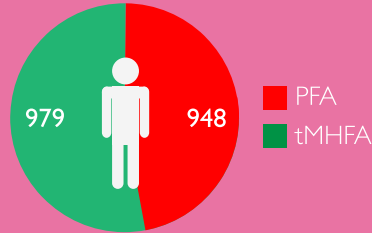


teen MHFA: results from a cluster-randomised crossover evaluation study¹



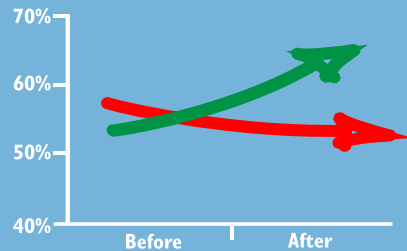
NUMBER OF STUDENTS

A total of 1942 year 10 students in 4 schools over 2 school years were trained in either tMHFA or physical first aid (PFA). Of these, 1116 completed evaluation surveys before and after the training.



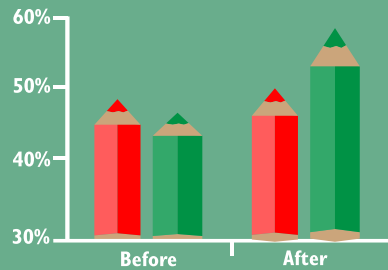
CONFIDENCE IN HELPING A PEER WITH A MENTAL HEALTH PROBLEM

Students reported increased confidence in helping a friend with a mental health problem. Pre-training 52.2% reported 'quite confident' or 'extremely confident' vs 64.9% at post-training. Students who received PFA: 58.4% before vs 52.3% after



RECOGNITION OF SOCIAL PHOBIA/ANXIETY DISORDER

Students who received tMHFA were three times more likely to report the correct label after their training than students receiving PFA. Correct recognition of social phobia/anxiety disorder: 45% before vs 58.2% after.



'Had more helpful intentions to support a friend with a mental health problem'



'Were less likely to believe that mental health problems would make someone dangerous or unpredictable'



'More likely to talk to someone if they had a problem like depression'



'More likely to believe that depression is an illness, not a sign of weakness'



'Better recognised teachers and school counsellors as helpful with a mental health problem'*



*66.6% before
84.3% after

'Showed less desire for social distance'*



*Likelihood of rejecting a person with a mental illness in certain situations, such as working on a school project together.

Positive changes to student attitudes towards people with a mental health problem.

Students who received the teen MHFA Program...



3 sessions of teen MHFA were compared with 3 sessions of physical first aid