Trial Description

Title

Network for suicide prevention in Dresden - Universal prevention in secondary schools

Trial Acronym

NeSuD

URL of the trial

https://tu-dresden.de/mn/psychologie/ikpp/kinderundjugendliche/forschung/forschungsschw

Brief Summary in Lay Language

The “Netzwerk für Suizidprävention in Dresden” (Network for Suicide Prevention in Dresden; NeSuD) is a project funded by the German Federal Ministry of Health and led by the Institute of Clinical Psychology and Psychotherapy of the Technische Universität Dresden, in collaboration with the Werner-Felber-Institut für Suizidprävention und Interdisziplinäre Forschung im Gesundheitswesen e.V (Werner-Felber-Institute for Suicide Prevention and Interdisciplinary Research in Public Health). The project aims to improve the quality of healthcare for suicidal people in Dresden by creating a network of mental health care providers, informing about mental health and reducing barriers to help-seeking. The subproject “Universal prevention program in secondary schools” aims to inform adolescents (12 years of age and older) in secondary schools in Dresden about mental health, stress, suicidality and regional mental health care providers. A mental health promotion and suicide prevention program will be implemented and evaluated in secondary schools.

Brief Summary in Scientific Language

A randomized-controlled, prospective-longitudinal study design has been chosen for the evaluation of a universal awareness prevention program in secondary schools in Dresden for adolescents (12 years of age and older). We aim to collect data of a random sample consisting of ca. 37 school classes with 25 pupils each (total goal: 929 participants) clustered by school classes and schools. The sample will be stratified in three age groups (12-13 years of age, 14-16 years of age, 17 years of age and older), furthermore we strive to include different types of secondary schools (grammar schools, comprehensive schools, vocational schools). Pre-, post- and 6-months-follow-up-examinations will measure effects of the intervention on help-seeking, mental health literacy, stigmatization and attitudes towards mental health problems and suicidality among participants. In order to evaluate how suitable the program is for dissemination, teachers and students will rate acceptance and feasibility.

Organizational Data

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DRKS-ID: **DRKS00017045**

- Date of Registration in DRKS: **2019/04/02**
- Date of Registration in Partner Registry or other Primary Registry: **[---]***
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: **EK 26012019 , Ethikkommission der Medizinischen Fakultät der Technischen Universität Dresden**

Secondary IDs

Health condition or Problem studied

- Free text: **Suicidal thoughts and suicide attempts**
- Free text: **Depressiveness, Metal health problems in children and adolescents (emotional problems, behavioral problems, hyperactivity, behavioral problems with peers)**
- ICD10: **R45.8 - Other symptoms and signs involving emotional state**

Interventions/Observational Groups

- Arm 1: **Randomized allocation of ca. 19 school classes (ca. 465 students) to the intervention arm 1. After the baseline assessment (Pre), the school classes will receive an universal awareness prevention program for mental health promotion and suicide prevention. Two instructors will conduct the program over 4 school units (on one or two days). Straight after the intervention (post), as well as 6 months later (follow-up) further assessments will be conducted.**
- Arm 2: **Randomized allocation of ca. 18 school classes to a waiting control group. After the follow-up examination, these classes will also receive the same prevention program.**

Characteristics

- Study Type: **Interventional**
- Study Type Non-Interventional: **[---]***
- Allocation: **Randomized controlled trial**
- Blinding: **[---]***
- Who is blinded: **[---]***
- Control: **Control group receives no treatment**
- Purpose: **Prevention**

Study Type: **Interventional**

Study Type Non-Interventional: **[---]***

Allocation: **Randomized controlled trial**

Blinding: **[---]***

Who is blinded: **[---]***

Control: **Control group receives no treatment**

Purpose: **Prevention**

- Assignment: **Parallel**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

T0 (1 week prior to intervention): Knowledge ("Friend in Need Questionnaire", Burns & Rapee, 2006; knowledge and attitudes towards depression and suicide scale, Aseltine, James, Schilling & Glanovsky, 2007), Help-seeking (adaptation of the "General Help Seeking Questionnaire" and "Actual Help Seeking Questionnaire", Rickwood, 2005).

T1 (immediately after the intervention): Knowledge (mental health literacy; adaptation of the "Friend in Need Questionnaire", Burns & Rapee, 2006; knowledge and attitudes towards depression and suicide scale, Aseltine, James, Schilling & Glanovsky, 2007), Help-seeking (adaptation of the "General Help Seeking Questionnaire", Rickwood, 2005).

T2 (after 6 months): Knowledge (mental health literacy; adaptation of the "Friend in Need Questionnaire", Burns & Rapee, 2006; knowledge and attitudes towards depression and suicide scale, Aseltine, James, Schilling & Glanovsky, 2007), Help-seeking (adaptation of the "General Help Seeking Questionnaire" and "Actual Help Seeking Questionnaire", Rickwood, 2005).

Secondary Outcome

T0, T1 and T2: Stigmatisation of mental health problems ("Personal attributes" and "Emotional reaction" scales, Angermeyer & Matschinger, 2001a; social distance scale), suicidal thoughts and suicide attempts (Paykel-Suicide-Scale), acceptance of the intervention (self-developed questionnaire).

Countries of recruitment

- DE **Germany**

Locations of Recruitment

- other **Institut für klinische Psychologie und Psychotherapie, Technische Universität Dresden, Dresden**

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2019/06/21**
- Target Sample Size: **929**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **12 Years**
- Maximum Age: **no maximum age**

Additional Inclusion Criteria

- students from 12 years of age of all classes recruited for the intervention (all secondary schools in the area of Dresden, forms 7 to 12)
- written consent of the students as well as written consent of their custodians

Exclusion criteria

- severe impairment of vision that interferes considerably with the program participation, the understanding of the tasks or the completion of the questionnaires
- insufficient knowledge of the German language

Addresses

- **Primary Sponsor**

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Sources of Monetary or Material Support

■ **Public funding institutions financed by tax money/Government funding body (German Research Foundation (DFG), Federal Ministry of Education and Research (BMBF), etc.)**

Bundesministerium für Gesundheit
Friedrichstraße 108
10117 Berlin

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URL: **https://www.bundesgesundheitsministerium.de/service/kontakt.html**

Status

- Recruitment Status: **Recruiting ongoing**
- Study Closing (LPLV): **[---]***

Trial Publications, Results and other documents

** This entry means the parameter is not applicable or has not been set.*

**** This entry means that data is not displayed due to insufficient data privacy clearing.*