

Evaluation of QPR Training: January 2007 - March 2008

I. BACKGROUND

Supported by a grant from SAMHSA, QPR training started in January of 2007 and has continued to be executed regularly for the University at Buffalo campus community. 1005 university students, faculty and staff were trained from January 2007 through March of 2008. The instructors for the Gatekeeper training were staff from the Student Wellness Team (Counseling Services, Wellness Education Services and Health Services).

II. PRE-TEST AND POST-TEST COMPARISON

784 participants took pre-test surveys before the training and post-test surveys one week after the QPR training. The questionnaire was composed of 12 questions. For the questions 'Facts Concerning Suicide Prevention', 'Warning Signs of Suicide', 'How to Ask Someone about Suicide', 'Persuading Someone to Get Help', 'How to Get Help For Someone' and 'Local Resources for Help with Suicide', scaled responses Low (0), Medium (1) and High (2) were answered. Questions 'Ask Someone If They Are Suicidal', 'Tell a Suicidal Person Who to Talk for Help', 'Call a Crisis Line to Get Help for a Suicidal Person', and 'Go With a Suicidal Person to Get Help' were answered on an ordinal scale ranging from Not Very Likely (0), Somewhat Likely (1) to Highly Likely (2). The question 'Feel that Asking about Suicide is Appropriate' was answered on an ordinal scale ranging from Never (0), Sometimes (1) to Always (2). Finally, the answer for the question 'Referred Someone to Get Help' was coded No (0) or Yes (1). A paired-sample t-test is used to determine whether their attitudes and knowledge were significantly improved after the QPR training. Results are provided in Table 1.

Table 1 Paired Sample T-test for Pre-test and Post-test

Paired Variables Pre-test and Post-test	Paired Means		t	Sig.(2-tailed)
	Test	Means		
Facts Concerning Suicide Prevention	Pre	0.68	-35.659	0.000**
	Post	1.59		
Warning Signs of Suicide	Pre	0.95	-30.391	0.000**
	Post	1.68		
How to Ask Someone About Suicide	Pre	0.57	-40.714	0.000**
	Post	1.68		
Persuading Someone to Get Help	Pre	0.79	-31.645	0.000**
	Post	1.64		
How to Get Help For Someone	Pre	0.94	-28.902	0.000**
	Post	1.71		
Local Resources for Help With Suicide	Pre	0.69	-27.728	0.000**
	Post	1.57		
Ask Someone if They Are Suicidal	Pre	0.83	-28.12	0.000**
	Post	1.55		
Tell a Suicidal Person Who to Talk For Help	Pre	1.34	-13.956	0.000**
	Post	1.84		
Call a Crisis Line to Get Help for a Suicidal Person	Pre	1.40	-17.07	0.000**
	Post	1.79		
Go With a Suicidal Person to Get Help	Pre	1.44	-14.484	0.000**
	Post	1.76		
Feel that Asking About Suicide is Appropriate	Pre	1.30	-18.424	0.000**
	Post	1.72		
Referred Someone to Wellness Team	Pre	0.62	5.599	0.000**
	Post	0.52		

III. PRE-TEST AND FOLLOW-UP TEST COMPARISON

There were 219 respondents who returned the pre-test and follow-up test surveys. In the follow-up survey, the same questionnaire as in pre-test and post-test was sent to the respondents three months after the QPR training. A paired-sample t-test is utilized to analyze the data and the results of pre-test and follow-up test comparison are listed in Table 2.

Table 2 Paired Sample T-test for Pre-test and Follow-up Test

Paired Variables Pre-test and Follow-up Test	Paired Means		t	Sig.(2-tailed)
	Test	Means		
Facts Concerning Suicide Prevention	Pre	0.68	-12.233	0.000**
	Follow-up	1.45		
Warning Signs of Suicide	Pre	0.95	-9.149	0.000**
	Follow-up	1.61		
How to Ask Someone About Suicide	Pre	0.59	-13.479	0.000**
	Follow-up	1.59		
Persuading Someone to Get Help	Pre	0.80	-11.263	0.000**
	Follow-up	1.53		
How to Get Help For Someone	Pre	0.92	-12.079	0.000**
	Follow-up	1.78		
Local Resources for Help With Suicide	Pre	0.64	-13.240	0.000**
	Follow-up	1.53		
Ask Someone if They Are Suicidal	Pre	0.82	-8.049	0.000**
	Follow-up	1.43		
Tell a Suicidal Person Who to Talk For Help	Pre	1.37	-7.490	0.000**
	Follow-up	1.81		
Call a Crisis Line to Get Help for a Suicidal Person	Pre	1.42	-5.171	0.000**
	Follow-up	1.78		
Go With a Suicidal Person to Get Help	Pre	1.40	-4.294	0.000**
	Follow-up	1.71		
Feel that Asking About Suicide is Appropriate	Pre	1.35	-4.309	0.000**
	Follow-up	1.83		
Referred Someone to Wellness Team	Pre	0.53	-0.752	0.453
	Follow-up	0.58		

IV. POST-TEST AND FOLLOW-UP TEST COMPARISON

201 participants returned both the post-test and follow-up test questionnaires. The analysis tool used was a paired-sample t-test and the results are showed in Table 3.

Table 3 Paired Sample T-test for Post-test and Follow-up Test

Paired Variables Post-test and Follow-up Test	Paired Means		t	Sig.(2-tailed)
	Test	Means		
Facts Concerning Suicide Prevention	Post	1.61	2.360	0.019**
	Follow-up	1.47		
Warning Signs of Suicide	Post	1.63	0.145	0.885
	Follow-up	1.62		
How to Ask Someone About Suicide	Post	1.69	1.238	0.217
	Follow-up	1.60		
Persuading Someone to Get Help	Post	1.61	1.505	0.134
	Follow-up	1.52		
How to Get Help For Someone	Post	1.73	-1.006	0.316
	Follow-up	1.80		
Local Resources for Help With Suicide	Post	1.57	0.414	0.679
	Follow-up	1.54		
Ask Someone if They Are Suicidal	Post	1.54	1.364	0.174

	Follow-up	1.44		
Tell a Suicidal Person Who to Talk For Help	Post	1.85	0.750	0.454
	Follow-up	1.81		
Call a Crisis Line to Get Help for a Suicidal Person	Post	1.76	-0.316	0.753
	Follow-up	1.78		
Go With a Suicidal Person to Get Help	Post	1.75	-0.945	0.696
	Follow-up	1.72		
Feel that Asking About Suicide is Appropriate	Post	1.76	-2.958	0.346
	Follow-up	1.86		
Referred Someone to Wellness Team	Post	0.37	-0.752	0.003**
	Follow-up	0.59		

V. CONCLUSIONS

For pre-test and post-test comparison, Table 1 shows that the paired differences are statistically significant for all the variables. For ‘Referred Someone to Wellness Team’, the mean decreased after the training. This is not surprising since only 1 week had elapsed between the testing times and respondents may not have had an opportunity or reason to refer someone to the services. The mean of other variables for the post-test is much higher than that of the pre-test in every pair-wise case. The largest difference showed in the variable ‘How to Ask Someone about Suicide’ (-1.109). These results indicate that the QPR training improved the knowledge and perception of suicide prevention for the participants.

In analyzing the pre-test and three-month follow-up test, the means of all variables are also found significantly increased three months after the QPR training except for ‘Referred Someone to Wellness Team’ which stayed the same. Among these significant variables, ‘How to Ask Someone about Suicide’ increased by the largest amount, which is the same as in the pre/post comparison. This means that after three months the improvement of the knowledge and attitudes for those are trained is still significant, suggesting that the impact is not only effective in the short term.

For the post-test and follow-up test comparison, only two significant differences were found. The lower mean of the follow-up for ‘Facts Concerning Suicide Prevention’ is significant. Only ‘Referred Someone to Wellness Team’ had a significant increase. No other positive significant changes occurred between the post-test and the follow-up test. These results indicate that the positive effect of the QPR training is maintained quite well except for ‘Facts Concerning Suicide Prevention’.

Overall, the comparisons indicate that the impact of the QPR training on the knowledge and perception of suicide prevention concepts is significant in both the short term and the long term. Therefore, it can be concluded that the QPR training is very effective.