



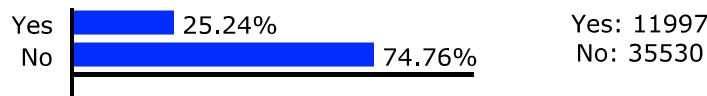
This report is drawn from the QPR Online Gatekeeper Training for Suicide Prevention program and represents participants primarily from the US, Canada, and Australia between 2011 and 2018. Total N = 47,993. Program completion rates are 96%. Demographics: age, gender, ethnicity, language, occupation, education, zip code, home and work location.

### *QPR Training Action Items Report*

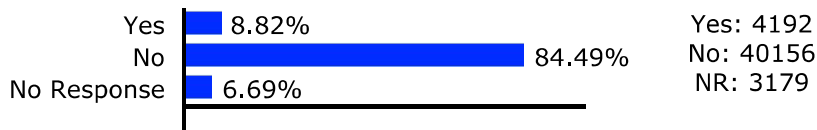
(Asks participants to report on actions taken *during* the training or actions they *intend* to take.)

Completed Surveys: 47527 in this survey.

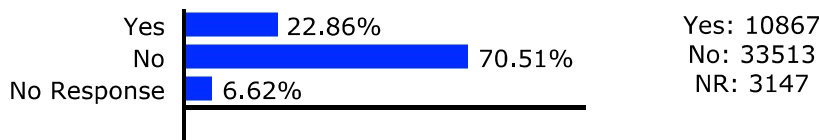
**1. From what I just learned, I know someone who may need help and I intend to reach out to them now.**



**2. From what I just learned, I have decided to seek help for myself from the resources provided in this program.**



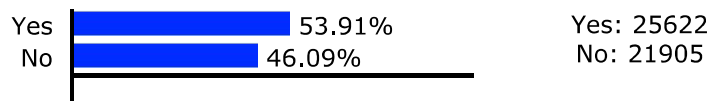
**3. I have lost someone to suicide who was close to me, and I intend to learn more about the resources provided in this training.**



**4. During this training session I used the Help Now button and got help for myself or someone I know.**



**5. I have already sent the free e-book (Suicide the Forever Decision by Paul Quinnett, Ph.D.) to someone I know who may need it?**



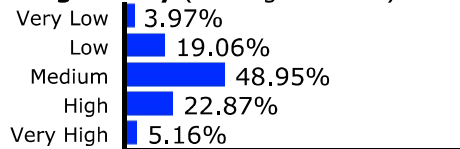
***Pre-post knowledge, perceptions, and self-efficacy changes***

**Completed Surveys: 47,993**

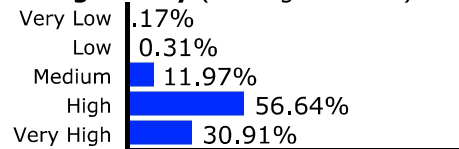
**Below are the pre-training and post-training ratings on 9 items related to the participant's knowledge and perceptions about suicide prevention. Items 10 through 15 measure changes in participant perceptions of self-efficacy, confidence and competence to carry out the QPR intervention.**

**1. Facts concerning suicide Prevention:**

**Pre Training Survey (Average of 3.06)**

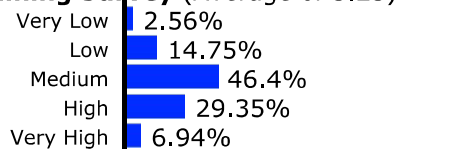


**Post Training Survey (Average of 4.18)**

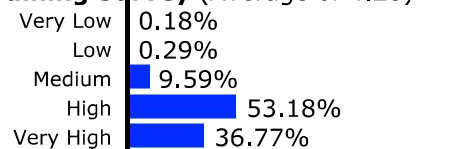


**2. Warning signs of suicide:**

**Pre Training Survey (Average of 3.23)**

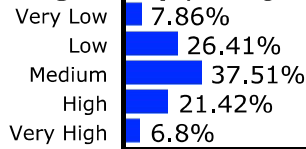


**Post Training Survey (Average of 4.26)**

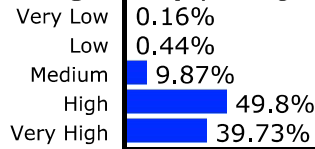


### 3. How to ask someone about suicide:

**Pre Training Survey** (Average of 2.93)

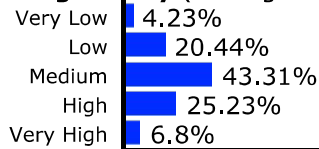


**Post Training Survey** (Average of 4.28)

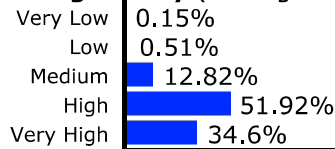


### 4. Persuading someone to get help:

**Pre Training Survey** (Average of 3.1)

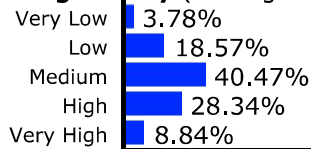


**Post Training Survey** (Average of 4.2)

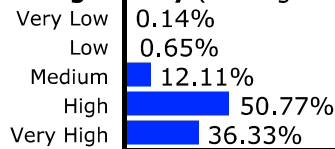


### 5. How to get help for someone:

**Pre Training Survey** (Average of 3.2)

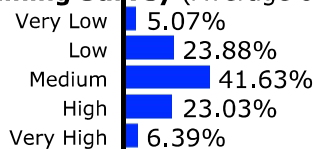


**Post Training Survey** (Average of 4.23)

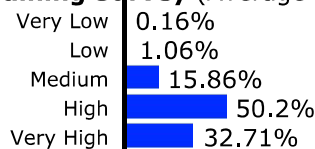


### 6. Information about resources for help with suicide:

**Pre Training Survey** (Average of 3.02)



**Post Training Survey** (Average of 4.14)

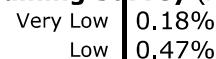


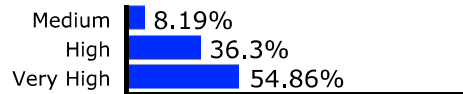
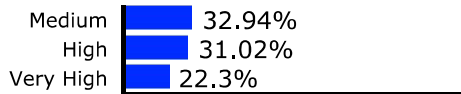
### 7. Please rate what you feel is the appropriateness of asking someone who may be at risk about suicide.

**Pre Training Survey** (Average of 3.6)



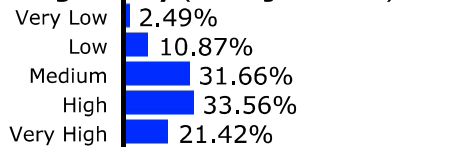
**Post Training Survey** (Average of 4.45)



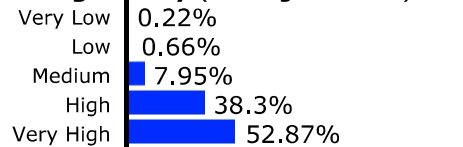


**8. What is the likelihood you will ask someone who appears to be at risk if they are thinking of suicide?**

**Pre Training Survey** (Average of 3.61)

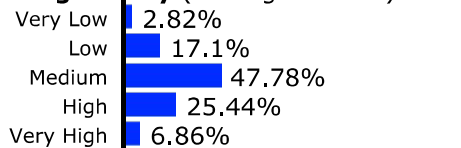


**Post Training Survey** (Average of 4.43)

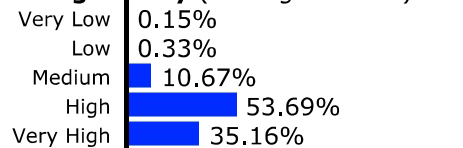


**9. Please rate your level of understanding about suicide and suicide prevention.**

**Pre Training Survey** (Average of 3.16)

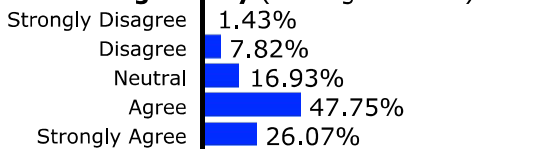


**Post Training Survey** (Average of 4.23)

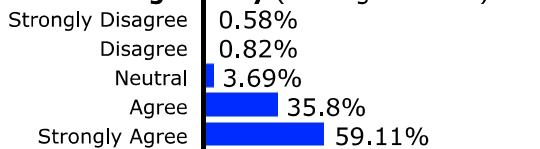


**10. If someone I knew was showing signs of suicide, I would directly raise the question of suicide with them:**

**Pre Training Survey** (Average of 3.89)

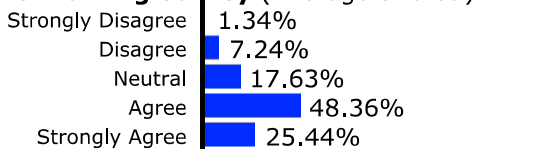


**Post Training Survey** (Average of 4.52)

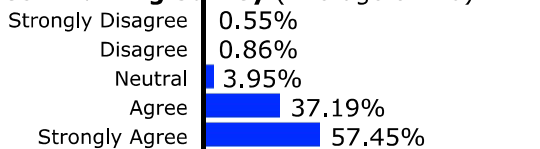


**11. If a person's words and/or behavior suggest the possibility of suicide, I would ask the person directly if he/she is thinking about suicide:**

**Pre Training Survey** (Average of 3.89)

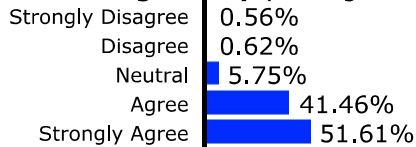


**Post Training Survey** (Average of 4.5)

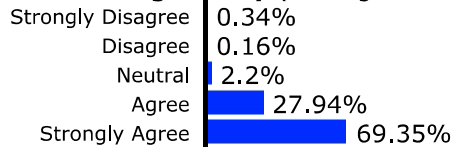


**12. If someone told me they were thinking of suicide, I would intervene:**

**Pre Training Survey** (Average of 4.43)

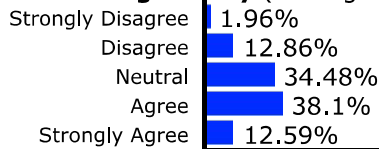


**Post Training Survey** (Average of 4.66)

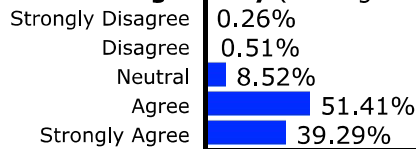


**13. I feel confident in my ability to help a suicidal person:**

**Pre Training Survey** (Average of 3.46)

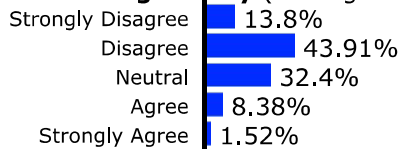


**Post Training Survey** (Average of 4.29)

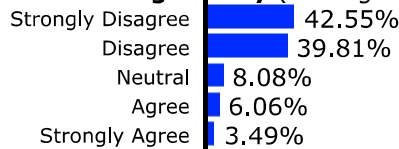


**14. I don't think I can prevent someone from suicide:**

**Pre Training Survey** (Average of 2.4)

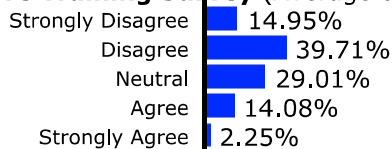


**Post Training Survey** (Average of 1.88)

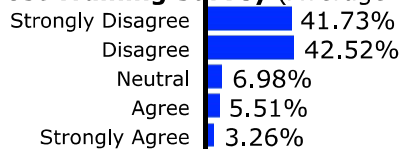


**15. I don't feel competent to help a person at risk of suicide:**

**Pre Training Survey** (Average of 2.49)



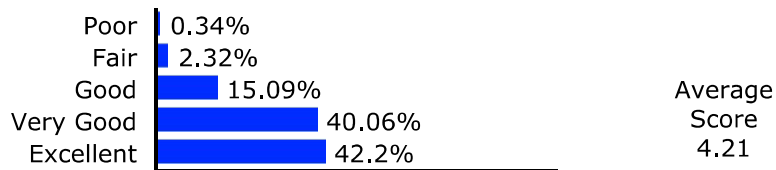
**Post Training Survey** (Average of 1.86)



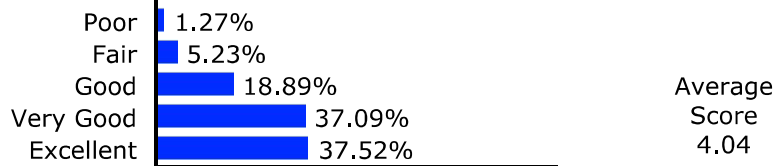
# Post Training Evaluations

Completed Surveys: 47,537

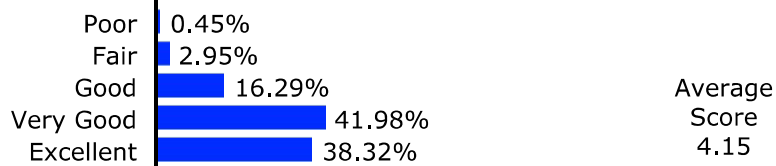
## 1. How well did this Training Program meet its objectives?



## 2. How would rate the multi-media presentation of this material?



## 3. My overall evaluation of this training is:



## 4. Do you believe this training will help you in helping someone suicidal?



**5. I would recommend this training program to other people.**



**6. Will you allow us to contact you?**

