

Suicide Prevention Programs

Review 4

Cusimano, M. D., & Sameem, M. (2011). The effectiveness of middle and high school suicide prevention programmes for adolescents. *Injury Prevention*, 17, 13–19. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/21059602>.

Objectives	Assess the effectiveness of school-based suicide prevention curricula for middle and high school.
Studies Included	Eight U.S. and international studies published from 1993 to 2007
Participants in the Studies	Male and female middle and high school students aged 13–19
Settings	School
Outcomes	Reduction in suicide rates, knowledge, attitude, help-seeking behavior, suicidal ideation
Limitations of the Studies	Small sample sizes; some studies experienced participant attrition, threatening the external validity; there was potential for confounding and contamination of control groups because the control and intervention groups were within the same schools in each of the studies; limitations of outcome scales; none of the studies documented completion of suicide

Results

School-based programs to prevent suicide among adolescents improve knowledge, attitudes, and help-seeking behaviors. A decrease in self-reported suicidal ideation was reported in two studies. Two studies assessing knowledge found gender differences favoring females, but none of the included studies reported on suicide rates.