



Information Sheet

Mental Health Professionals' Experiences of Suicide Prevention Training; Implementation of Knowledge and Skills in Practice – A Qualitative Study

Please feel free to forward this information leaflet and attached consent sheet to other mental health professionals who may wish to participate.

Introduction

Part of Ireland's national suicide prevention plan, Connecting for Life, involves providing suicide prevention training to gatekeepers – those who are likely to come face to face with those with suicidal distress, in their day to day lives. Guided by the Theory of Planned Behaviour, which suggests that behavioural intent is measured by self-efficacy, knowledge, attitudes, and confidence, existing evaluations of gatekeeper suicide prevention training tends to measure these concepts. However, while research has shown increases in these concepts after training, insight into actual behaviour changes, such as increased identification of and appropriate management of suicidal distress, are largely unknown.

Why should I participate?

This research hopes to inform the development and implementation of suicide prevention trainings, to best meet the needs of mental health professionals, in the Irish context, going forwards.

Research Aim

This research aims to gain a better understanding of how suicide prevention training is experienced and used by mental health professionals who complete it.

Who is Conducting this Research?

This research is being conducted by Carolyn Holland, Clinical Psychologist in training, under the supervision of Dr. Ruth Melia, through the Department of Psychology at the University of Limerick.

Who is eligible to participate?

Mental Health Professionals (18 + years) who meet the below criteria.

- Have completed suicide prevention focused training.
- Have a reasonable level of English comprehension and spoken language to take part in a one-to-one interview.

Who is advised not to participate?

If you have recently experienced a bereavement through suicide, we would advise that you do not partake in this study at this time, in order to prevent you any undue distress. Instead, you may wish to consider accessing some of the supports outlined in the 'Support Resources' leaflet below.

When and where will my participation happen?

Interviews will be GDPR compliant conducted remotely to facilitate national participant recruitment. Interviews will be conducted on Microsoft Teams, or in the event of technical difficulties and in exceptional circumstances, the researcher may offer to complete the interview via telephone. All interviews will be recorded. We will work with participants to arrange a suitable day and time for their interview.

What will I need to participate?

- Access to a device with an internet connection and an inbuilt or external microphone.
- A quiet place, free of distractions.

What will my participation involve?

Participation will involve a one-to-one interview. Interviews will last approximately 30-40 minutes and will be recorded to ensure no information is missed.

What personal information will I be asked?

You will be asked to provide your age, sex, profession and the type of service you work in (e.g. primary care child services, adult mental health). This will allow the research team to search for any themes relevant to specific age groups, sexes, professions and/or service types during data analysis.

Will my participation be anonymous?

All identifying information and personal information disclosed in the process of this study will be kept strictly confidential via the use of password protected files which will be stored, in line with GDPR, on University of Limerick's licenced OneDrive. Record's will be stored for 7 years as per University of Limerick's Records Classification & Retention Schedule and once 7 years is up, data will be deleted. Any questions you answer or information you provide during the data collection process will be used for the sole purpose of this research and will not be used in any other way. You can be assured that while participating in this study you will remain completely anonymous. Extracts from participants' responses may be reported verbatim in publications and/or presentations of this research. Pseudonyms will be used and any identifiable information, for example, place names will be removed ensuring participant's anonymity.

Can I decide not to participate after I have already provided informed consent?

Participation is voluntary and you can withdraw your consent, without consequences, up until data analysis has commenced. It is anticipated that data analysis will commence within 2-4 weeks of interview completion. It is not possible to withdraw once data analysis has begun because to do so may negatively impact the remaining process of data analysis. Participants who wish to withdraw may do so by notifying Carolyn Holland at the below e-mail address. Participants do not need to

state a reason for their request to withdraw. It is not anticipated that participants will be at any risk as a result of their participation in this research.

What should I do if I wish to take part?

Please e-mail your expression of interest to Carolyn.holland@hse.ie and input 'MHP Experiences' into the subject line. Please include the following personal information in your e-mail:

- The name of the suicide prevention training you completed and when.
- Profession.
- Age.
- Sex.
- Preferred contact details by which you wish to be contacted to organise your participation.

Unfortunately, due to time constraints, it may not be possible to facilitate interviews for everyone who expresses interest to participate.

Who to contact with concerns?

If you have any concerns about the study, please contact: Dr Ruth Melia (ruth.melia@ul.ie) or Carolyn Holland (Carolyn.holland@hse.ie).

Ethical Approval

This research study has received Ethics approval from the Education and Health Sciences Research Ethics Committee [2024_01_22_EHS]. If you have any concerns about this study and wish to contact someone independent you may contact:

Chairperson, Education and Health Sciences Research Ethics Committee EHS Faculty Office,
University of Limerick.

Tel (061) 234101

Email: ehsresearchethics@ul.ie



Relevant Supports

Should you experience emotional distress after reading this information leaflet or participating in this research some support services are listed below.

- Freephone Samaritans on 116 123.
- Freephone Pieta House on 1800 247 247. They provide free support to those in suicidal distress, engaging in self-harm and/or bereaved by suicide.
- Text 'HELP' to 51444 to speak to a Pieta House Therapist.

Should you experience suicidal thoughts and have concerns regarding your immediate ability to keep yourself safe, you should attend one of the following.

- Your GP
- A&E

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