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Awareness Matters: Improving Healthcare Workers’ Self-Efficacy, Knowledge, Skills and Attitudes Related to Mental Illness and Suicide Prevention

Carlana J. Coogle  
*Boise State University*

Pamela Gehrke  
*Boise State University*
**Rationale**
- Idaho had the 5th highest suicide rate in the US in 2017; for every completed suicide, there are approximately 25 attempted suicides.
- Healthcare workers’ (HCW) lack knowledge about suicide prevention.
- HCWs’ negative stigmas and attitudes prevent patients from seeking and obtaining care for their mental illness.

**Purpose/Aims**
- Improve HCWs’ knowledge, attitudes, and self-efficacy related to mental illness and suicide prevention.
- Increase HCWs’ community awareness & involvement in activities related to mental health.

**Methods**
- Question, Persuade, & Refer (QPR) gatekeeper training.
- Spaced Learning Model: Bi-weekly emails for 6 weeks.
- Survey Instruments:
  - Mental Illness Clinical Attitude (MICA-4) survey.
  - Mental Health Knowledge Schedule (MAKS).

**Results**
- 73 (100%) participants self-reported improved knowledge and skills related to using QPR for someone who was suicidal.

**Clinical Relevance**
- HCWs have an important role in suicide prevention.
- Raising HCWs’ awareness of mental illness and suicide prevention through QPR and bi-weekly emails improved knowledge, attitudes, and decreased stigmas which may lead to improving patient care.

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**References available upon request carlana13@gmail.com**

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