



# Suicide Prevention Gatekeeper Training

## QPR: Question, Persuade, Refer

### Learning Outcomes

Students who participate in QPR Training will (or will be able to):

1. Identify basic facts of suicide prevention
2. Accurately identify warning signs of suicide (verbal, behavioral, and situational)
3. Feel more confident in their ability to intervene effectively with someone who is thinking about suicide
4. Report increased willingness to question someone about suicide
5. Ask effective questions about potential suicidal thoughts
6. Know how to best refer someone who is thinking about suicide to a professional
7. Effectively persuade someone who is thinking about suicide to get professional help
8. Identify the resources available nationally and at Northwestern to refer individuals who are thinking of suicide

### Curriculum Elements

- National and local statistics about suicide
- Myths and facts about suicide
- Suicide risk factors and warning signs
- How to ask someone about their potential suicidal thoughts
- How to effectively persuade and refer someone to get help
- Local and national suicide prevention resources

### Assessment Strategy

- Pretest
- Day of training
- Six month follow-up

Total Participants (n=1306)	
Undergraduate students	796 (61%)
Graduate/Professional students	271(21%)
Faculty/Staff	230 (18%)
Other	9 (~1%)
Male	626 (48%)
Female	670 (51%)
Transgender	0 (0%)

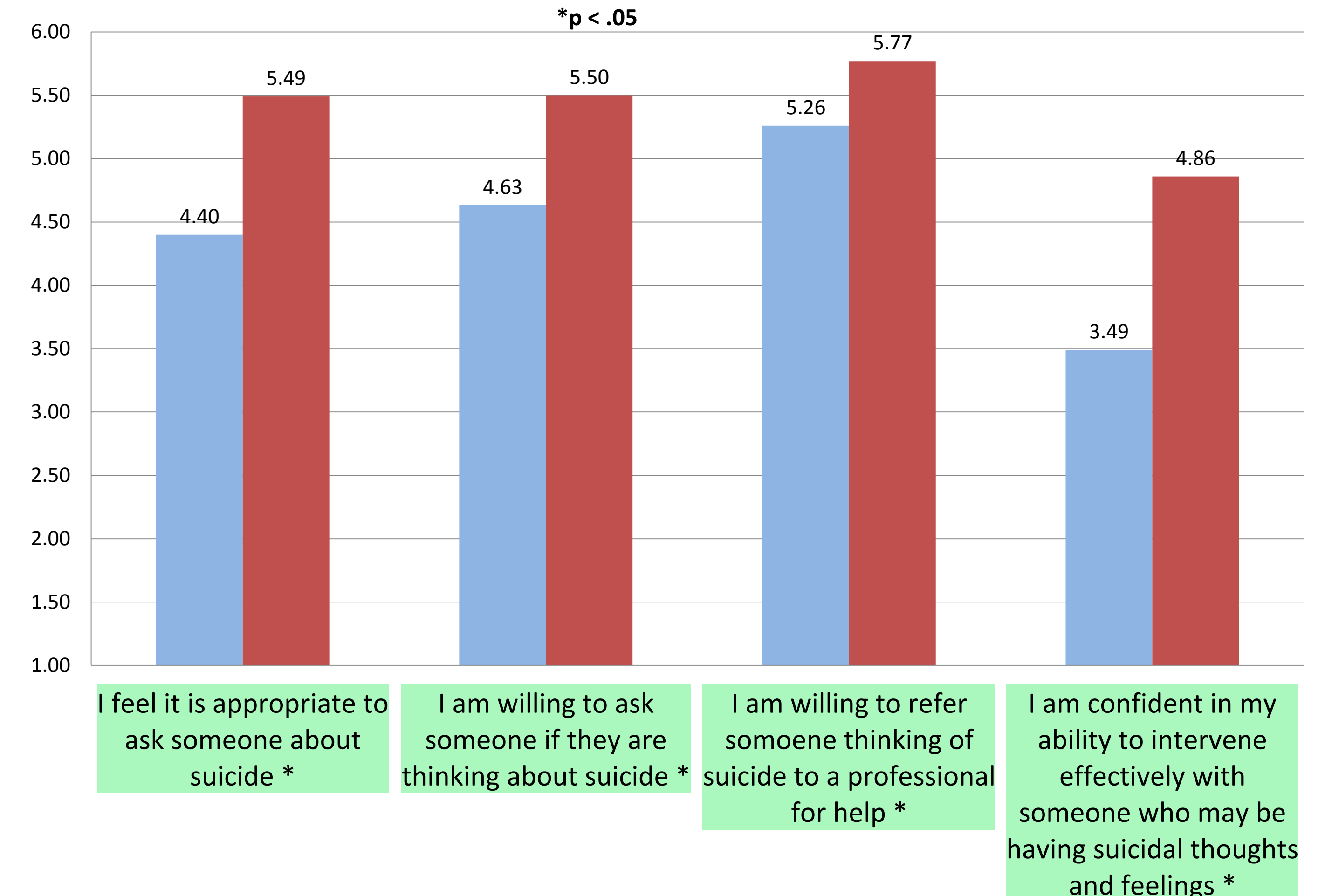
### Participants Consenting to Study (n=301)

Undergraduate students	133 (44%)
Graduate/Professional students	105(35%)
Faculty/Staff	59 (20%)
Other	4 (1%)
Male	126 (42%)
Female	170 (56%)
Transgender	1 (0%)
Other	4 (1%)

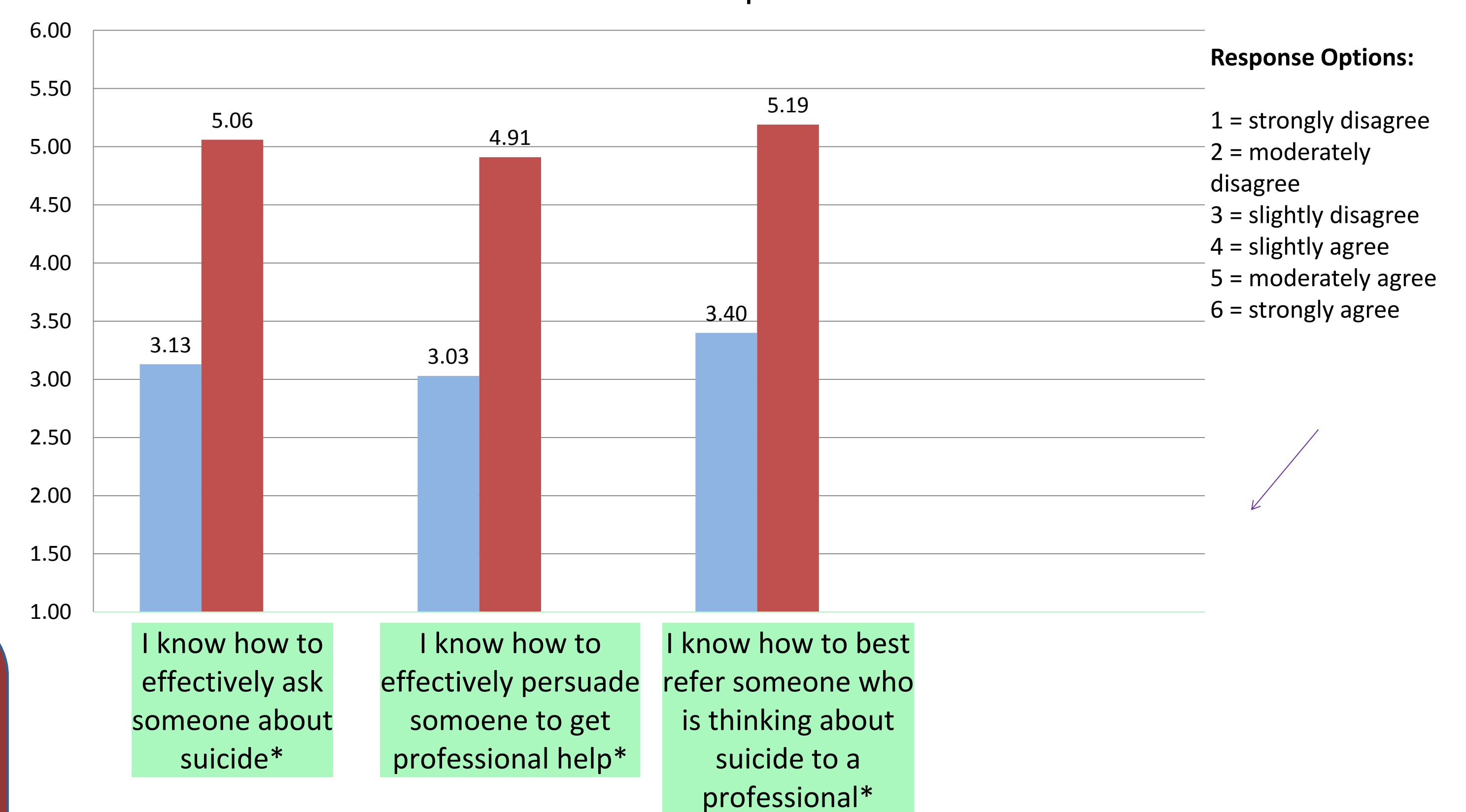
### Future Directions (per participant feedback):

- Modifying QPR to allow for more role play
- Possible QPR Part II to consolidate learning and facilitate continued discussion and practice

**Attitudes About Intervening**  
Mean Score Before and Six Months After the Workshop



**Knowledge About Intervening**  
Mean Score Before and Six Months After the Workshop



**Response to Contact with Someone Who May Have Been Suicidal (Percent of "Yes")**  
Before and Six Months After the Workshop

