Course program and reading list

Semester 0 Year 2020

School: Baruch Ivcher School of Psychology

Guided Research - Intervention for suicide prevention and strength development among students in middle and high schools in Israel

Lecturer:

Prof. Anat Brunstein Klomek  bkanat@idc.ac.il

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Course No.: 8967  Course Type : Elective  Weekly Hours : 2  Credit: 2

Course Requirements : Final Paper

Group Code : 200896701

Language: English

Prerequisites

Prerequisite: 8000 - Introduction To Psychology

Students who took one of the courses listed below will not be allowed to register to the course Guided Research - Intervention for suicide prevention and strength development among students in middle and high schools in Israel (8967):

3048 - Guided Research - Project Alpha: Genetic and Epigenetic Study of Psychological Development
8157 - Guided Research - Infant Development - Development of the caregiver, the infant and the relationship between the two.
8172 - Guided Research of mental processes in sport and exercise
Suicide is a leading cause of death among adolescents. The National Suicide Prevention Program in Israel has included implementation of suicide prevention initiatives in schools. To date, most of these initiatives have focused on school staff. The current study will focus on both school staff and students.

More specifically, this study will assess the feasibility and effectiveness of a school-based suicide prevention program among middle and high school students in Israel. The school staff will all receive a gatekeepers training for suicide prevention. The intervention for students includes seven sessions during the academic year. This sessions focus directly on suicidality, including various risk and protective factors. The intervention is led by a counselor from the Psychological Counseling Service (PCS, Shefi) in the Ministry of Education and a school staff member. This coming year the program will be disseminated in 20 additional classes around the country.

The study goals include improvements among both students and teachers. For students, we expect to find a decrease in suicide ideation and suicide attempts; increase in help seeking behaviors and mental first aid; increase in mental wellbeing; and improvement in student-teacher relationship. For the teachers we expect to find an increase in ability to support the students; increase of identification of students who are at suicide risk; improvement of the relationships with the students and understanding of the teacher’s role in the school-based suicide prevention efforts.

The students in the guided research will be part of the study team with a researcher from the Ministry of Education. The work will include interviews with school staff, distributing questionnaires and analyzing them, literature review and writing the results.
The goal of the guided research is to familiarize students with a study conducted as part of the Israeli national suicide prevention program in the Israeli Ministry of Education. Students will be able to learn the various phases of a research study including designing the study, collecting and analyzing data and writing the results.

Grading

The grade will be based on:

1. Student’s participation and motivation during the year -30% of the final grade.
2. Final report - usually includes a 10-page report (theoretical introduction, methods, results and discussion)- 70%.

Lecturer Office Hours

Meeting will be scheduled by email - bkanat@idc.ac.il

Reading List


Susanne Condron D, Garraza LG, Walrath CM, McKeon R, Goldston DB, Heilbron NS. Identifying and Referring Youths at Risk for Suicide Following Participation in School-Based Gatekeeper Training. Suicide Life Threat Behav. 2015; 45(4):461-76.


