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The PRIMER (**PR**act**I**tioner **M**anaging Suicid**E** **R**isk) Study

**Self-assessed knowledge, skills and attitude of General Practitioners towards young people at risk of suicide: a survey**

Suicide is the second most common cause of death in young people aged 14-25. The national strategy for the prevention of suicide in England (Preventing Suicide in England: One year on, 2014) has highlighted the importance of the early identification, assessment and management of at-risk young people. Primary care presents one of the most appropriate pathways for the identification of and early intervention for suicide risk as GPs are usually the first point of contact for mental health problems and gatekeepers to access to specialist treatment services.

This study has been funded by **Nottingham City Clinical Commissioning Group** to examine GPs clinical expertise in identifying, communicating with, and managing young people at risk of suicide with the aim of developing an educational intervention for GPs in youth suicide prevention.

**Survey**

You will be requested to:

1. Rate your level of confidence on aspects of care and management of young people at risk of suicide
2. Identify risk factors and early warning signs of suicide in young people
3. Rate your views towards young people who are at risk of suicide
4. Rank your preferences to seven different ways to receive professional training on caring for young people who are at risk of suicide

**This survey will take 10 minutes to complete**

**DEMOGRAPHIC CHARACTERISTICS**

|  |  |
| --- | --- |
| **Age** |  |
| **Gender** | **Male \_\_\_\_\_\_\_ Female \_\_\_\_\_\_** |
| **Professional experience**  **(time in post in years)** |  |
| **Practice size** | 1. **< 3000 \_\_\_\_\_** 2. **3000-5999 \_\_\_\_\_** 3. **6000-8999 \_\_\_\_\_** 4. **≥9000 \_\_\_\_\_** |
| **Have you attending any mental health training so far?** | **Yes \_\_\_\_**  **No \_\_\_\_** |

**CONFIDENCE ABOUT SKILLS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **Strongly agree** | **Agree** | **Neither agree or disagree** | **Disagree** | **Strongly disagree** |
| I am confident in diagnosing depression in young people | 5 | 4 | 3 | 2 | 1 |
| I am confident in asking young patients about suicidal thoughts | 5 | 4 | 3 | 2 | 1 |
| I am confident I can clinically manage young people at risk of suicide | 5 | 4 | 3 | 2 | 1 |
| I am confident discussing strategies with young patients for coping with future suicidal thoughts | 5 | 4 | 3 | 2 | 1 |
| I am confident that my skills are effective in preventing youth suicide | 5 | 4 | 3 | 2 | 1 |
| I am confident in screening for risk factors for youth suicide | 5 | 4 | 3 | 2 | 1 |
| I am confident using suicide risk screening tools with young people at risk of suicide | 5 | 4 | 3 | 2 | 1 |

**KNOWLEDGE**

|  |  |  |
| --- | --- | --- |
|  | **Yes** | **No** |
| Are you aware of any published guidelines on suicide prevention? | **1** | **0** |

**KNOWLEDGE**

1. Which of the following are **known risk factors for suicide in young people**? If you think it is a risk factor, please tick the “True” column. If you do not think it is a risk factor please tick the “False” column. If you do not know, please tick the “Don’t Know” column.

Please tick **ONE** box only for each question.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **True** | **False** | **Don’t Know** |
| 1. Depression or depressive symptoms | **1** | **0** | **0** |
| 1. Bereavement | **1** | **0** | **0** |
| 1. Lack of exercise | **1** | **0** | **0** |
| 1. Substance abuse | **1** | **0** | **0** |
| 1. Poor problem solving skills | **1** | **0** | **0** |
| 1. Unhealthy diet | **1** | **0** | **0** |
| 1. Previous suicide attempt(s) | **1** | **0** | **0** |
| 1. Deliberate self-harm | **1** | **0** | **0** |
| 1. Suicidal thoughts | **1** | **0** | **0** |
| 1. Family history of suicide | **1** | **0** | **0** |
| 1. Being female | **1** | **0** | **0** |
| 1. Poor peer relationships | **1** | **0** | **0** |
| 1. Traumatic events | **1** | **0** | **0** |

**KNOWLEDGE**

2. Which of the following are known **early warning signs of suicide** in young people (i.e. the behaviours and noticeable changes that may indicate that a young person is thinking about or planning suicide)? If you think it is an early warning sign, please tick the “True” column. If you do not think it is an early warning sign please tick the “False” column. If you do not know, please tick the “Don’t Know” column.

Please tick **ONE** box only for each question.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **True** | **False** | **Don’t Know** |
| 1. Planning ways to kill themselves and/or trying to access the means to kill themselves | **1** | **0** | **0** |
| 1. Talking or writing about death, dying or suicide | **1** | **0** | **0** |
| 1. Family history of suicide | **1** | **0** | **0** |
| 1. Expressing feelings of hopelessness or worthlessness, that life is not worth living | **1** | **0** | **0** |
| 1. Exposure to suicidal behaviour of others | **1** | **0** | **0** |
| 1. Talking or writing about being a burden to others | **1** | **0** | **0** |
| 1. Living alone | **1** | **0** | **0** |
| 1. Noticeable changes in mood | **1** | **0** | **0** |
| 1. Increased levels of anger or agitation | **1** | **0** | **0** |
| 1. Taking less care in their appearance (i.e. not washing, appearing dishevelled, etc.) | **1** | **0** | **0** |

**ATTITUDES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Question** | **Strongly Agree** | **Agree** | **Unsure** | **Disagree** | **Strongly Disagree** |
| Patients who self-harm are a tremendous burden | 5 | 4 | 3 | 2 | 1 |
| Patients at risk of suicide are frustrating to manage | 5 | 4 | 3 | 2 | 1 |
| Young patients are harder to communicate with than adult patients | 5 | 4 | 3 | 2 | 1 |
| Maintaining compassionate patient care is difficult with patients who deliberately self-harm | 5 | 4 | 3 | 2 | 1 |
| Most young people who deliberately self-harm are not at high risk of suicide | 5 | 4 | 3 | 2 | 1 |
| Routine screening for suicide risk factors or suicidality can be effective in preventing suicide behaviour in young people | 5 | 4 | 3 | 2 | 1 |
| Asking about suicide might increase the likelihood of a young patient attempting suicide \* | 1 | 2 | 3 | 4 | 5 |

Higher scores = more negative; \*Reverse Score

**PREFERRED TRAINING METHOD**

Please rank on a scale on 1 (most preferred) to 7 (least preferred) your preferred method for the delivery of any training

|  |  |
| --- | --- |
| 1. Short Courses |  |
| 1. Shadowing/learning from others (e.g. Peers) |  |
| 1. Workshops |  |
| 1. Online – e-learning and web-based resources |  |
| 1. On-site training |  |
| 1. User guide/written workbook |  |
| 1. Video |  |

**Level of interest in training**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Not at all interested** | **Somewhat interested** | **Very interested** |
| Are you interested in learning more about caring for young people at risk of suicide? | **1** | **2** | **3** |

***End of Questionnaire. Thank you for taking your time to participate.***