

SCIENCE-BASED PROGRAMS LIST – NREPP RATING ANALYSIS SIGNS OF SUICIDE (SOS)

SOS Signs of Suicide is a 2-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult (either with the person or on that person's behalf). Students also participate in guided classroom discussions about suicide and depression. The intervention attempts to prevent suicide attempts, increase knowledge about suicide and depression, develop desirable attitudes toward suicide and depression, and increase help-seeking behavior.

PROGRAM REQUIREMENTS

- Universal, selective, and/or indicated prevention program
- Targets one or more alcohol, tobacco, drug, disruptive behavior, and/or violence outcomes
- Targets students in one or more grades K-12

Does this program meet the minimum program requirements for inclusion on the Science-Based Programs List?

- YES** This violence prevention program targets high school students.
- NO**

RESEARCH RATINGS FOR BEHAVIORAL OUTCOMES

Quality of Research Ratings by Criteria (0.0-4.0 scale)

Outcome	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Overall Rating
Outcome 1: Suicide attempts	0.8	2.0	2.0	3.0	3.0	3.0	2.3
Outcome 2: Knowledge of depression and suicide	0.0	2.0	2.0	3.0	3.0	3.0	2.2
Outcome 3: Attitudes towards depression and suicide	2.0	2.0	2.0	3.0	3.5	4.0	2.8

Outcome 1: Suicide attempts

Suicide attempts were indicated by a single self-report item from the Centers for Disease Control and Prevention Youth Risk Behavior Survey: "During the past 3 months, did you actually attempt suicide (yes or no)?" In randomized controlled trials involving more than 6,000 students in five high schools, SOS Signs of Suicide participants were 40% less likely than comparable students who did not participate in the intervention to report attempting suicide in the past 3 months. In one evaluation, 3.6% of intervention participants reported suicide attempts, compared with 5.4% of control students.

Criteria	Reliability	Validity	Fidelity	Missing Data/Attrition	Confounding Variables	Data Analysis	Study Design
Rating	0.8	2.0	2.0	3.0	3.0	3.0	Experimental
Meets Minimum		✓	✓	✓	✓	✓	✓

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SIGNS OF SUICIDE (SOS)

Do this program's NREPP ratings meet the minimum research ratings for inclusion on the Science-Based Programs List?

YES

NO NREPP reports one behavioral outcome related to tobacco use, alcohol and other drug use, disruptive behavior, and/or violence for SOS. However, this behavioral outcome related to violence is not rated at or above the minimum standards on all criteria.