

# Increasing Knowledge and Confidence: An Evaluation of a Two-Day Workshop on Self-Injury for School Staff in a Swedish Educational Setting

10. Public Health and community interventions

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## Abstract text

Self-injury in adolescents is a prevalent and significant public health concern. Most school staff have encountered self-injury in the educational setting, yet many report not feeling confident in dealing with self-injury. The importance of increasing awareness and knowledge about self-injury among school staff has been emphasized. We delivered nine two-day workshops on suicidal and nonsuicidal self-injury (NSSI) to 199 school staff (83.9% female, 67.3% school nurses, psychologists, and counsellors) and examined the feasibility, acceptability, and potential effect of the training. Self-report measures were administered before, immediately after, and at 6-month follow-up. Drop-out rates were low, and acceptability was high. There were significant main effects of time with improvements in knowledge and perceived knowledge, confidence, attitudes, and emotional burden. Moderating effects of profession and years of experience were additionally examined, with especially profession emerging as a moderator of the workshop effect on several outcome measures. Self-reported behavioral changes at follow-up focused on increased attention to self-injury, feeling confident and calm, focusing on the functions of self-injury, and discussing school routines and protocols. A two-day workshop on NSSI and suicidality was appreciated by school staff and shows potential promise. Implications for future training initiatives for school staff are discussed.