
PLAIN ENGLISH SUMMARY 3

(authored by Dr Pauline Nelson)

This is a plain English summary of an article which is directly associated with PABBS evidence-based and evaluated suicide bereavement training.

Evaluation of the Impact of the PABBS Suicide Bereavement Training on Clinicians' Knowledge and Skills

*By Sharon McDonnell, Pauline Nelson, Sarah Leonard, Barry McGale, Carolyn Chew-Graham, Nav Kapur, Jenny Shaw, Shirley Smith and Lis Cordingley**

1. What did we know already?

Before the study, the research team already knew that health and care professionals do not usually receive training in how to support parents bereaved by suicide. To help increase the knowledge, skills and confidence of professionals, we created 'evidence-based' training (that is, training based on high quality research). The training is called 'Postvention Assisting Those Bereaved by Suicide' (PABBS for short). Although PABBS training was carefully created, we did not know whether it could change professionals' knowledge, skills and confidence or whether they would find it suitable.

2. What did we want to find out?

We wanted to know two things:

- a) whether PABBS training could change health and care professionals' knowledge, skills and confidence to help them respond better to people bereaved by suicide
- b) whether professionals felt PABBS training was suitable for them.

3. What did we do?

We invited mixed groups of health and care professionals to come to a PABBS training day. Before the training started, we asked professionals to judge whether they had the knowledge skills and confidence to respond well to people bereaved by suicide. We recorded their answers.

The training day was intensive, involving teaching sessions, videos, individual activities and exercises. All the professionals attending were given a training manual and workbook to take away.

At the end of the training day, we asked professionals a second time to judge whether, after PABBS training, they had the knowledge skills and confidence to respond well to people bereaved by suicide. We recorded their answers and also asked them to tell us whether PABBS training was suitable and how it could be improved.

4. What did we find?

In total, 62 professionals completed PABBS training. Professionals judged that their knowledge, skills and confidence improved considerably after training. They rated PABBS highly, particularly the 'real-life' materials and examples used. There were minor suggestions for improvement.

5. What does this mean?

PABBS training may help health and care professionals to support parents bereaved by suicide in better ways. They rated the 'evidence-based' content very highly and this seemed to be an important ingredient in changing professionals' attitudes.

* See full report of the study

Suicide Bereavement UK website

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