

April 2011

Assessment Tools to Evaluate *At-Risk for University and College Faculty*

At-Risk includes several online assessment tools that can assist in evaluating its effectiveness and impact on: (1) knowledge about signs of psychological distress, (2) attitudes towards assuming the role of a gatekeeper and engaging in a conversation with an at-risk individual, (3) self-efficacy and means-efficacy, (4) overall satisfaction with the course and its simulated conversations with emotionally responsive avatars, and (5) behavioral change in terms of the number of students the learner is concerned about, approach to discuss their concern, and refer to support services.

Measures are organized into three sections: a pre-survey, post-survey, and a follow-up. Each survey can be made mandatory depending on the needs of the client. In addition, depending on the needs or requirements of your funding/grant, we can add/modify some of these items.

The items in each online survey were developed by a number of university-based research teams and the staff at Kognito. They share commonalities with other gatekeeper training outcome measures including those required by GLS grantees.

1.0 Pre-Survey (4 questions)

Before we begin the course, please answer the following questions.

1. How would you rate your preparedness to:

	Low	Medium	High	Very High
Recognize when a student's behavior or appearance is an indicator of psychological distress such as depression, anxiety, or thoughts of suicide				
Approach students exhibiting signs of psychological distress to discuss your concerns				
Motivate students exhibiting signs of psychological distress to seek help				
Refer students exhibiting signs of psychological distress to the counseling center				

2. How likely are you to approach and, if necessary, refer a student exhibiting signs of psychological distress?

- Very Unlikely
- Unlikely
- Likely

- Very Likely

3. Please rate how much you agree/disagree with the following statements:

	Strongly Disagree	Disagree	Agree	Strongly Agree
I feel confident in my ability to conduct challenging conversations with students about concerns I have regarding their classroom behavior				
I feel confident in my ability to help a suicidal student seek help				
Part of the role of faculty, administrators and staff is to identify and refer students in psychological distress				

4. In the past two months, how many students have you...

Been concerned about due to their psychological distress? _____

Approached to discuss your concerns about their psychological distress? _____

Referred to support services? _____

Section 2: Post-Survey (23 questions)

Dear Faculty, Administrator, or Staff Member

This short survey has been designed to assist your institution in assessing the course you just completed, to learn more about the needs of its community, and to further improve this program.

Your participation in this survey is voluntary. There will be no negative consequences to you if you decide not to participate. All of your identifying information and answers are confidential. Your results will be combined with responses from other survey participants and may be presented at scientific or medical meetings or published in scientific journals. By submitting your answers to this survey, you are agreeing that you have read and understand the nature and consequences of participation.

Thank you for your participation.

1. After taking the course, how would you rate your preparedness to:

	Low	Medium	High	Very High
Recognize when a student's behavior or appearance is an indicator of psychological distress				
Approach students exhibiting signs of psychological distress to discuss your concerns				
Motivate students exhibiting signs of psychological distress to seek help				
Refer students exhibiting signs of psychological distress to the counseling center				

2. As a result of this course, how likely are you to approach and, if necessary, refer a student exhibiting signs of psychological distress to the counseling center?

- Not Likely
- Somewhat likely
- Likely
- Very Likely

3. Overall, how would you rate this course?

- Poor
- Good
- Very Good
- Excellent

4. Would you recommend this course to your colleagues? (Yes/No)

5. Please rate how much you agree/disagree with the following statements:

	Strongly Disagree	Disagree	Agree	Strongly Agree
I feel confident in my ability to conduct challenging conversations with students about concerns I have regarding their classroom behavior				
I feel confident in my ability to handle the disruptive behaviors of students				
The simulated conversations helped me be better prepared for similar conversations in real life				
The course was effective in showing me how to identify and approach students				
I feel confident in my ability to help a suicidal student seek help				
Faculty, administrators, and staff members in my school should also take this course				
Part of the role of faculty, administrators and staff is to identify and refer students in psychological distress				
The simulated conversations in the course were realistic				

6. In the past two months, how many students have you...

Been concerned about due to their psychological distress? _____

Approached to discuss your concerns about their psychological distress? _____

Referred to support services? _____

7. Different people have different levels of ability for performing different tasks. In terms of your abilities, please rate the extent to which you can perform each of the following using this 1-5 scale:

	Not at all or to a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
I will be able to achieve most of the goals that I have set for myself					
When facing difficult tasks, I am certain that I will accomplish them					
In general, I think that I can obtain outcomes that are important to me					
I believe I can succeed at most any endeavor to which I set my mind					
I will be able to successfully overcome many challenges					
I am confident that I can perform effectively on many different tasks					
Compared to other people, I can do most tasks very well					
Even when things are tough, I can perform quite well					

8. In your estimation, to what extent is At-Risk:

	Not at all or to a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
A useful tool?					
Well constructed?					
Easy to use?					
Likely to help you help troubled students?					
Based on scenarios that are relevant to you and your students?					
Aid you in getting timely help to your students?					

9. How did you hear about this course (check all that apply)?

- Email from an administrator or staff member
- Flyer in my mailbox
- Poster in the school
- Colleague
- Other (please specify)

10. What is your employment status?

- Full-time Faculty Member

- Adjunct Faculty Member
- Other (please specify)
- Teaching Assistant
- Graduate Student Teacher
- Administrator or Staff Member
- Resident Assistant

11. Please provide us with the following information

School Name: ____

State: ____

School zip code: ____

How many years have you been working at your school? ____

Your age: ____

12. Do you currently teach or have you ever taught courses in Psychology? (Yes/No)

13. What subjects/disciplines do you generally teach? (open comment field)

14. Have you ever received training to become a mental health practitioner? (Yes/No)

15. Prior to taking this course, had you received gatekeeper training in suicide prevention?

- No
- Yes (please specify in what format you received the training such as a workshop, online course, or written materials) (open comment field)

16. Sex

- Female
- Male
- Transgender

17. Are you Hispanic or Latino? (Yes/No)

18. If you answered yes to question 17, which group represents you? (Select one or more)

- Mexican, Mexican American, or Chicano
- Puerto Rican
- Cuban
- Dominican
- Central American
- South American

19. What is your race? (Select one or more)

- White/Caucasian
- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian

20. What did you like best about the course? (open comment field)

21. What would you change to make it more effective? (open comment field)

22. Any other suggestions or comments? (open comment field)

23. If you would be willing to discuss your experience with the course over the phone, please provide your name and phone number (open comment field)

Section 3: Follow-up Survey (18 questions, administered 4-6 months after training is completed)

Dear Faculty, Administrator, or Staff Member

Several months ago, you completed At-Risk, an online gatekeeper training course designed to prepare faculty and staff to identify, approach, and refer students exhibiting signs of psychological distress. We ask that you take this 3-minute confidential follow-up survey to help assess the effectiveness of the course and the needs of your institution and community.

Your participation in this survey is voluntary. There will be no negative consequences to you if you decide not to participate. All of your identifying information and answers are confidential. Your results will be combined with responses from other survey participants and may be presented at scientific or medical meetings or published in scientific journals. By submitting your answers to this survey, you are agreeing that you have read and understand the nature and consequences of participation.

Thank you for your participation.

1. How would you rate your preparedness to:

	Low	Medium	High	Very High
Recognize when a student's behavior or appearance is an indicator of psychological distress				
Approach students exhibiting signs of psychological distress to discuss your concerns				
Motivate students exhibiting signs of psychological distress to seek help				
Refer students exhibiting signs of psychological distress to the counseling center				

2. How likely are you to approach and, if necessary, refer a student exhibiting signs of psychological distress?

- Not likely
- Somewhat likely
- Likely
- Very Likely

3. Please rate how much you agree/disagree with the following statements:

	Strongly Disagree	Disagree	Agree	Strongly Agree
I feel confident in my ability to conduct challenging conversations with students about concerns I have regarding their classroom behavior				
I feel confident in my ability to handle the disruptive behaviors of students				
There has been an increase in the number of students that I recognized as exhibiting signs of psychological distress				
There has been an increase in the number of students that I approached to discuss my concern about their mental health				
There has been an increase in the number of students that I referred				
I feel confident in my ability to help a suicidal student seek help				
Faculty, administrators, and staff members in my school should also take this course				
Part of the role of faculty, staff, and administrators is to identify and refer students in psychological distress				

4. In the past two months, how many students have you...

Been concerned about due to their psychological distress? _____

Approached to discuss your concerns about their psychological distress? _____

Referred to support services? _____

5. Different people have different levels of ability for performing different tasks. In terms of your abilities, please rate the extent to which you can perform each of the following using this 1-5 scale:

	Not at all or to a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
I will be able to achieve most of the goals that I have set for myself					
When facing difficult tasks, I am certain that I will accomplish them					
In general, I think that I can obtain					

outcomes that are important to me					
I believe I can succeed at most any endeavor to which I set my mind					
I will be able to successfully overcome many challenges					
I am confident that I can perform effectively on many different tasks					
Compared to other people, I can do most tasks very well					
Even when things are tough, I can perform quite well					

6. In your estimation, to what extent is At-Risk:

	Not at all or to a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
A useful tool?					
Well constructed?					
Easy to use?					
Likely to help you help troubled students?					
Based on scenarios that are relevant to you and your students?					
Aid you in getting timely help to your students?					

7. What is your employment status?

- Full-time Faculty Member
- Adjunct Faculty Member
- Other (please specify)
- Teaching Assistant
- Graduate Student Teacher
- Administrator or Staff Member
- Resident Assistant

8. Please provide us with the following information

School Name: ____

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9. Do you currently teach or have you ever taught courses in Psychology? (Yes/No)

10. What subjects/disciplines do you generally teach? (open comment field)

11. Have you ever received training to become a mental health practitioner? (Yes/No)

12. Prior to taking this course, had you received gatekeeper training in suicide prevention?

- No
- Yes (please specify in what format you received the training such as a workshop, online course, or written materials) (open comment field)

13. Sex

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- Mexican, Mexican American, or Chicano
- Puerto Rican
- Cuban
- Dominican
- Central American
- South American

16. What is your race? (Select one or more)

- White/Caucasian
- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian

17. Any suggestions on how your school can improve its outreach efforts to better engage individuals such as yourself in assuming the role of a gatekeeper? (open comment field)

18. Any suggestions or comments? (open comment field)