

Development of School-Community Collaboration Model for Education on How to Send SOS Intervention

Principal Researcher: Shingo EBATA (Associate Professor / CHUKYOGAKUIN UNIVERSITY)

Co-Researcher : Takuma MATSUMOTO (Associate Professor / GIFU UNIVERSITY)

Co-Researcher : Kazuhiro OHTANI (Lecturer / HOKKAIDO UNIVERSITY)

Co-Researcher : Tomoo ADACHI (Associate Professor / KYOTO UNIVERSITY OF EDUCATION)

The Current Research Period : April 2023 to March 2024 (2nd year of a 3 year plan)

Summary:

Suicide among children is a social and urgent issue that must be prevented throughout Japan. Currently, education on how to send SOS intervention (SOS education), which is a help-seeking intervention program, is recommended in schools for suicide prevention among children. However, SOS education is not provided only by schools. Considering the background of suicide, comprehensive suicide prevention education in collaboration with local governments is necessary. Therefore, the purpose of the present study was to develop a model for SOS education, in collaboration with local governments and to examine the effects of this program based on the survey.

In a waiting list control design, second and third grade students from two public junior high schools (n=120) participated in the intervention. As a result of the analysis, significant improvement effects were not confirmed. Whereas some effects were observed for students who had a lot of worries. In addition, students who answered that they had worries but did not consult with someone were found to have lower expectations of benefit from help-seeking and higher levels of depression.

*SOS: An internationally recognized distress signal in Morse code, commonly used to indicate an urgent request for help or rescue.