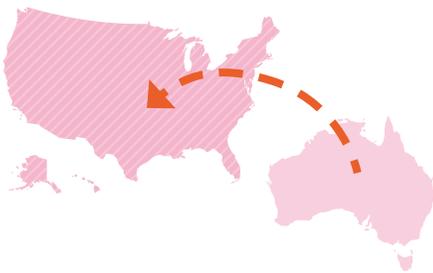


Research and Evaluation of teen Mental Health First Aid

Conducting [research and evaluation](#) activities on Mental Health First Aid (MHFA) are useful to understand the program's effectiveness, implementation, and to identify areas for improvement. This resource outlines the results of research conducted on teen Mental Health First Aid (tMHFA), which was brought to MHFA USA in 2021 from Australia.

Results from [Cultural Adaptation Study](#)¹



A cultural adaptation process to bring the Australian version of tMHFA to the United States involved getting input from a variety of stakeholders, including a **tMHFA workgroup, young people, expert panels on youth mental health, MHFA Instructors, and MHFA National Trainers**. The course was adapted in accordance with the recommendations that were endorsed by these stakeholder groups, which included:

Adding and adapting content around substance use, trauma, school violence, social media, and self-care

Enhancing diverse representation of youth

Adapting safety protocols

Creating US-specific implementation guidance

Creating a video for parents and caregivers who are not familiar with MHFA

Improving the flexibility of the course format.



Mental Health FIRST AID

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Results from [Effectiveness Trial of tMHFA²](#)

A study of tMHFA on **1,915 teens** across **44 high schools** found that after the course, teens showed:



Increased endorsement of helpful intentions and decreased endorsement of unhelpful or harmful intentions toward a peer



Changes in perception of adults as helpful



Reduced stigmatizing beliefs toward peers with mental health challenges.



Increased confidence to help peers across different mental health concerns

Results align with prior Australian research on the outcomes of tMHFA³⁻⁵

[Click here](#) to learn more about research and evaluation initiatives at MHFA and [here](#) for the full research summary on MHFA in the United States.

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