



REDUCTION OF SUICIDES AND TRESPASSES ON RAILWAY PROPERTY

HelmholtzZentrum münchen

German Research Center for Environmental Health



GATEKEEPER TRAINING COURSE FOR PERSONNEL WORKING IN A RAILWAY ENVIRONMENT

WHERE: *The course was performed at the University Hospital Klinikum rechts der Isar, Department of Psychosomatic Medicine and Psychotherapy, TUM*

WHY: To prevent suicide by intervention of personnel when being confronted with at risk subjects during their routine work, to enhance personnel's intervention skills when being confronted with apparently suspicious behaviour.

WHAT: Research and development of course modules and evaluation of contents. Brief (4 hours) taught seminar course including group exercises for 12-15 participants. The course included facts and statistics about suicide and railway suicide, deviant behaviour, contact with persons at risk and railway suicide as traumatic event. Knowledge about and attitudes towards railway suicides were assessed at three time points: baseline (t_1), immediately after the course (t_2), and three months after the course (t_3) using an adapted German version of the QPR questionnaire.

RESULTS: The Median of the knowledge score at t_1 was 17.00, compared to a Median of 37.00 at t_2 and of 44.00 at t_3 . The increase in knowledge from t_1 to t_2 was a significant ($p=0.001$). The Median of the attitude score at t_1 was 12.00, compared to a Median of 14.00 at t_2 and a Median of 13.00 at t_3 . The increase from t_1 to t_2 was a significant ($p=0.001$).



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