What’s the evidence?

LivingWorks is dedicated to saving lives from suicide through evidence-based training programs. From design and development to evaluation and improvement, evidence informs every aspect of our process. It’s part of why professionals and the public at large count on LivingWorks programs to build life-saving knowledge and skills in their communities.

8 peer-reviewed studies and 7 government reports SUPPORT the EFFECTIVENESS of LIVINGWORKS PROGRAMS

We invite you to learn more about how our programs are transforming communities, what the evidence says about their impact, and how we can work with you to save lives together.

How can we work with you in your suicide-safer mission?

LivingWorks collaborates with crisis centers, health agencies, universities, and other organizations around the world to save lives from suicide. Our programs are layered and integrated to provide a comprehensive, community-based solution where everyone can play a role. We want to help your community and the people you serve become safer from suicide.

Learn more about the evidence and evaluations at www.livingworks.net/evidence
University of Georgia study on K-12 schools (2017)

School staff had significant improvements in their helpful attitudes, knowledge, and competence after ASIST training. Measurements in standard deviations (SD) compared to a control group:
- Attitude toward suicide: 0.63 SD improvement
- Knowledge of suicide: 1.86 SD improvement
- Competence responding to individuals at risk: 1.45 SD improvement

Authors: L. Shannonhouse, Y-W. D. Lin, K. Shaw, M. Porter.

University of Georgia study on colleges (2017)

College staff also had significant improvements in their helpful attitudes, knowledge, and competence after ASIST training. Measurements in standard deviations (SD) compared to a control group:
- Attitude toward suicide: 1.83 SD improvement
- Knowledge of suicide: 1.86 SD improvement
- Competence responding to individuals at risk: 1.37 SD improvement

Authors: L. Shannonhouse, Y-W. D. Lin, K. Shaw, R. Wanna, M. Porter.

RAND Corporation study on ASIST in California (2015)

For each year of training…
- 3,600 suicide attempts averted over the next 28 years
- 140 suicide deaths averted over the next 28 years
- 50:1 projected return on government investment

Authors: J. S. Ashwood, B. Briscombe, R. Ramchand, L. May, M. A. Bumam.

ICF International study (2014)

Each ASIST participant carried out an average of 0.62 interventions within three months of training.

Extrapolating from that… since 2012, there have been 500,000 ASIST participants, meaning a minimum of 310,000 interventions.

Authors: D. Condron, L. Garraza, C. Walrath, R. McKeon, D. Goldston, N. Heilbron.

Orygen Australia study (2013)

Pre- and post-training responses among safeTALK-trained high school students:
- “I have the knowledge to recognize warning signs/invitations for suicide in others”
  Pre ⇒ 39.5%  Post ⇒ 95%
- “I would feel willing to ask someone directly if they are thinking about suicide”
  Pre ⇒ 43.4%  Post ⇒ 82.8%


ICF International study (2014)

Each safeTALK participant carried out an average of 0.39 interventions within three months of training.

Extrapolating from that… since 2012, there have been 400,000 safeTALK participants, meaning a minimum of 156,000 interventions.

Authors: D. Condron, L. Garraza, C. Walrath, R. McKeon, D. Goldston, N. Heilbron.

Learn more about the evidence and evaluations at www.livingworks.net/evidence