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Report of the Focus Group Discussion conducted at R.V. Dental College

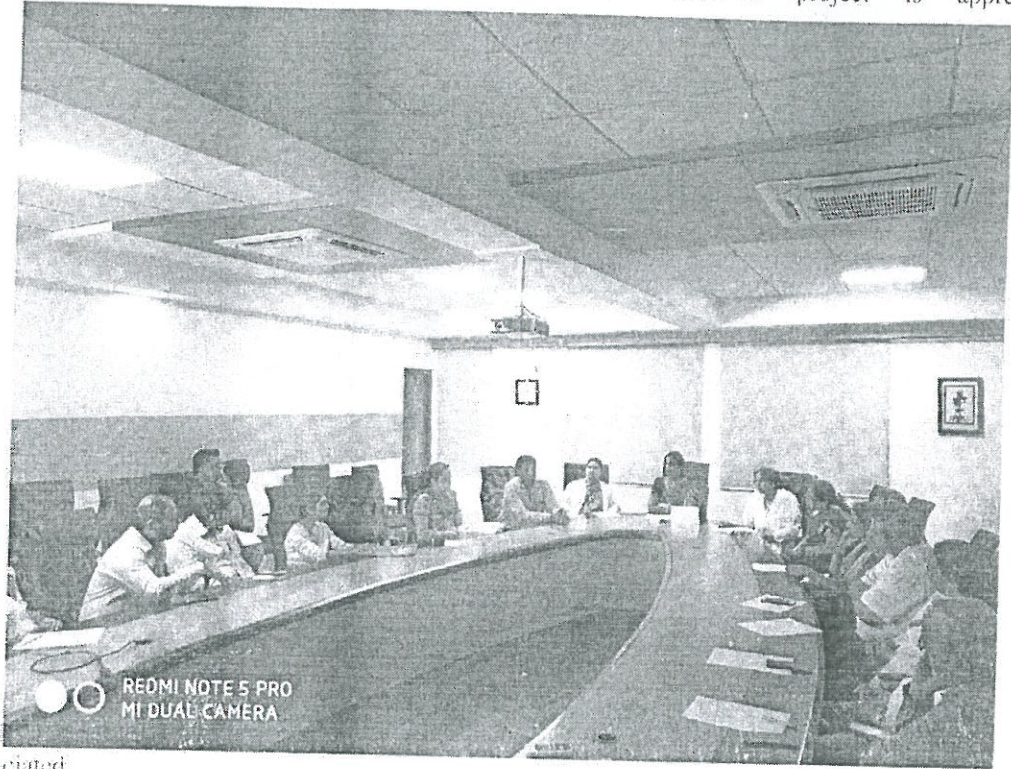
The research project titled "Development of a Peer-led Strength Building Program for Suicide among Young Adults" is funded by the Indian Council of Social Science Research (ICSSR), New Delhi. The aim of the research project is to develop and pilot a contextually sensitive peer led strength-building program for suicide prevention among young adults in a resource-limited setting. Investigators from the National Institute of Mental Health and Neurosciences (NIMHANS) have been working on the development of a systematic and structured protocol to develop peer-delivered suicide prevention intervention. For a successful development of a peer-led strength training program there is a need to explore the perception of mental health experts, college teachers and DMHP staffs as they are in close contact with young adults.

With this aim the research team from NIMHANS, had been to R.V. Dental College, JP Nagar to conduct a Focus Group Discussion with the teachers on the 6th of March, 2019 at 2:00pm in the institution itself. In qualitative research, Focus Group Discussion (FGD) is a form of group discussion including people of similar background and expertise to discuss a specific topic of interest. In this FGD, discussion took place regarding general ideas and perceptions about suicide prevention among young adults and how a peer-led intervention will be able to facilitate the same. Prior permission to conduct the FGD was taken from the college principal and the procedure was coordinated with the help of Dr. Revan Joshi, Senior Lecturer, Department of Oral Medicine and Radiology, R.V. Dental College. Around 16 of the faculty members of the institution had attended the FGD. Before beginning the FGD, the procedure and the aim of the project was briefed to the participants, and consent was taken from them in written. Questions prepared by the investigators for the FGD covered the topics of the causes of suicide among young adults, methods to identify the symptoms and ways prevent them and the efficacy of a peer-led suicide prevention intervention. Effective brainstorming discussion took place for about an hour (53minutes). Various views from the participants of the FGD were collected by audio-recording.

The valuable views and opinions of the teachers regarding the peer-led suicide prevention intervention to be designed for young adults for suicide prevention would be taken into account by the investigators while framing the guidelines of the interventional program. It was an extremely insightful session of an hour that would help the investigators in proper planning of the next phase of the research project. The effort and the time of the teachers of


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RV Dental College for the FGD for the research project is appre



ended.

[Handwritten Signature]
Principal
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