University of Glasgow

Designing a Massive Open Online Course (MOOC): Understanding Suicide and Suicide Prevention Strategies in a Global Context



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Background: Suicide is preventable but it is estimated that a person dies by suicide somewhere in the world every 40 seconds.

The World Health Organisation (WHO) has a target to reduce suicide rates by 10% by 2020.

Given the increase in online learning, it was thought that a free online course could help increase knowledge, reduce stigma and help prevent death from suicide.

<u>Methodology:</u> A multidisciplinary team developed the educational content.

To ensure a safe learning environment, the WHO guidelines on safe reporting of suicides were used.

Self–care activities were embedded throughout each week of the MOOC and **wellbeing resources** were signposted at the end of each step.

The MOOC was moderated by a team with experience in suicide research.

<u>Aim</u>: To allow students to gain a broader understanding of suicide as a global issue through the creation of a 3-week, free Massive Open Online Course (MOOC).

<u>Results</u>: The MOOC was launched in March and September 2019 with five organisational endorsements and one accreditation. **Over 3,600 learners enrolled and 4,410 comments were made.** 77.7% (n=2,278) of learners were "active learners" Compared to the Future Learn average of 42%

The MOOC had a global reach with 51% of learners residing in the UK, 5% in Australia, 4% in the United States, 3% in Mexico, 2% in Canada, India and China and 1% in Russia and Saudi Arabia.

1.4% (n=62) of comments were flagged & hidden due to unsafe content. The majority due to discussion of suicide methods.

Early completion data from 276 learners reported that: 93.5% (n=258) felt the course met or exceeded expectations 95.7% (n=264) reported new learning.

Understanding Suicide and Suicide Prevention Strategies in a Global Context

Develop an understanding of suicide in a global context. Learn about suicide risk factors and ways to help prevent it.



Discussion: There appears to be a global demand for education on suicide prevention. Early outcome data suggest that new knowledge can be delivered through a MOOC.

Learner safety needs to be carefully considered when developing and delivering online learning. Thorough and careful moderation is essential to ensure that learners engage safely with the content.

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