

Suicide Prevention Through Mindfulness Training

Outcomes Summary:

Appendix

October 14, 2025

This Appendix provides further evaluation data from the Suicide Prevention project that was conducted April to June 2025 in St. John's.

Pre- and post-course evaluations that could not be matched via personal codes

Note: These pre- and post-course responses are presumably not from the same individuals.

1=Strongly Agree 2=Agree 3=Neither Agree, nor Disagree 4=Disagree 5=Strongly Disagree

Pre (4)

Post (4)

- | | |
|---|------------|
| 1. When I start thinking about something that concerns me, I can't get it out of my mind | |
| 4, 2, 2, 1 | 3, 4, 1, 2 |
| 2. I am not kind towards myself. | |
| 2, 3, 2, 3 | 2, 3, 1, 2 |
| 3. I think over and over about things that have already happened. | |
| 1, 2, 2, 1 | 2, 3, 1, 1 |
| 4. I am worried about the future. | |
| 1, 1, 2, 1 | 2, 2, 1, 1 |
| 5. I have thoughts about suicide often. | |
| 4, 2, 2, 1 | 2, 5, 1, 1 |
| 6. These suicidal thoughts are persuasive: I can see myself acting on them at some point. | |
| 5, 2, 2, 2 | 2, 5, 1, 1 |
| 7. This pattern of not being fully present in my immediate experience is normal for me. | |
| 2, 1, 2, 1 | 2, 4, 1, 1 |
| 8. I don't believe I can make a difference in my life. | |
| 4, 2, 2, 1 | 2, 4, 1, 1 |
| 9. I don't have confidence in my ability to deal with the stressful things that happen to me. | |
| 2, 2, 2, 3 | 2, 3, 1, 2 |

10. Staying in the present hurts so much that I prefer to run away from what is unpleasant.
2, 2, 2,3 2, 5, 1, 2
11. I feel like I am alone in the world.
2, 1, 2,1 1, 3, 1, 3
12. I have difficulty accepting things as they are.
4, 1, 2,3 2, 4, 1, 1
13. I always have the feeling that there is something I should be doing to get rid of my troubling emotions.
5, 2, 2,4 2, 5, 1, 1
14. I often don't feel grounded in my body.
5, 1, 2, 1 2, 5, 3, 1
15. I go around most of the time without paying attention to my surroundings.
5, 2, 2,4 4, 4, 1, 2
16. I feel like I have no control over my thoughts, moods, and feelings.
5, 1, 2,1 4, 4, 1, 2
17. The voice in my head can make me feel anxious and I don't know how to pause or interrupt this pattern.
4, 3, 2,1 3, 4, 1, 1
18. When I have negative thoughts, they overwhelm me and I don't have any tools to deal with it.
4, 4, 2,3 4, 5, 1, 4

On a scale where 1 (lowest intensity) and 10 (highest intensity), the intensity of my suicidal thoughts is ____

5, 8, N/A, 8 8, 3, 8, 9

When I have suicidal thoughts, they generally last (complete one...)

__minutes/ __hours/ __days.

15 minutes, days, 2 hours, minutes,

hours, N/A, 1 day, hours

Note: Data for matched (pre/post/follow-up) evaluations can be viewed here:

<https://bit.ly/SupplementalOctober2025>

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