

Suicide Prevention Through Mindfulness Training Program and Follow-Up Outcomes Summary

October 6, 2025

Pre-, Post-, and Follow-Up evaluation scores for the 7 participants who attended the 8-week program and the Follow-Up session, listed by participant (1-7).

The Evaluation Form (with the corresponding 18 questions) can be viewed here:

<https://bit.ly/SuicidePreventionEvaluation>

View the complete Outcomes Summary: <https://bit.ly/SPOutcomesSummaryOctober2025>

EVAL Q	PRE	POST	FOLLOW-UP	PRE	POST	FOLLOW-UP
	#1.			#2.		
1.	2	3	3	2	3	4
2.	2	3	3	2	5	5
3.	2	3	2	1	3	2
4.	3	3	2	2	4	3
5.	2	4	2	2	5	5
6.	4	5	3	3	5	5
7.	3	3	3	1	4	4
8.	3	3	5	2	5	4
9.	2	4	4	2	4	4
10.	1	3	2	2	3	4
11.	2	3	3	2	5	3
12.	2	4	4	1	4	3
13.	2	3	2	1	3	3
14.	2	3	3	2	3	4
15.	2	3	4	3	5	4
15,	3	4	3	2	4	4
17.	2	3	3	1	5	5
18.	N/A	N/A	4	4	5	5
	39	57	55	35	75	71

			EVAL Q		PRE	POST	FOLLOW-UP	PRE	POST	F-U
					#3.			#4.		
			1.		1	2	3	3	3	3
			2.		2	4	4	4	2	3
			3.		1	2	2	3	2	3
			4.		2	3	2	2	2	4

EVAL Q	PRE	POST	FOLLOW-UP		PRE	POST	FOLLOW-UP			
# 3.					# 4.					
5.	3	4	4		2	3	4			
6.	3	4	5		4	4	4			
7.	2	3	2		4	3	2			
8.	4	5	5		4	4	4			
9.	2	4	4		3	3	3			
10.	3	3	4		4	3	4			
11.	2	4	3		2	3	4			
12.	1	2	3		3	2	4			
13.	1	2	2		1	2	4			
14.	1	4	4		2	2	4			
15.	3	4	2		2	2	2			
15,	1	4	4		3	3	4			
17.	1	4	5		4	3	3			
18.	2	4	5		4	4	4			
	35	62	63		54	50	63			

	PRE	POST	FOLLOW-UP	PRE	POST	FOLLOW-UP
	#5.			#6.		
1.	2	2	2	2	2	2
2.	2	3	4	2	1	2
3.	1	2	2	2	2	3
4.	1	4	2	2	3	3
5.	3	4	4	2	2	2
6.	3	4	4	4	3	2
7.	2	3	3	1	1	1
8.	4	4	4	3	4	3
9.	3	4	3	3	2	3.5
10.	2	4	4	2	1	2
11.	2	4	4	3	4	2
12.	2	3	2	3	3	4
13.	2	4	2	4	3	1
14.	2	4	3	1	2	1
15.	3	4	4	1	1	1
15,	2	4	2	2	2	2
17.	2	3	2	1	3	3
18.	2	4	4	3	4	3
	40	64	55	41	43	37.5

	PRE	POST	FOLLOW-UP	PRE	POST	FOLLOW-UP
	# <u>7.</u>					
1.	1	2	3			
2.	1	2	2			
3.	1	3	4			
4.	1	3	3			
5.	5	5	5			
6.	5	5	5			
7.	1	4	2			
8.	2	5	4			
9.	1	5	4			
10.	1	4	2			
11.	1	4	2			
12.	1	4	4			
13.	1	2	2			
14.	1	3	2			
15.	2	4	2			
15,	1	3	3			
17.	1	2	4			
18.	1	3	4			
	28	63	57			