

The development and pilot evaluation of an online mental health training program for managers in the aged care sector

ACTRN12624001110572

Status RECRUITING
Sponsor Black Dog Institute
Enrollment 200 participants

Plain Language Summary

People who work in aged care often experience high levels of stress, burnout, and mental health difficulties. Managers in this sector play a crucial role in supporting their teams' wellbeing, yet many feel ill-equipped to recognise and respond to mental health challenges in the staff they supervise.

This study is testing an online training program that has been specially adapted for aged care managers. The program teaches practical skills for recognising mental health struggles in employees and taking appropriate steps to support them. Managers will complete surveys before and after the training to measure changes in their knowledge, confidence, and use of supportive strategies.

You may be eligible if you are 18 or older, currently work in the aged care sector in Australia, and supervise at least one employee. There are no exclusion criteria beyond this. This study is about building a more mentally healthy workplace for the aged care workforce — people doing one of the most demanding and important jobs in our society.

Key Eligibility Criteria

Inclusion (4)

- Working in the aged care sector
- Supervising at least one employee in the aged care sector
- years or above
- Residing and working in Australia

Exclusion (1)

- None

Locations (1 total)

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia