

---

**OBJECTIVE AND METHODOLOGIES OF SUPREME.PROJECT FOR YOUTH SUICIDE PREVENTION THROUGH INTERNET AND MEDIA**

M. D'Aulerio<sup>1</sup>, V. Carli<sup>2</sup>, M. Iosue<sup>3</sup>, F. Basilico<sup>3</sup>, D. Angela Maria<sup>3</sup>, L. Recchia<sup>3</sup>, J. Balazs<sup>4</sup>, A. Germanavicius<sup>5</sup>, T.I.M. Waller<sup>6</sup>, C. Masip<sup>7</sup>, A.I.R.I. Varnik<sup>8</sup>, C. Wasserman<sup>9</sup>, C. Hoven<sup>9</sup>, M. Sarchiapone<sup>10</sup>, D. Wasserman<sup>2</sup>

<sup>1</sup>Department of Medicine and Health Sciences, University of Molise, Campobasso, Italy ; <sup>2</sup>National Prevention of Suicide and Mental Ill-Health (NASP), Karolinska Institutet, Stockholm, Sweden ; <sup>3</sup>Department of Medicine and Health Sciences, University of Molise, Campobasso, Italy ; <sup>4</sup>Vadaskert Child and Adolescent Hospital and Outpatient Clinic, Vadaskert Child and Adolescent Hospital and Outpatient Clinic, Budapest, Hungary ; <sup>5</sup>Clinic of Psychiatry, Vilnius University, Vilnius, Lithuania ; <sup>6</sup>Childhood and Youth Research Institute (CYRI), Anglia Ruskin University, Cambridge, United Kingdom ; <sup>7</sup>Faculty of Medicine, Hospital Del Mar (PsMAR), Barcelona, Spain ; <sup>8</sup>Estonian-Swedish Mental Health and Suicidology Institute, Estonian-Swedish Mental Health and Suicidology Institute, Tallin, Spain ; <sup>9</sup>Psychiatric Institute, Columbia University, New York, USA ; <sup>10</sup>Department of Medicine and Health Sciences, University of Molise, Campobasso, USA

---

**Introduction:** Internet currently has 513 million users worldwide and the young continue to be one of the largest groups of users. 23% use the Internet to look for information about depression or mental illness and about problems with drugs or alcohol (Rideout, 2001) but more than 20% of Internet help-seekers were dissatisfied with the help they received (Gould et al., 2002).

**Objectives:** SUPREME (Suicide Prevention by Internet and Media Based Mental Health Promotion) is aimed to increasing the prevention of risk behaviours and mental health promotion through the use of mass media and Internet.

**Aims:** The main expected outcome of the project is to improve mental health among European adolescents and young adults.

**Method:** A sample about 1800 students (average age of 15 years) is selected in six different European Countries. The prevention program consist in a highly interactive website that permit to inform the knowledge about suicide, stimulate young people to become active in promoting mental health and increase the probability to seek help. There are 3 intervention arms: Peer Ambassador, Professional Ambassador and a Control Group. A questionnaire was administered to the pupils for require the data on lifestyles, values and attitudes, psychological well-being, familiar relationship and friendship.

**Conclusion:** The transition between adolescence and adulthood is a fundamental period for ascertaining the current and future health of an individual. Through SUPREME project an high number of young are been achieved, providing them information about suicide prevention and mental health promotion