

Post-Test Measurement Tool:

1. Demographics:

- Name:
- Age:
- Previous experience with mental health resources (Yes/No)
- Previous exposure to suicide prevention education (Yes/No)

2. Group Data:

- How many sessions did you attend?

3. Knowledge of Mental Health and Suicide Risk Factors:

- Rate your knowledge of mental health issues and risk factors for suicide on a scale of 1-5 (1 = no knowledge, 5 = very knowledgeable).
- Can you identify at least 3 risk factors for suicide? (Yes/No)
 - 1. If yes, please list them:
- Are you aware of coping strategies to use during times of emotional distress? (Yes/No)
 - 1. If yes, please list them:

4. Attitudes Toward Mental Health and Coping:

- On a scale of 1-5, how comfortable are you discussing mental health and suicide with others? (1 = very uncomfortable, 5 = very comfortable)
- Do you have someone in your life that you would feel comfortable discussing your mental health or emotional distress with? (Yes/No)
- How important do you believe it is to seek help for mental health issues? (1 = not important, 5 = very important)
- How confident do you feel about using coping strategies to handle stress? (1 = not confident, 5 = very confident)
- Are you aware of what mental health resources and support you have access to? (Yes/No)
 - 1. If yes, please list them:

5. Post-Participation:

- After participating in the group, how often do you use coping strategies? (1 = never, 5 = always)
- On a scale of 1-5, how comfortable are you with seeking out mental health support or resources? (1 = very uncomfortable, 5 = very comfortable)
- Do you believe that gender norms and masculinity have an impact on mental health and well being? (Yes/No)
- How important is abiding by cultural gender norms to you? (1 = not important, 5 = very important)

6. Perception of the Group's Impact:

- How effective did you find this group in helping you understand mental health and suicide risk factors? (1 = not effective, 5 = very effective)
- How helpful was the group in teaching you coping skills? (1 = not helpful, 5 = very helpful)
- Do you feel more connected to others after attending the group? (Yes/No)

- On a scale of 1 to 5, how would you rate your social connectedness and feeling of belonging? (1 = no sense of belonging, 5 = I feel very connected)
- After participating in the group, how would you rate your overall happiness and well-being? (1 = I need immediate support, 5 = I am living my dream life)