

## **S60-01**

### **THE SAYLE RESEARCH PROJECT**

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High prevalence of self-destructive behaviours during adolescence - both as expression of early psychopathology and as "paraphysiological" developmental behaviors - challenges the implementation of health promotion strategies specifically addressed to an age bracket in which plasticity of psychical structure can favour an overall successful outcome.

SAYLE is a European research project with the aim of promoting healthy behaviours in adolescents, at a high school level of intervention. During the presentation targets and structure of the prevention program will be described. The projects has been designed in order to compare the efficacy of different prevention strategies for adolescents: a general health promotion program targeting students' awareness on healthy/unhealthy behaviours and students' self-efficacy in diminishing unhealthy behaviours; a screening by professionals of at-risk students through a questionnaire (TeenScreen) - for adolescents identified as high risk (screen positives) the program includes referral to mental health treatment and ensuring compliance; a gatekeepers' program, training all adult staff at schools (teachers, counselors, nurses etc.) and parents on how to recognize & refer a student with risk-taking behaviours or suffering from mental illness to mental-health help resources (QPR -Question, Persuade & Refer).