

\*\*\*Please visit <https://www.evidentlybetter.org/bulletins/suicide-prevention/> to view our webpage featuring key links and emerging reports about suicide prevention.\*\*\*

## Systematic Review

[Caring for a friend or family member who has experienced suicidal behaviour: A systematic review and qualitative synthesis](#)

Carers face significant challenges with knowing how to respond to suicidal behaviour, where to find appropriate help, and how to manage their own distress. Future research should seek to investigate the effectiveness of easily accessible methods of information provision and support tailored for carers of people who have experienced suicidal behaviour.

## Studies

[Does a diagnosis of severe physical illness elevate suicide risk?](#)

Reviews a retrospective cohort study of 47 million people exploring the risk of suicide after diagnosis of severe physical illness, such as low-survival cancers, chronic ischaemic heart disease, chronic obstructive pulmonary disease, and degenerative neurological conditions such as Huntington's disease.

[Liaison psychiatry practitioners' views on accessing aftercare and psychological therapies for patients who present to hospital following self-harm: multi-site interview study](#)

Provision of aftercare and psychological therapies as part of the liaison psychiatry service were deemed as an essential mechanism for optimising patient safety and experience and staff well-being. To close treatment gaps and reduce inequalities, it is important to work closely with staff and patients, learn from experiences of good practice and implement change more widely across services.

[Perspectives on reasons for suicidal behaviour and recommendations for suicide prevention in Kenya: qualitative study](#)

The reasons for suicidal behaviour are comparable with high-income countries, but suggested prevention strategies are more contextualised to our setting. A multifaceted approach in preventing suicide in (coastal) Kenya is warranted based on the varied reasons suggested. Community-based interventions will likely improve and increase access to suicide prevention in this study area.

[Binge eating, depressive symptoms and suicidal ideation in obese candidates for bariatric surgery](#)

Most patients were women (82%), 48% had a moderate binge eating disorder, 42% a severe binge eating disorder, 32% had symptoms suggestive of mild, moderate or severe depression and 6% had suicidal ideation. Severe binge eating was positively associated with depressive symptoms and suicidal ideation. Cases of severe binge eating were more frequent in young adults, but not necessarily associated with symptoms of depression or suicidal ideation in this portion of the sample.

### [Improving risk prediction for target subpopulations: Predicting suicidal behaviors among multiple sclerosis patients](#)

Overall, suicidal behavior was identified among 191 (1.3%) of the patients with MS. A Naïve Bayes Classifier model was trained on the training set to predict future suicidal behavior. With 90% specificity, the model detected 37% of subjects who later demonstrated suicidal behavior, on average 4.6 years before the first suicide attempt. The performance of a model trained only on MS patients was better at predicting suicide in MS patients than that a model trained on a general patient sample of a similar size (AUC of 0.77 vs. 0.66). Unique risk factors for suicidal behavior among patients with MS included pain-related codes, gastroenteritis and colitis, and history of smoking. Future studies are needed to further test the value of developing population specific risk models.

### [Problematic Smartphone Use Mediates the Pathway from Suicidal Ideation to Positive Psychotic Experiences: a Large Cross-Sectional, Population-Based Study](#)

The present study pointed, for the first time, to the mediating role of PSU in the SI/ positive PEs connection. Although preliminary, our findings, along with those of previous studies, may help clinicians and researchers gain insight about the mechanisms linking SI to psychosis; and draw attention to potential interventional possibilities. More attention should be given to PSU in suicidal individuals, and interventions should be offered when appropriate. We are aware, however, that additional longitudinal research is still needed to expand our knowledge of the pathways and directionality linking SI, PSU and PEs in healthy young individuals.

### [Sadness, hopelessness and suicide attempts in bullying: Data from the 2018 Iowa youth survey](#)

Not all types of bullying were significantly correlated with feeling sad or hopeless or attempting suicide. Being able to evaluate the specific associations of different types of bullying may have implications for teachers or policy makers hoping to implement bullying mitigation strategies in their schools.

### [An investigation of self-injury in female adolescents: a qualitative study](#)

Study results indicate that the main factors in adolescents' self-injury were individual or psychological (thoughts, emotions, and behaviors) and social (peers, family, communication with different gender, communication with others, media/cyberspace, school, and economic). In the former, the role of emotions was remarkable, while in the latter, the family played a key role. Further, results revealed that communication within the family was an important motivating and sustentative factor in adolescents' self-injury. The results can help counselors in working with adolescents who self-injure; results can also be used in the development and implementation of treatment plans.

### [Identification of novel targets and pathways to distinguish suicide dependent or independent on depression diagnosis](#)

In summary, we investigated different transcriptomic datasets to uncover differential gene targets and pathways among subgroups of depression with suicide, suicide without depression and depression without suicide. We also investigated the co-expression patterns and hub genes significantly associated with these three subphenotypes. Meanwhile, global analysis across three phenotypes and tissues confirmed evidence for sex difference in mood disorders. Our study is still limited by the sample size in each subgroup, as well as limited detailed clinical information and medical history on postmortem brain tissues.

[A blended face-to-face and smartphone intervention to improve suicide prevention literacy and help-seeking intentions among construction workers: a randomised controlled trial](#)

Results indicate that the MATESmobile application, together with face-to-face training, is beneficial in enhancing help-seeking intentions from MATES workers/Connectors and workmates to a greater extent than face-to-face training only. While this research provides some evidence that smartphone applications may support suicide prevention training, further research is needed.

[The relationship between emptiness and suicide and self-injury urges in borderline personality disorder](#)

Assessing and targeting emptiness may facilitate the reduction of suicide urges in BPD. Future research should investigate treatment strategies for reducing SSI risk among individuals with BPD via targeting emptiness.

[The functions of self-harm in young people and their perspectives about future general practitioner-led care: A qualitative study](#)

These findings support clinicians, including GPs, to explore the functions of self-harm in young people aged 16–25 in a personalised approach to self-harm care. It should be noted that self-harm may serve more than one function for a young person and thus interventions should recognise this.

[Demographic and psychosocial factors associated with recent suicidal ideation and suicide attempts among trans and gender diverse people in Australia](#)

Urgent attention for suicide prevention is necessary for trans and gender diverse communities. These findings point to a range of risk and protective factors, which may help inform the targeting and design of suicide prevention strategies.

## News

[High court judge 'deeply frustrated' by NHS delays in suicidal girl's care](#)

A high court judge has expressed her “deep frustration” at NHS delays and bureaucracy that mean a suicidal 12-year-old girl has been [held on her own, in a locked, windowless room](#) with no access to the outdoors for three weeks. In a hearing on Thursday, Mrs Justice Lieven told North Staffordshire combined healthcare NHS trust “you are testing my patience”, after she heard that a proposal to move Becky (not her real name), could not progress until a planning meeting that would not be held until next week, and that a move was not anticipated until 2 March. Three sets of doctors at the hospital trust have disagreed as to Becky's diagnosis; at her most recent assessment doctors said she was not eligible to be sectioned, which would trigger the protections provided by the Mental Health Act, because her mental disorder was not of the “nature and degree” as to warrant her detention.