

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

## Systematic Reviews

### [Physical exercise and major depressive disorder in adults: systematic review and meta-analysis](#)

The objective of this study was to assess the benefits and potential risks associated with different physical exercise modalities for managing symptoms in adults with major depressive disorder who were not receiving second-generation antidepressants or cognitive behavioral therapy. A systematic review and meta-analysis of randomized controlled trials (RCTs) were conducted.

## Studies

### [Suicide after leaving the UK Armed Forces 1996–2018: A cohort study](#)

There are comparatively few international studies investigating suicide in military veterans and no recent UK-wide studies. This is important because the wider context of being a UK Armed Forces (UKAF) veteran has changed in recent years following a period of intensive operations. We aimed to investigate the rate, timing, and risk factors for suicide in personnel who left the UKAF over a 23-year period.

### [Investigating risk of self-harm and suicide on anniversaries after bereavement by suicide and other causes: a Danish population-based self-controlled case series study](#)

Aims: To investigate mechanisms of suicide risk in people bereaved by suicide, prompted by observations that bereaved people experience higher levels of distress around dates of emotional significance. We hypothesised that suicide-bereaved first-degree relatives and partners experience an increased risk of self-harm and suicide around dates of (i) anniversaries of the death and (ii) the deceased's birthday, compared with intervening periods.

### [Assessing Vulnerability to Surges in Suicide-Related Tweets Using Japan Census Data: Case-Only Study](#)

As the use of social media becomes more widespread, its impact on health cannot be ignored. However, limited research has been conducted on the relationship between social media and suicide. Little is known about individuals' vulnerable to suicide, especially when social media suicide information is extremely prevalent.

### [Effects of Community-Based Caring Contact in Reducing Thwarted Belongingness Among Postdischarge Young Adults With Self-Harm: Randomized Controlled Trial](#)

For patients with self-harm behaviors, the urge to hurt themselves persists after hospital discharge, leading to costly readmissions and even death. Hence, postdischarge intervention programs that reduce self-harm behavior among patients should be part of a cogent community mental health care policy.

### [Wishing for an end? Longitudinal analysis of suicidal ideation among informal caregivers inside and outside their household in different welfare systems of Europe](#)

This study examines whether transition to caregiving within or outside the household is associated with changes in suicidal ideation and whether this depends on the type of caregiver relationship, the age or gender of the caregiver, or the welfare system.



[A scoping review of social media in child, adolescents and young adults: research findings in depression, anxiety and other clinical challenges](#)

This review addresses the relationship between social media use, behavioural health conditions and psychological well-being for youth aged <25 years.

[Patient termination of a life-sustaining medical device: Suicide or natural death?](#)

Medical technology has made tremendous strides in extending the lives of patients who have suffered organ failure. Machines can now replace the function of the kidneys, the heart, and other vital organs. Much has been written about a patient's right to refuse or direct the withdrawal of medical treatment, especially at the end of life, under the guise of "death with dignity." However, little attention has been paid to the situation where a patient elects to deactivate their life-sustaining medical device without a physician's involvement. This raises the challenging question of whether the patient's manner of death should be classified as suicide or natural. Surprisingly, common law, statutes, medical ethics, and public health practice are not in alignment on the answer. This article will explore the ramifications and far-reaching impact that such divergence has on the survivors and the medical community, as well as recommend corrective actions and practical approaches for the medical and legal practitioner.

[Association between substance-induced psychosis and suicide attempt: A Danish nation-wide register-based study](#)

Substance-induced psychosis has previously been linked to an excess risk of suicide; however, the association between substance-induced psychosis and suicide attempt has hitherto not been investigated. We investigated whether substance-induced psychosis was associated with a higher risk of subsequent suicide attempt

[Support After Suicide: A Thematic Analysis of Siblings' Experience](#)

Suicide is a worldwide phenomenon resulting in the deaths of more than 700,000 people each year. For every suicide, there are those left behind. The research on sibling's experiences of grief and the support they require after the loss of their sibling is limited. This study explored the experiences of grief and the support siblings bereaved through suicide experienced. Support groups passed on study information to individuals they felt were suitable for participation. Ten adult siblings were interviewed for the study. Thematic analysis was used to find three themes, shared understanding, holding space for grief, and relationships. The findings indicate that siblings desire support from other siblings bereaved through suicide, as well as social support free from stigma that is willing to listen. The relationship between the suicided sibling and the living sibling had effects on the grief experience, as well as parentification, and effects from organisational interaction.

[Aggression, Suicide, and Self-Harm in Children and Adolescents](#)

Suicide is the second leading cause of death among adolescents in the age group of 15 to 19 years. As per the National Crime Record Bureau, India loses 1 student to suicide every hour. The COVID pandemic saw an alarming rise in the number of children/adolescents attempting suicide. The state of Kerala lost 173 children in the age group of 10 to 18 years, during the first wave of the pandemic (March-October 2020). This review article has been written with the aim of exploring causes of aggression, suicide, and self-harm in children and adolescents. It also strives to bring forth the various interventions which can be taken in order to reduce the rate of suicide and self-harm in children and adolescents.



[Unpacking the Meaning of Closeness, Reconsidering the Concept of Impact in Suicide Exposure, and Expanding Beyond Bereavement: "Just, I Hope You Don't Forget About Us"](#)

Suicide exposure research has relied on samples of treatment-seeking kin, resulting in an attachment-based model centering bereavement as the most significant form of impact and obscuring other forms of significant and life-altering impact. From a community-based sample (N = 3010) exposed to suicide, we examine a subset (n = 104) with perceived high impact from the death yet low reported closeness to the person who died and analyze qualitative comments (n = 50). On average and out of 5.00, participants rated closeness as 1.56 but impact of death as 4.51. We illustrate dimensions of low closeness and identify themes on the meaning of impact: impact through society and systemic circumstances, impact through history and repeated exposure, impact through other people, impact as a motivator for reflection or change, and impact through shared resonance. Participants reported impact of death as significant or devastating, yet none of their comments reflected experiences typical of bereavement.

## Study Summaries

[How do friendships influence adolescent self-injurious thoughts and behaviours?](#)

Self-injurious thoughts and behaviours (SITAB), referring to self-harm, suicide ideation, and suicide attempts, are a serious public health concern. These behaviours are often interconnected, co-occur, and are a particular issue among young people, with studies estimating that around 17% of adolescents have engaged in self-harm at least once (Gillies et al., 2018).

[Young people's experiences of suicidal distress in their own words](#)

Suicide is a leading cause of death worldwide in young people, whilst in Scotland it makes up about one-quarter of deaths in this age group (WHO, 2021; Public Health Scotland, 2022). However, how young people experience "suicidal distress" – which the authors defined as the "feelings and emotions underpinning suicidal thoughts and attempts" – is poorly understood.

## Surveys

[Online survey of people in contact with mental health services with suicidal thoughts and/or behaviours who use the Internet](#)

You are being invited to take part in a research study that aims to gain insight into thoughts and/or behaviours of suicide in people who have been in contact with secondary mental health services\* within the past 12 months and who use the Internet.

## News

[Universities must treat students better, says UK father whose son killed himself](#)

A father whose undergraduate son killed himself after he fell behind with his studies has urged universities to take better care of students who are struggling with mental health issues.

[Number of children in mental health crisis at record high in England](#)

The number of children in mental health crisis has reached record levels in England, analysis of NHS data by the mental health charity YoungMinds shows.

[Medical neglect by London NHS trust contributed to suicide of girl, 12, rules coroner](#)

Medical neglect and "gross failures" by a mental health trust contributed to the suicide of a 12-year-old girl in a case that has highlighted national concerns about underfunding, a coroner has ruled.

