

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

## Systematic Reviews

[Exploring people's experiences of psychotherapy for self-harm: the importance of the therapeutic alliance](#)

Summarises a systematic review exploring people's experiences of psychotherapy for self-harming behaviours, which highlights the importance of therapeutic rapport and the clinical competencies that support developing a good relationship between clinicians and service users.

[Attitudes toward and experiences of clinical and non-clinical services among individuals who self-harm or attempt suicide: a systematic review](#)

The findings of this review provide insights into attitudes of individuals who self-harm and their relatives toward clinical and non-clinical services, which remain largely unchanged since a previous review 16 years ago. Across services, experiences of organizational and clinical management were largely negative, while staff attitudes and therapeutic contact were more positively experienced in non-clinical services compared to clinical services. Our findings have important implications for staff training and practice and should be used to reform existing healthcare guidelines for acceptable care for patients who self-harm.

[A systematic review on gender dysphoria in adolescents and young adults: focus on suicidal and self-harming ideation and behaviours](#)

A standardised assessment is needed. Understanding the mental health status of transgender young people could help develop and provide effective clinical pathways and interventions.

## Studies

[Sexual minorities, suicide and self-harm: new research in England deepens our understanding](#)

Summarises a recent study that shows an increased risk of suicidal thoughts and non-suicidal self-harm in bisexual and lesbian/gay individuals. The study also highlights common mental health problems, discrimination and bullying as potential contributors to this excess risk.

[Survey of knowledge, self-efficacy, and attitudes toward suicide prevention among nursing staff](#)

Younger, less experienced, psychiatric nurses demonstrated superior knowledge, self-efficacy, and attitudes toward suicide prevention. Therefore, education on suicide prevention should be strengthened for older, experienced, and non-psychiatric nurses.

[Differences in acute outcomes of suicide patients by psychiatric disorder: Retrospective observational study](#)

Among all patients with suicidal tendencies, lower survival rates were observed in older people, men, and those without a history of psychiatric treatment. Notably, patients who consumed alcohol shortly before the suicide exhibited a more favorable outcome. When considering specific diseases, patients with stress-related and somatoform disorders tended to have higher survival rates, albeit with lower hospital visitation rates. Conversely, patients with mood disorders showed higher hospital visitation rates but lower survival rates, particularly among those who chose lethal methods.



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[The effect of mobile-based logotherapy on depression, suicidal ideation, and hopelessness in patients with major depressive disorder: a mixed-methods study](#)

In conclusion, the findings of this study suggest that mobile-based logotherapy combined with sertraline through WhatsApp may be an effective treatment option for decreasing symptoms of major depression, hopelessness, and suicidal ideation. Based on the qualitative results of this study, participants in the intervention group considered mobile-based logotherapy through WhatsApp as a user-friendly intervention with efficient instruction that made constructive change in them. It seems that by combining pharmacotherapy with non-pharmacological interventions, such as logotherapy, it is possible to address both the biological and psychological aspects of depression and provide a more comprehensive treatment approach.

[The global prevalence of suicidal ideation and suicide attempts among men who have sex with men: a systematic review and meta-analysis](#)

Considering that the prevalence of suicidal ideation and attempts among these people is many times higher than that among men in the general population, developing programs for the prevention of mental disorders with special attention to suicide is necessary for these people. Screening programs are also recommended for early diagnosis and prevention of suicide among these people.

## Service Evaluation

[Trauma informed care on acute inpatient units: reducing self harm and restrictive practices](#)

Explores a service evaluation of trauma informed care practices in acute inpatient units, looking specifically at reductions in self-harm and restraint practices.

## Report

[A Mentally Healthier Nation](#)

Ministers must tackle poverty, poor housing and air pollution to improve England's worsening mental health, a coalition of charities, thinktanks and staff groups has urged ministers. Their ideas are contained in a report, published on Wednesday by the Centre for Mental Health, that draws on policy proposals put forward by 35 key organisations.

## Survey

[All-Party Parliamentary Group on Suicide and Self-harm Prevention](#)

A group of MPs have launched a mini-inquiry into young people and suicide. They'd like to hear from people aged 18-25 with lived experience and people impacted by the suicide of a young person via an anonymous survey.

