perfect care statistics study information

Suicide prevention

crisis research risk **self-harm**
assessment resources

CPC

NHS
Mersey Care
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Please visit https://www.evidentlybetter.org/bulletins/suicide-prevention/ to view our webpage featuring key links and emerging reports about suicide prevention.

Studies

[Risk and protective factors for self-harm and suicide behaviours among serving and ex-serving personnel of the UK Armed Forces, Canadian Armed Forces, Australian Defence Force and New Zealand Defence Force: A systematic review](#)
Adequate care and support are a necessity for the military community. Prevention and intervention strategies for self-harm and suicide behaviours may be introduced early and may promote social networks as a key source of support. This review found a paucity of peer-reviewed research within some populations. More peer-reviewed research is needed, particularly among these populations where current work is limited, and regarding modifiable risk and protective factors.

[The mediation effects of nightmares and depression between insomnia and suicidal ideation in young adults](#)
This study found that depression and nightmares may be risk and predictive factors between insomnia and SI, which implies that the assessment and treatment of depression and the simple or linked effect of nightmares play crucial roles in preventing SI in young adults.

[Network analysis of the relationship between non-suicidal self-injury, depression, and childhood trauma in adolescents](#)
NSSI, depression, and childhood trauma of teenagers were closely related. Individuals who have suffered emotional abuse in childhood were more likely to have depressive symptoms and NSSI. Improving negative self-esteem and negative emotions and reducing emotional abuse may be beneficial in alleviating depression and reducing NSSI in adolescents.

[Original research: Is a smartphone application (BlueIce) acceptable and safe for university students who self-harm: an open study](#)
BlueIce was an acceptable, safe and helpful source of support for university students struggling with self-harm thoughts and/or behaviours. This builds on previous findings with adolescents and suggests that BlueIce could be a particularly acceptable and helpful resource for university students.

[Psychosocial characteristics pattern correlated with suicidal ideation and non-suicidal self-injury among nurse staff: a latent profile analysis](#)
The study identified eight important psychosocial factors divided into four latent pattern classes. Individuals in "class 1" and "class 4" were more likely to have a higher risk of suicidal ideation and non-suicidal self-injury, while those in "class 3" were more likely to have a lower risk of both outcomes. It is suggested that further research should focus on "class 1" and "class 4" for targeted intervention.

[Supportive and non-supportive social experiences following suicide loss: a qualitative study](#)
Our findings highlight the importance of proactive engagement and open dialogue, calling for societal and communicative shifts toward inclusive and compassionate approaches in addressing suicide loss. This study underscores the need for comprehensive strategies that enhance both suicide and grief literacy and address the taboo and stigma surrounding suicide, ultimately fostering supportive social environments for SLS.

[Opening the black box of registration practice for self-harm and suicide attempts in emergency departments: a qualitative study](#)
The study findings resulted in eight overall recommendations for clinical practice that aim at improving the registration of patients presenting with self-harm or suicide attempts. This would be expected to help improve surveillance and prevention programs.

[Transition to suicide ideation and attempt among emergency room patients](#)
Suicidal thoughts and behaviours among psychiatric emergency room patients was persistent and led to repeated referrals (up to five times more likely), often within a short period (18% <1 month). Those previously referred for ideation/plan had 66% higher risk of making the transition to suicide attempt, with 25% making this transition within a month after previous referral. This is similar to the transition from depressed mood to suicide ideation/plan.

[Differential trends and patterns of sociodemographic disparities in burden of mental disorders, substance use disorder and self-harm across age groups: ecological study in 204 countries using the Global Burden of Disease Study 2019](#)
Strategies for improving mental health and strengthening mental health system should consider a broader sociocultural context.

Guidelines
['At Your Side'](#)
Suicide Bereavement UK have developed a series of At Your Side guides for those bereaved by suicide in the Armed Forces community.
Three guides have been written by the bereaved for the bereaved:
- At Your Side guide for veterans
- At Your Side guide for families
- At Your Side guide for serving personnel