

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

Studies

[Development and validation of a predictive model for suicidal thoughts and behaviors among freshmen](#)

Based on this predictive model of suicidal thoughts and behaviors (STB), this study may help to assess and screen college students at risk for STB and develop suicide prevention strategies for at-risk populations.

[Preliminary validation of the Suicide Management Competency Scale in a Chinese nurse population: a cross-sectional study](#)

To the best of our knowledge, this is the inaugural study to report the utilisation of the Suicide Management Competency Scale (SMCS) in the context of clinical nursing. The findings offer preliminary support for the utilisation of the SMCS in clinical nurses. In the future, nursing managers will be able to effectively evaluate clinical nurses' ability to manage and prevent suicide, as well as train nurses in this area, with the ultimate goal of saving as many lives as possible.

[Joint and distinct neural structure and function deficits in major depressive disorder with suicidality: a multimodal meta-analysis of MRI studies](#)

These findings provide a comprehensive overview of brain morphological and spontaneous functional impairments linked to impulsivity, impaired positive reward modulation, emotional disturbances, abnormal emotional processing, and cognitive deficits in MDD-S. These results support an understanding of the relationship between neural substrates and clinical symptoms in MDD-S, and these alterations provide useful insight into pathophysiological mechanisms and intervention strategies to decrease suicide risk in MDD.

[Decoding vital variables in predicting different phases of suicide among young adults with childhood sexual abuse: a machine learning approach](#)

The current study discovered that poly-victimization emerged as a significant risk factor for the transition from suicidal ideation (SI) to suicide plan (SP) among childhood sexual abuse (CSA) survivors, while self-compassion is crucial for buffering the transition from SI to suicide attempt (SA). Our findings provide a reference for targeted intervention in mitigating suicidal thoughts and behaviors among this vulnerable population.

["People in my life just play different roles": A retrospective qualitative study of friendships among young adults who self-harmed during adolescence](#)

The present findings underline the role of friends as sources of risk, through their own self-harm behaviour, as well as sources of protection through empathetic understanding and support. Rather than being separate, these two roles often intersected. Second, isolation consistently emerged across all participants as a behavioural manifestation of distress, impacting friendships and contributing to self-harm maintenance for example by precluding support-seeking. Adolescent friends emerge as a group uniquely suited to recognise this subtle interpersonal signal of distress. Yet, the potential risk of self-harm and adverse outcomes when adopting a supporter role should not be overlooked.

[Determining the factors associated with suicidal thoughts in outpatients referred to a specialized psychiatric facility](#)

The results indicate that psychopathological symptoms, educational attainment, marital status, and socioeconomic challenges may contribute significantly to the development of suicidal ideation. It is recommended that specialized care clinics prioritize the assessment of suicidal thoughts to facilitate the implementation of appropriate preventive measures.

[Experiences and Perceptions of Self-Harm in Rural-Dwelling Adults: A Rapid Review of Qualitative Evidence](#)

The review identified shared experiences and motivations for self-harm across different rural contexts globally. Perceptions of self-harm by people with lived experience, family and healthcare professionals reflected stigmatised views, which impacted access to and provision of care. Experiences and perceptions of self-harm reported in the literature are somewhat overshadowed by data on suicide and suicide behaviours. Methodological implications are noted in terms of the complexity of extracting data about self-harm. Future research would help inform intervention development for people who are at risk of self-harm, to support healthcare practitioners to improve awareness and identify best practices to support those who self-harm.

[Towards development of guidelines for harnessing implementation science for suicide prevention: an international Delphi expert consensus study](#)

An interdisciplinary panel of suicide prevention experts reached a consensus on optimal strategies for using implementation science to enhance the effectiveness of policies and programmes aimed at reducing suicide.

Call for Evidence

[Samaritans welcomes DHSC men's health strategy evidence call](#)

The Department of Health & Social Care has opened a [12-week call for evidence](#) to inform its men's health strategy, which will address some of the biggest killers, include suicide. Welcoming this, Julie Bentley, Samaritans CEO, said: "Suicide is the biggest killer of men under 50 so it's critical that suicide prevention is front and centre of this strategy. With men making up 75 percent of all suicides, this strategy is a real opportunity to prevent thousands of deaths...".

News

[Ofcom finalises rules for tech firms to protect children online](#)

Websites will have to change the algorithms that recommend content to young people and introduce beefed-up age checks or face big fines, the UK media regulator has confirmed. Ofcom says its "Children's Codes" - the final versions of which have now been published - will offer "transformational new protections". Platforms which host pornography, or offer content which encourages self-harm, suicide or eating disorders are among those which must take more robust action to prevent children accessing their content. The [new rules](#) for platforms are subject to parliamentary approval under the Online Safety Act.