

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

## Studies

### [Comparative Effectiveness of Individual, Group, Family and Combined Therapy Formats on Suicidality: A Meta-Analysis](#)

This meta-analysis highlights that combined psychotherapy approaches, integrating individual sessions with group or family sessions, yields significantly higher effect sizes, reducing the risk of suicide attempts by 50%. These findings support the adoption of combined therapeutic strategies in clinical settings to effectively address suicidality.

### [Crisis-line workers' perspectives on AI in suicide prevention: a qualitative exploration of risk and opportunity](#)

AI could complement rather than replace human support in the form of artificial volunteers, offering a differentiated, accessible avenue for those who might prefer or benefit from non-human interaction.

### [The relationship among hopelessness, suicide risk, body mass index and eating motivations in major depressive disorder comorbid with obesity: a case-control study](#)

The differentiation between suicidal ideation and eating motivations (EMs) in obese and normal-weight MDD groups is crucial. The observed differences in EMs among the three groups with similar sociocultural characteristics are noteworthy. Clinicians should assess eating motivations as part of suicide risk evaluations in patients with comorbid MDD and obesity. Longitudinal studies are needed to clarify causal relationships between these variables.

### [Prediction of suicide using web based voice recordings analyzed by artificial intelligence](#)

The involvement of AI might be especially helpful when it comes to early objective intervention, i.e., by identifying individuals at risk of developing psychiatric disorders before overt symptoms appear and/or suicidal behavior. This would potentially allow for timely intervention and support for those individuals at risk of suicide.

### [Association between the onset timing of suicidal ideation and the means of severe suicide attempts in patients with schizophrenia](#)

The timing of suicidal ideation significantly influences the severity of suicide attempt means. These findings provide critical insights for enhancing suicide risk assessment and intervention strategies in patients with schizophrenia.

### [Are there gender differences in mental healthcare utilisation preceding deaths of despair? A retrospective cohort study of Norwegian register data \(2008–2017\)](#)

Men use fewer mental healthcare services than women during the years before dying from diseases of despair.

#### [Economic growth and suicide rates: Differential accumulated effects](#)

Economic growth affects suicide rates. Balanced rapid expansion may lead to social disruption in high-income countries, whereas consistent long-term growth appears to protect against suicide. In high-income countries, suicide rates are higher in the early rather than later phases of economic growth, and this phenomenon is more clearly observed in men than in women. In low- and lower-middle-income countries, steady economic development is crucial for alleviating poverty, which is a significant contributor to suicide risk.

#### [Dealing with the directive to restrict access to lethal means: parents' perspectives](#)

This study underscores the emotional and practical challenges parents face when implementing lethal means restriction. To improve its effectiveness, guidance should be re-evaluated and communicated more flexibly, emphasising shared responsibility between the parent and child, and address the emotional toll on parents during this critical period.

#### [Domestic violence and suicide in women under the care of mental health services in the UK, 2015–2021: a national observational study](#)

Many factors associated with suicide are also associated with domestic violence (e.g., unemployment, serious financial problems), suggesting intersecting disadvantages. Mental health clinicians have a responsibility to enquire about domestic violence and address its impacts as an integral part of suicide prevention.

## Blog

### [The 10 Year Health Plan for England – the devil will be in the detail](#)

The Government has launched its [10 Year Health Plan for England – Fit for the Future](#). What does it mean for suicide prevention?

## News

### [Samaritans responds to new data on rise in suicidal thoughts and attempts](#)

NHS England published the latest [Adult Psychiatric Morbidity Survey of Mental Health and Wellbeing \(2023/24\)](#) which revealed a rise in the prevalence of suicidal thoughts, attempts and self-harm.