

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

Studies

[Talking about suicide in psychosis: does a targeted therapy make a difference?](#)

People with psychosis face unique risks around suicide, but most treatments aren't designed with them in mind. This new RCT tested a targeted therapy that tackles those specific challenges. So what did it find?

[Prevalence and correlates of prolonged grief disorder symptom severity in a large sample of Italian adults](#)

Among participants who lost a close other person at least 12 months prior, the prevalence of probable PGD and severe suicidal ideation was 7.7%. The overall prevalence of severe suicidal ideation in the sample was 4.5%, rising to 18.2% among those with probable PGD.

[Differential neural activity associated with emotion reactivity and regulation in young adults with non-suicidal self-injury](#)

We observed distinct neural patterns of emotional processing among individuals with NSSI, characterised by hyperactivation during emotion reactivity and hypoactivation during emotion regulation. Our findings provide a neurophysiological basis for therapeutic interventions that facilitate adaptive emotional processing in individuals with NSSI.

[Impulsivity and aggression in suicide across age and sex: case-control study](#)

Impulsive and aggressive behaviours are critical factors in suicide risk among younger individuals, indicating an age effect but no sex dimorphism, with aggressive behaviours being a better predictor for men and impulsive and aggressive behaviours for women.

[The relationships among the meaning of life, coping styles, and suicidal ideation: a network analysis](#)

Complex pathways exist among meaning of life, coping styles and suicidal ideation. Negative coping is the strongest risk factor for suicidal ideation, the perception of the meaning of life is the strongest protective factor for suicidal ideation, and pessimism is a potential target for suicide prevention interventions.

[Objectively Measured Smartphone Use and Nonsuicidal Self-Injury Among College Students: Cross-Sectional Study](#)

These findings emphasize that ≥ 63 hours per week of smartphone screen time and ≥ 400 times per week of smartphone unlocks are risk factors for NSSI among college students, and interventions targeting NSSI should consider the apparent association with smartphone use.

[Depression and anxiety symptoms associated with internet addiction and non-suicidal self-injury in Chinese adolescent students - a network analysis](#)

This study suggests that NSSI and IA are conditionally independent of depression and anxiety. Specific symptoms including suicidal ideation, afraid, and restlessness are the key intervention targets of NSSI and IA behaviors.

[Prevalence and related factors of comorbid suicide attempts and psychotic symptoms in first-episode drug-naïve patients with major depressive disorder](#)

These findings highlight the importance of evaluating anxiety, illness severity, and thyroid function in identifying high-risk FEDN MDD patients.

[The effectiveness of behavioral activation and antidepressant medication on the reduction of suicidality in patients with major depressive disorder](#)

Both treatments showed a strong decrease in suicidality as assessed by item 3 of the BDI-II and item 9 of the HRSD. BA was superior to Sertraline in reducing suicidality: decreases were both faster and deeper. Moreover, the long-term effects of BA on suicidal thoughts were better than those of Sertraline, as is evident from the follow-up tests at the 49th week. Both treatments showed significant reductions in suicidal thoughts scores over time, with Behavioral Activation demonstrating a more pronounced effect compared to Sertraline.

[Domain-specific physical activity and risk of suicidal ideation in adults: a population-based study](#)

When the amount achieving the physical activity (PA) guidelines, leisure-time PA (LTPA), but not occupational PA (OPA) or transportation PA (TPA), was associated with a lower risk of suicidal ideation through the mediation of depressive symptoms. These findings indicate that engaging in LTPA, especially vigorous intensity LTPA, may provide substantial benefits for mental health.

[Using network analysis to personalize treatment for individuals with co-occurring restrictive eating disorders and suicidality: a proof-of-concept study](#)

Although the viability of network-informed, personalized treatment is contingent upon continued intervention development research, this approach has the potential to improve treatment outcomes for individuals with co-occurring eating disorders and suicidality.