

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

## Studies

### [Cost-effectiveness of psychological and psychosocial interventions for adults, children and young people who have self-harmed](#)

CBT-informed psychological therapy appears to be cost-effective for adults who have self-harmed, which contributes to evidence for its implementation in services. Currently, DBT-A does not seem to be cost-effective for CYP who have self-harmed. The economic analyses were informed by clinical evidence of moderate-to-low (CBT) and low (DBT-A) quality. Further clinical and economic evidence for DBT-A and other psychological and psychosocial interventions for people who have self-harmed is required.

### [Suicide-related internet use of mental health patients: what clinicians know](#)

Integrating SRIU enquiry into standard clinical practice, regardless of the patient's age, is an important step towards comprehensive patient care. Broader training for clinicians on enquiring about online behaviours is essential to mitigate potential risks and harness the benefits of SRIU in mental health patients.

### [Using digital technologies to support young people at risk of suicide: new guidance from a Delphi study](#)

Summarises a recent Delphi study that led to the development of the first clinical guidelines for implementing digital technology within mental healthcare for young people with suicidal thoughts and behaviours.

### [Understanding the influence of suicide bereavement on the cognitive availability of suicide: Qualitative interview study of UK adults - Jones - Suicide and Life-Threatening Behavior](#)

Findings suggest that the trauma of exposure to a close contact's suicide can modify the cognitive availability of suicide in divergent ways, including suicide being perceived as a more or less acceptable option, and a tension between the two. These insights assist clinicians in sensitive exploration of suicide bereavement and in risk mitigation. They suggest revisions to existing models of cognitive availability and the potential for psychological interventions that modify the cognitive availability of suicide.

### [Suicide risk among adult subjects hospitalized in an acute psychiatric ward: 6-year retrospective investigation](#)

Our study provides a real-world setting evaluation of subjects hospitalized for SR and, in accordance with literature, suggests that suicidal behavior is the product of many clinical and social factors' interaction, that occurred in a crucial moment of life in vulnerable individuals. The identification of subjects at SR represents the first step of preventive multi-professional interventions.

### [Symptom Shifting From Nonsuicidal Self-Injury to Substance Use and Borderline Personality Pathology](#)

In this cohort study of adolescent patients with NSSI behavior, a decline in this behavior was commonly paired with an increase in substance use. This finding suggests that a decrease in NSSI behavior alone may be insufficient to indicate treatment success. Monitoring the joint trajectories of NSSI behavior and substance use may be a promising avenue toward early detection and targeted treatment of adolescent borderline personality pathology.

### [Characteristics of Japanese teenage suicide attempters: a retrospective study comparing suicide attempters with young adults](#)

It was suggested that teenage suicide attempters may have attempted suicide due to environmental difficulties and conflicts about not being able to escape from them. It has become clear that teenage suicide attempters have unique characteristics and background factors, and that it is important to take these into account when taking measures to prevent teenage suicides.

## News

### [Most people who died by suicide within a year of discharge from inpatient psychiatric care had contact recently with a GP, study finds](#)

More than 80 per cent of people who died by suicide within one year of being discharged from inpatient mental health care had been in recent contact with a GP, [new research](#) funded by the National Institute for Health and Care Research (NIHR) Greater Manchester Patient Safety Research Collaboration (GM PSRC) has found.

### [NHS doctors say lengthy disciplinary processes have left them feeling suicidal](#)

UK doctors are having suicidal thoughts because disciplinary proceedings against them by their NHS employer take so long to resolve, research has found. Medics who have been accused of misconduct say the current system of investigating allegations is "brutal" and "humiliating" to go through and can feel "like a witch-hunt".