

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

Studies

[A national survey of suicidality and non-suicidal self-injury in bipolar disorder: insights from network analysis](#)

Suicidality and NSSI in BD were closely associated with depressive and mixed episodes, with mixed episodes showing the highest prevalence of NSSI and the most pronounced addictive features. SI was identified as the central symptom within the self-harm network, emphasizing its importance as an intervention target. These findings could offer potential insights regarding suicidality and NSSI in BD that can inform intervention strategies.

[Association of constipation with suicidal ideation among US adults and the partial mediating role of depression](#)

In conclusion, this study demonstrated a significant association between constipation and suicidal ideation, with depression serving as a partial mediator in this relationship. Therefore, it is necessary to conduct systematic screening and evaluation of depression and suicidal ideation in patients with constipation. Future research should adopt longitudinal designs with multiple assessment time points to systematically investigate the evolution of these relationships, thereby providing stronger evidence for developing intervention strategies.

[Latent Profiles of Early Maladaptive Schemas and Their Associations With Suicide Risk Factors in Patients With Mood Disorders](#)

The identified EMS profiles offer unique utility in predicting perceived burdensomeness, thwarted belongingness and suicidal ideation. The specific schemas that showed elevation in the Specific Elevation profile may serve as promising targets for mitigating suicide risk in patients with mood disorders.

[Gatekeeper training for suicide prevention: a systematic review and meta-analysis of randomized controlled trials](#)

This meta-analysis demonstrated GKT's effectiveness in enhancing knowledge and self-efficacy (moderate effect) for suicide prevention. However, the positive effects tend to decrease over time. Online training offers significant benefits, making it a viable option for widespread implementation. Additionally, the selection of gatekeepers plays a crucial role in ensuring the effectiveness of online GKT programs.

[Health economic evaluation of Autism Adapted Safety Plans: findings on feasibility of tools from a pilot randomised controlled trial](#)

Standard Gamble and Time-Trade Off approaches to measure health status were judged inappropriate to measure health outcomes with autistic adults experiencing suicidal ideation and with a history of self-harm.

[Can green space help protect us from self-harm and suicide?](#)

Discusses a systematic review which suggests a protective association between green space exposure and all suicide-related outcomes. The protective associations were stronger for women than for men.



[Randomised controlled trial of a brief theory-based online intervention to reduce self-harm](#)

This web-based intervention has limited utility for reducing self-reported self-harm or suicidal ideation in adults with a history of self-harm. Further work is needed to improve the effectiveness of brief interventions for self-harm aimed at adults living in the community and to understand the conditions under which the intervention may or may not be effective.

[The voices not heard: thematic analysis of asylum seekers' explanatory models of mental illness as elicited by the Cultural Formulation Interview](#)

The interplay among pre-, peri- and post-migration experiences, having a continuous impact on asylum seekers' mental health, was highlighted by the themes 'a burden of the past', and 'a disenabling current reality'. The theme 'a personal position and individual experience' revealed how the CFI enables self-determination in clinical encounters by embracing uncertainty and questioning the medicalisation of distress. The analysis characterises asylum seekers' symptoms as a personal idiom of distress within socio-relational contexts. The CFI provides a clinically useful framework for exploring asylum seekers' explanatory models and fostering dynamic understanding.

[Suicidal behaviours and associated factors among Bangladeshi medical students: a systematic review and meta-analysis \(2000–2024\)](#)

Suicidal behaviours particularly, suicidal ideation, are high among Bangladeshi medical students. However, very few studies were done in this country to quantify the burden and its associated factors.

[Observational study of the pre-service vulnerabilities, in-service exposures and post-service antecedents of suicide in veterans of the UK Armed Forces, 2007–2018](#)

Veterans experience a range of challenges after leaving the UKAF. Common antecedents to suicide, such as self-harm, suicidal ideation and drug misuse, are open to intervention. However, despite most veterans seeking help from a range of support services, few were receiving psychological intervention. Prevention should also focus on addressing the needs of veterans beyond mental ill health, like employment and housing.

News

[Urgent Plea To Confront Wales' Leading Cause Of Death Among Young People In Their Early 30s, States Samaritans Cymru](#)

Every day, we lose someone in Wales to suicide. According to the Office for National Statistics, suicide rates in Wales rose in 2023, becoming the leading cause of death for young people under 35.

[Majority of public opposed to Meta's rollback of safety measures and wants Government and Ofcom to act](#)

Seven in ten with an opinion are opposed to Meta policy changes that Molly Rose Foundation says will sharply increase suicide and self-harm risks.