

Suicide Prevention

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Studies

[New study reveals mental health impact of initial lockdown period](#) The first six weeks of the pandemic had a major impact on the UK population's mental health and wellbeing, according to new research led by the University of Glasgow in partnership with Samaritans. The research found that suicidal thoughts increased over the first six weeks of the UK's lockdown (one in ten or 9.8% by the end of this period), however other factors related to suicide risk such as symptoms of anxiety, levels of defeat and entrapment decreased across the same period. Depressive symptoms and loneliness remained relatively stable but adversely affected.

[Masculinity, depression and suicide risk in men with a history of childhood maltreatment](#) This post summarises a recent study exploring whether masculine values are differentially linked to men's mental health functioning, depending on exposure to childhood maltreatment.

[Social media and self-harm in young people: help or hindrance?](#) This post summarises a qualitative study that questions whether removing graphic self-harm content from social media helps or hinders young people.

[Associations between statin use and suicidality, depression, anxiety, and seizures: a Swedish total-population cohort study](#) This population study concludes that statin use is not associated with suicidality, anxiety disorders, or seizures. Whether the observed association between statin use and reduced diagnoses of clinical depression is confounded by non-specific benefits related to being prescribed medication needs further research.

[A Digital Companion, the Emma App, for Ecological Momentary Assessment and Prevention of Suicide: Quantitative Case Series Study](#) These preliminary results indicate that patients have different clinical and digital profiles and needs that require a highly scalable, interactive, and customizable app. They also suggest that it is possible and acceptable to collect longitudinal, fine-grained, contextualized data (ie, EMA) and to offer personalized intervention (ie, EMI) in real time to people at high risk of suicide.

Report

[Pushed from pillar to post: improving the availability and quality of support after self-harm in England](#) The Samaritans report, Pushed from pillar to post: Improving the availability and quality of support after self-harm in England, shows that there is no consistently effective support available to people who self-harm. This situation must improve to better support people and tackle rising rates of self-harm.

Podcast

[Life Matters](#) Life Matters is a ground-breaking new podcast where people with real experiences talk candidly about how suicide has affected them, where we get the very latest on innovative suicide prevention initiatives being developed around the world, investigate special projects - and hear from people who are creating some fun ways to help people to open up.