

# Suicide Prevention

May 2021

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## **Systematic Review**

### [Can we teach schools how to improve care for young people who self-harm?](#)

Appraises and summarises a recent systematic review of experimental studies, which looks at whether school staff training can improve responses to pupils who self-harm.

### [Efficacy of dialectical behavior therapy for adolescent self-harm and suicidal ideation: a systematic review and meta-analysis](#)

DBT-A appears to be a valuable treatment in reducing both adolescent self-harm and suicidal ideation. However, evidence that DBT-A reduces BPD symptoms was only found in pre-post evaluations.

## **Studies**

[Suicide Risk among People with Autism Spectrum Disorder](#) A recent national retrospective study from Denmark found individuals with a diagnosed autism spectrum disorder (ASD) have an increased risk for suicide attempt and suicide death. The results of this research highlight the need for tailored suicide prevention strategies for individuals with ASD whose risk and protective factors may differ from those in the general population.

### [Mental health difficulties commonly reported by ICU staff during the pandemic](#)

Reviews a recent survey study on self-reported mental health problems in ICU staff working during the UK 2020 COVID-19 pandemic.

## **Cochrane Review**

[Psychosocial interventions for self-harm in adults](#) This Systematic review found that given the moderate or very low quality of the available evidence, there is only uncertain evidence regarding a number of psychosocial interventions for adults who engage in SH. Psychosocial therapy based on CBT approaches may result in fewer individuals repeating SH at longer follow-up time points, more research is also needed in MBT, DBT and group-based emotion regulation therapy.

## **Statistics**

### [Quarterly suicide death registrations in England: 2001 to 2019 registrations and Quarter 1 \(Jan to Mar\) to Quarter 4 \(Oct to Dec\) 2020 provisional data](#)

Taken as a whole, 4,902 suicides were registered in England in 2020, equivalent to a provisional rate of 9.9 suicide deaths per 100,000 people; this represents a statistically significant reduction in the rate from 2019 when there were 10.8 suicide deaths per 100,000, but caution is required in the interpretation of this decrease due to delays to coroner inquests and the impact of the pandemic.

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## **Research**

[Suicide in England in the COVID-19 pandemic: Early observational data from real time surveillance](#) The data did not find a rise in suicide rates in England in the months after the first national lockdown began in 2020, despite evidence of greater distress. However, a number of caveats apply. These are early figures and may change. Any effect of the pandemic may vary by population group or geographical area.

## **Guidance**

[Samaritans new guidelines equip gambling businesses to do more to prevent suicide](#) Samaritans has published its first best practice guidance for the gambling industry to help gambling businesses understand and adopt practical steps to prevent gambling-related suicide.

## **Briefing Paper**

[Suicide Prevention: Policy and Strategy](#) This House of Commons Library briefing paper examines suicide prevention policies and strategies throughout the UK. It outlines national and local approaches to prevention policy in England, as well as Scotland, Wales, and Northern Ireland.