

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

## Systematic Reviews

### [The rapid anti-suicidal ideation effect of ketamine: A systematic review](#)

Four of five RCTs examined racemic ketamine (0.5 mg/ kg) given intravenously and found an advantage for ketamine over control for rapid reduction in SI in acutely depressed patients. Further research is warranted into: optimal dosing strategy, including number and frequency; and long-term efficacy and safety. Ultimately, it remains to be shown that ketamine's benefit for SI translates into prevention of suicidal behaviour.

### [Systematic review of risk and protective factors for suicidal and self-harm behaviours among children and adolescents involved with cyberbullying](#)

This systematic review concerns research on factors that influence the impact of cyberbullying on suicidal and self-harm behaviours. Risk factors specific to cyberbullying were: Autism Spectrum Disorder, Intellectual and Developmental Disorders, obesity, having asthma and severity of cyberbullying. Fewer studies concern protective factors. More research is needed including exploration of the differential impacts of different forms of cyberbullying, and evaluations of the impacts of programs to increase personal skills, improve family relationships and foster school connectedness to reducing suicidal and self-harm behaviours in this vulnerable population.

## Studies

### [Alexithymia and suicide, violence, and dual harm in male prisoners](#)

Review of a recent cross-sectional study examining the links between alexithymia and suicide, violence or dual harm among male prisoners in the UK.

### [Being part of something bigger: can neighbourhood identification protect against self-harm?](#)

Review of a recent cross-sectional study which investigates whether neighbourhood identification can buffer against the effects of socioeconomic disadvantage on self-harm.

### [Identifying socio-demographic risk factors for suicide using data on an individual level](#)

This research confirmed previously known risk factors such as male gender, middle-age, and low income and found that they are risk factors that are robust to intercorrelation. Debt and urbanicity were mostly insignificant and regional differences found in raw frequencies are mostly explained away after correction of correlating risk factors, indicating that these differences were primarily caused due to the differences in the demographic makeup of the regions.

## Screening Tool

### [New screen assesses suicidality in autistic adults](#)

The tool, called the Suicidal Behaviors Questionnaire-Autism Spectrum Conditions (SBQ-ASC), is [freely available online](#) and could help spur research on suicide and autism.

## Research

### [Understanding the early-life origins of suicide: Vulnerability may begin even before birth](#)

Evidence from research conducted in the past two decades has highlighted that suicide is not only the result of such contributing factors around the time of death. Instead, vulnerability to suicide may build up throughout the course of life. It may start with events occurring very early in life, in the perinatal period and infancy, that have long-lasting influences on suicide in adulthood.