

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

Training

[Suicide Awareness Training hits two million](#)

The Zero Suicide Alliance's (ZSA) [free online Suicide Awareness Training](#) has reached another major milestone having been taken two million times.

Systematic Reviews

[Adapting a codesign process with young people to prioritize outcomes for a systematic review of interventions to prevent self-harm and suicide](#)

'Improved coping' and 'safer/more accepting environment to disclose' were the final top-rated outcomes. 'Reduction of self-harm' was considered a low priority as it could be misleading, stigmatizing and was considered a secondary consequence of other improvements.

[A systematic review of the relationship between momentary emotional states and nonsuicidal self-injurious thoughts and behaviours](#)

The results support affect regulation models of NSSI, and demonstrate the value of ESM studies, specifically those sampling more than once per day, in plotting the temporal, "in-the-moment" characteristics of these processes.

[Crisis-focused psychosocial interventions for borderline personality disorder: systematic review and narrative synthesis](#)

The review tentatively demonstrated that crisis-focused psychosocial interventions are feasible and acceptable to people with BPD and that they have potential impacts on outcomes such as self-harm and number of days spent in hospital.

[Cyber-victimisation may be associated with self-injurious thoughts and behaviours](#)

This post from the Mental Elf looks at a systematic review exploring the links between social media, cyberbullying, suicide and self-harm, which identifies a link between being victimised online and suicidal behaviour, thoughts and self-harm.

Surveys

[The Trevor Project: 2022 National Survey on LGBTQ Youth Mental Health](#)

The Trevor Project's 2022 National Survey on LGBTQ Youth Mental Health demonstrates that rates of suicidal thoughts have trended upward among LGBTQ young people over the last three years.

[Suicide bereavement in the UK: Descriptive findings from a national survey](#)

Results highlight the need for a multi-disciplinary approach in postvention and the provision of proactive outreach to support those bereaved by suicide. Postvention efforts need to acknowledge the death of a friend by suicide as a significant loss.

Randomised Controlled Trial

[Selective personality-targeted prevention of suicidal ideation in young adolescents: post hoc analysis of data collected in a cluster randomised controlled trial](#)

Personality-targeted selective prevention during early secondary school can have a lasting impact on suicidal ideation during adolescence.

Studies

[Web-based support services to help prevent suicide in young people and students: A mixed-methods, user-informed review of characteristics and effective elements](#)

This study identifies a need to develop online crisis support that is both young person and suicide-specific and provides information to aid the design of such services.

[Suicidal ideation and sobriety: Should acute alcohol intoxication be taken into account for psychiatric evaluation?](#)

Data suggests that patients presenting to the ED with complaints related to suicidal behavior who are found to have concurrent BAL ≥ 80 mg/dL are more likely to deny suicidal ideation when they have a BAL < 80 mg/dL than patients with similar presenting complaints and no alcohol intoxication. This finding suggests confirmation of the common ED practice when assessing suicidal ideation in intoxicated individuals.

[Dysfunction of goal-directed control in patients with depression and nonsuicidal self-injury](#)

These results indicate that D-NSSI patients have difficulties in using different CSs to control ongoing behavior in a goal-directed manner, and the dysfunction of goal-directed control may contribute to NSSI.

[Food Insecurity and Suicidal Behaviors Among US High School Students](#)

FI is consistently associated with mental health and suicidal behaviors among different subgroups of students.

[Investigating characteristics of patients with mental disorders to predict out-patient physician follow-up within 30 days of emergency department discharge](#)

Two-thirds of patients did not receive prompt physician follow-up. Patients with level 1–2 illness acuity at emergency department triage (needing immediate or urgent care); those with adjustment or bipolar disorders, but without alcohol-related disorders (clinical characteristics); and patients with higher continuity of physician care, more psychosocial interventions in community healthcare centres and prior hospital admission (service use characteristics) were more likely to receive prompt out-patient follow-up.

[Borderline personality disorder criteria and suicidality](#)

Summarises a 10-year follow-up study from the US, which measures the relationship between borderline personality disorder and suicide attempts.

Scoping Review

[Over-the-counter drug use in suicidal/self-harm behavior: Scoping review](#)

The available information shows that the prevention strategies should focus on OTC analgesics and hypnotic use among women, the young, the elderly, and persons with mental health disorders.