

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

Studies

[Acute Effects of Intravenous Sub-Anesthetic Doses of Ketamine and Intranasal Inhaled Esketamine on Suicidal Ideation: A Systematic Review and Meta-Analysis](#)

Intravenous sub-anesthetic doses of ketamine and intranasal inhaled esketamine could reduce SI within 4 hours and last for 24 hours.

[Regional clozapine, ECT and lithium usage inversely associated with excess suicide rates in male adolescents](#)

In conclusion, using rigorous statistical methods to analyze data across Swedish regions in 2016–2020, we demonstrate that regional clozapine, ECT and lithium usage frequencies in 15–19-year-olds are inversely associated with excess suicide deaths in male adolescents. Importantly, our data demonstrated substantial regional variations in population-adjusted estimates of overall clozapine, ECT and lithium treatment usage frequencies in adolescents. Thus, current frameworks for suicide prevention in adolescent populations, emphasizing psychotherapy and school and community-based efforts may benefit from also considering CEL treatments for severe mental illness in male adolescents. These findings rely on the assumption of comparable psychiatric care affiliation rates of suicide victims in adolescence and young adulthood within regions.

[The mediating effects of personality traits on the relationship of youth conduct problems and mood disorders with adulthood suicidality](#)

In conclusion, compared with people who reported no conduct problems in youth, adults with conduct problems in youth exhibited a higher risk of suicidal plans and attempts. Mood disorders further increased suicidal risk, independent of conduct problems. The relationship between youth conduct problems and adulthood suicidality exerted minimal direct effect after personality traits were included in the model. The indirect effect of neuroticism might be a pivotal factor in the relationship between conduct problems and suicidal behaviors even after the diagnosis of mood disorders was controlled for. Further studies are warranted to clarify the complex relationship among conduct disorder, mood disorder, personality, and suicidality. Interventions targeting the personality construct might reduce the risk of suicide in people with conduct problems.

[Associations Between Natural Language Processing–Enriched Social Determinants of Health and Suicide Death Among US Veterans](#)

In this study, NLP-extracted SDOHs, with and without structured SDOHs, were associated with increased risk of suicide among veterans, suggesting the potential utility of NLP in public health studies.

[Can therapeutic alliance help prevent suicide in people with psychosis?](#)

Summarises a study on the therapeutic alliance and suicidal experiences in people with psychosis receiving Cognitive Behavioural Suicide Prevention Therapy.

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NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services

21 March 2023

[Viewing self-harm images on the internet and in social media usually causes harm, according to new review](#)

Clinical researchers have reviewed the international research evidence regarding the impact of viewing images of self-harm on the internet and in social media. The evidence, reviewed by researchers from Oxford University's Department of Psychiatry and Oxford Health NHS Foundation Trust, indicates that viewing such images usually causes harm, though the findings also highlighted the complexity of the issue. In all 15 research studies reviewed for [the paper](#), published in the Journal of Child Psychology and Psychiatry, there was evidence that looking at images of self-harm had harmful effects. This included an increase in self-harm, such as through triggering urges to self-harm, and enabling social connections with others who are self-harming, which can reinforce an individual's personal identity as someone who self-harms.

Toolkit

[NHS employee suicide](#)

A toolkit to help NHS organisations develop and implement a process to manage the impact of an employee suicide on colleagues.

News

[Scheme putting police in mental health teams must end, says NHS England](#)

A controversial mental health monitoring system, which embedded police officers in clinical teams, must no longer be used in mental health services, NHS England has said.