

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

Systematic Review

[Prevalence of suicidal thoughts and attempts in the transgender population of the world: a systematic review and meta-analysis](#)

The present meta-analysis results showed the prevalence of suicidal thoughts and attempts in the transgender community was high, and more importantly, about 50% of transgenders who had suicidal thoughts, committed suicide.

Studies

[Sharpening the focus: viewing self-harm images online – harmful and protective?](#)

Considers a systematic review exploring the impact of viewing self-harm images online, which finds that images can trigger powerful emotions and may relate to a change in cognition, affect and behaviour.

[Modelling the cost-effectiveness of brief aftercare interventions following hospital-treated self-harm](#)

A theoretical brief aftercare intervention is highly likely to be cost-effective for preventing suicide and self-harm among individuals with a history of self-harm.

[Psychological distress, self-harm and suicide attempts in gender minority compared with cisgender adolescents in the UK](#)

Gender minority adolescents experience a disproportionate burden of mental health problems. Policies are needed to reduce victimisation and services should be adapted to better support the mental health of gender minority adolescents.

[Suicidality and protective factors among sexual and gender minority youth and adults in Canada: a cross-sectional, population-based study](#)

Sexual and gender minority populations had a higher prevalence of suicidality and less social support and health care access compared to the heterosexual and cisgender populations. The pandemic was associated with increased suicidal ideation and limited access to care for these groups. Public health interventions that target modifiable protective factors may help decrease suicidality and reduce health disparities.

[#chatsafe 2.0. updated guidelines to support young people to communicate safely online about self-harm and suicide: A Delphi expert consensus study](#)

A total of 191 items were included in the new #chatsafe guidelines. These were organised into eight themes, which became the overarching sections of the guidelines: 1) General tips; 2) Creating self-harm and suicide content; 3) Consuming self-harm and suicide content; 4) Livestreams of self-harm and suicide acts; 4) Self-harm and suicide games, pacts, and hoaxes; 6) Self-harm and suicide communities; 7) Bereavement and communicating about someone who has died by suicide; and 8) Guidance for influencers.



[Serial mediation of the relationship between impulsivity and suicidal ideation by depression and hopelessness in depressed patients](#)

Our findings indicate that impulsivity indirectly influences suicidal ideation through its association with depression, which subsequently contributes to feelings of hopelessness. These results emphasize the importance of addressing symptoms of depression and hopelessness in the prevention and intervention efforts targeting individuals with depression. Additionally, monitoring and addressing impulsivity levels may also be crucial in reducing the risk of suicidal ideation among this population. These findings provide valuable insights for future preventive programs and interventions aimed at mitigating suicidal ideation in individuals with depression.

[Associations of Military-Related Traumatic Brain Injury With New-Onset Mental Health Conditions and Suicide Risk](#)

In this longitudinal cohort study of soldiers, rates of new-onset mental health conditions were higher among individuals with a history of TBI compared with those without. Moreover, risk for suicide was both directly and indirectly associated with history of TBI. These findings suggest that increased efforts are needed to conceptualize the accumulation of risk associated with multiple military-related exposures and identify evidence-based interventions that address mechanisms associated with frequently co-occurring conditions.

Webinar

[Webinar presented by Prof Nav Kapur on 2022 NICE guidelines for self harm](#)

Last month our Prof Nav Kapur presented the NICE guidelines for self-harm: assessment, management & preventing recurrence. If you missed this you can watch the full webinar video [here](#).

News

[Help shape new suicide awareness training to support autistic people](#)

Zero Suicide Alliance (ZSA) is currently working with Greater Manchester Suicide Prevention Board to develop suicide awareness training to support autistic people. If you are autistic, work with autistic people or have personal experiences with autism, find out how you can get involved on [ZSA's website](#).