# Research Overview







### National Suicide Research Foundation

Aim:

To produce a nationally and internationally recognised body of reliable knowledge from a multidisciplinary perspective on the risk and protective factors associated with suicidal behaviour.

Outcome:

A solid evidence base for policy development and intervention in the prevention of suicide and the management of patients presenting with self-harm.

Priorities are in line with *Connecting for Life* Ireland's National Strategy to Reduce Suicide 2015 - 2020 and Vision for Change - Report of the Expert Group on Mental Health Policy

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Research projects addressing the extent of self-harm and suicide, patterns, risk and protective factors. II.

Efficacy of intervention and prevention programmes for self-harm and suicide, and attitudes towards suicidal behaviour and its prevention.

## I. Research projects addressing the extent of self-harm and suicide: Patterns, risk and protective factors (some studies will be ongoing into 2016/2017)

#### **Self-harm**

- 1. National Self-Harm Registry Ireland: Monitoring of all hospital treated self-harm cases since 2002
- 2. Comparative research project on self-harm patients involved in self-cutting and those with intentional overdoses
- 3. Improving assessment and aftercare of selfharm patients presenting to Hospital Emergency Departments (HSE South)
- 4. The association between intentional and unintentional injuries
- 5. Self-Harm Registry Northern Ireland (NSRF is key collaborator)
- 6. In-depth analyses and dissemination of the data from the studies: Saving and Empowering Young Lives in Europe (SEYLE) and Child and Adolescent Self-harm in Europe (CASE) in collaboration with national and international researchers
- 7. The interaction between psychological vulnerability and the impact of social contagion associated with self-harm (part of MARATONE)

#### **Suicide**

- 8. Implementation of a Suicide Support and Information System: A study in the Cork region a) Improved facilitation of support to those bereaved by suicide, b) Identification of risk factors associated with suicide, c) Identification of emerging suicide clusters Dissemination
- 9. Risk and protective factors in relation to suicide among people who resided in industrial schools as children Dissemination
- 10. Improved prediction of suicide risk through linking self-harm and suicide mortality data
- 11. Accuracy of recording systems of suicide and other external causes of death
- 12. Psychosocial, psychiatric and work related factors with suicide: a case-control study (SSIS-ACE)
- 13. Research into a potential suicide cluster among people who died by suicide and who were in contact with the Donegal Mental Health services at time of death
- 14. Psychological and physical outcomes in suicide survivors

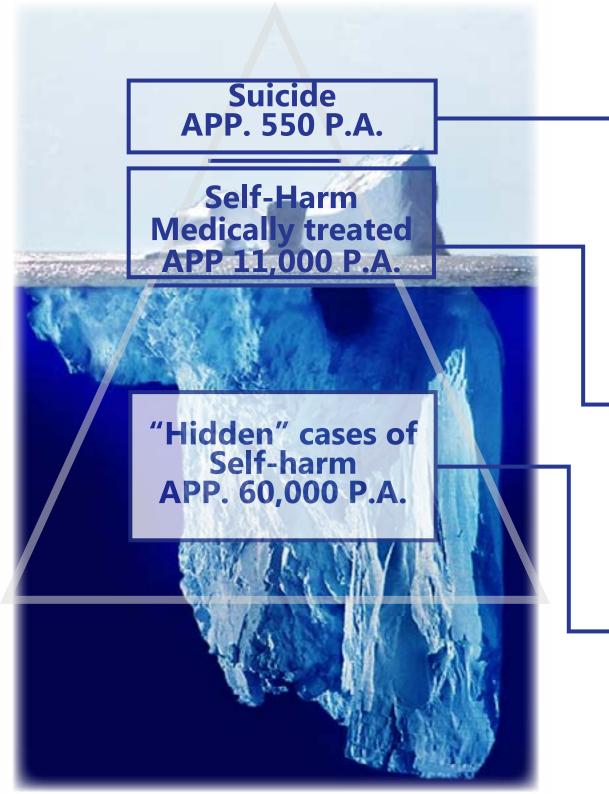
## II. Efficacy of intervention and prevention programmes for self-harm and suicide, and attitudes towards suicidal behaviour and its prevention (Some studies will be ongoing into 2016/2017)

### **Efficacy of intervention programmes for self-harm patients**

- 1. Five level community-based intervention project for depression and suicidal behaviour: Project in Limerick prior to implementation at national level (OSPI) Dissemination
- 2. Optimised "Mind Yourself": a brief problem-solving intervention programme for adolescents and adults
- 3. Training of Emergency Department and Mental Health Care staff in increasing Awareness of Selfharm and Suicide
- 4. Acceptability and efficacy of an internet-based guided self-management intervention for young people and adults with mild to moderate depression (PREDI-NU) To be implemented and evaluated among health professionals
- 5. Implementation and evaluation of the national roll out of Dialectical Behaviour Therapy training
- 6. Evaluation of a social prescribing intervention in collaboration with the Erris Primary Care Team, HSE West
- 7. Implementation and evaluation of the SCAN Nurse project

## Attitudes towards suicidal behaviour and its prevention

8. Attitudes towards suicide and its prevention among policy, health care and community-based professionals including politicians, coroners, GPs, nurses, pharmacists, Gardai etc.



- Accuracy of suicide statistics
- Facilitation of bereavement support
- Suicide awareness and risk identification
- Identification of and responding to emerging suicide clusters

- Self-harm awareness and identification of risk of repeated self-harm
- Assessment and aftercare of self-harm patients
- Implementation of effective treatments for self-harm patients (e.g. CBT, DBT)

- Depression/self-harm/suicide awareness training
- Mental health promotion
- Screening for self-harm/suicide risk
- Internet-based guided self-management programmes for mild to moderate depression
- Facilitation of access to services/interventions