STUDIES

HEALTH RESEARCH AWARDS: PSYCHOSOCIAL, PSYCHIATRIC AND WORK-RELATED RISK FACTORS ASSOCIATED WITH SUICIDE IN IRELAND: A CASE-CONTROL STUDY (SSIS-ACE) STUDY OF UNTIMELY SUDDEN DEATHS AND PEOPLE WHO TOOK THEIR LIVES WHILE IN THE CARE OF THE MENTAL HEALTH SERVICES (SSIS-PAM)

Study Aim:

This study aims to improve the knowledge base on specific psychosocial, psychiatric and work-related risk factors associated with suicide in Ireland and also to gain insight into specific protective factors that prevent suicidal behaviour. Using the psychological autopsy method and standardised measures, multiple sources of information are accessed to compare risk and protective factors across suicide cases, high-risk self-harm patients and general practice patient controls.

Personnel Involved:

Principal Investigator: Prof. Ella Arensman; Dr. Birgit Greiner (Epidemiology and Public Health, University College Cork); Ms. Eileen Williamson; Prof. Ivan Perry (NSRF; Epidemiology and Public Health, University College Cork); Prof. Colin Bradley (General Practice, University College Cork); Dr. Paul Corcoran (NSRF; Cork University Maternity Hospital); Dr. Carmel McAuliffe; Dr. Eugene Cassidy (Cork University Hospital).

Study Co-ordinator: Dr. Celine Larkin.

Research Officers: Ms. Jacklyn McCarthy; Ms. Sara Leitao; Ms. Emilie Mullins; Ms. Gretta O'Connell.

PhD Scholar SPHeRE: Ms. Ailbhe Spillane

Specific objectives 2015:

- On-going recruitment and data collection.
- Capacity building: Training of research support officers who will be engaging in interviews and interview transcription.
- Engagement with stakeholders: examination of aggregated data to inform on-going suicide prevention activities by collaborators.
- Initial data analysis and interim report.
- On-going data analysis and preparation of papers for international peerreview journals/scientific conference presentations.

Study Aim:

This study aims to identify common risk factors, relationships, contagion effects and common patterns in access to mental health services associated with premature deaths, involving a potential cluster of 29 people.

Personnel Involved:

Principal Investigator: Prof. Ella Arensman; Ms. Eileen Williamson. Postdoctoral Researcher: Dr. Colette Corry.

Specific objectives for 2015:

- Completion and presentation of interim report.
- Final data analysis and report writing:
- 1) Internal Report;
- 2) Executive Summary/Evidence Brief
- 3) Paper for peer review journal
- Proposal for further implementation of the SSIS Psychological Autopsy Model in mental health services at national level.
- Implementation of study recommendations in collaboration with the Donegal Mental Health Service.

PATTERNS IN THE USE OF DRUGS USED IN INTENTIONAL DRUG OVERDOSE (IDO): USING SURVEILLANCE REGISTRY DATA FROM THE REPUBLIC OF IRELAND (ROI) AND NORTHERN IRELAND (NI)

PhD Scholar: Caroline Daly-3 Years (2015-2018) Supervisors: Prof. Ella Arensman; Dr. Eve Griffin, Professor Ivan Perry In collaboration with official advisors Professor Darren Ashcroft and Dr Roger Webb of the University of Manchester.

Study Aim:

The purpose of this research is to examine the patterns in use of drugs involved in intentional drug overdose (IDO) in Ireland and to determine the factors which affect this.

Objective 1: IDO remains the most common method of self-harm in Ireland and the UK, accounting for 65-85% of all Emergency Department self-harm presentations. In the RoI and NI the category of 'Other drugs' are the second most frequently used in overdose, following minor tranquillisers. In 2012 and 2013 "Other drugs" were taken in more than one quarter (27%) of all RoI intentional overdose acts, the highest ever recorded since the initiation of the Registry, with little or no gender differences in intake. In previous calendar years, in NI 'Other drugs' were taken in 23% of IDO acts. Despite the extensive prevalence of these drugs in intentional overdose acts, we currently do not know what types of drugs are represented within this category.

Objective 1, to be carried out in 2015, will examine in fine detail the drugs involved in IDO. This will involve exploring of drug classification systems and the appropriate application of a selected system to the applicable datasets in the RoI and NI.

Objective 2 and 3 will involve the mapping of frequently used drugs and also examine patterns of switching within and between methods of self-harm among persons who engage in IDO.

HEALTH RESEARCH BOARD (HRB) INTERDISCIPLINARY CAPACITY ENHANCEMENT (ICE)

Study Aim:

This study involves using existing large scale data-sets to address important questions in the area of youth suicidal behaviour. Personnel Involved: Lead Principal Investigator: Prof. Mary Cannon (Royal College of Surgeons in Ireland).

Other Investigators: Dr. Paul Corcoran (NSRF; Cork University Maternity Hospital); Dr. Helen Keeley (Child and Adolescent Mental Health Services); Mr Derek Chambers (Inspire Ireland); Dr. Mary Clarke (Royal College of Surgeons in Ireland); Prof. Pat McGorry (Orygan Centre Melbourne), Ms. Eileen Williamson. Postdoctoral Research Fellow: Dr. Elaine McMahon.

Specific objectives 2015:

• Co-coordination of the data collection for the Horizons study with Helen Coughlan (Royal College of Surgeons in Ireland) Dublin.

HORIZONS

EU-MARIE CURIE: MENTAL HEALTH TRAINING THROUGH RESEARCH NETWORK IN EUROPE (MARATONE)

The HORIZONS study will examine longitudinal risk and protective factors for mental ill-health among young people in Ireland. Data will be collected from up to 1,112 eighteen to nineteen year olds from the Cork and Kerry regions of Ireland. The HORIZONS study will draw from an existing population-based cohort of young people who previously took part in the Saving and Empowering Young Lives in Europe (SEYLE) study (Wasserman, et al, 2010; Wasserman et al, 2015). The SEYLE study was a pan-European randomised control trial of mental health promotion interventions with 13-14 year old adolescents.

Personnel involved: Prof. Mary Cannon (PI, Royal College of Surgeons in Ireland), Ms. Helen Coughlan (Royal College of Surgeons in Ireland), Dr. Lee-Ann Burke (University College Cork), Mr. Derek Chambers (Inspire Ireland), Dr. Mary Clarke (Royal College of Surgeons in Ireland), Dr. Paul Corcoran (NSRF; Cork University Maternity Hospital); Dr. Helen Keeley (Child and Adolescent Mental Health Services), Dr. Elaine McMahon, Ms. Eileen Williamson, Ms. Grace O'Regan.

Objectives 2015:

• Data collection via a follow-up survey among a cohort of adolescents aged 13-14 years.

Study Aim:

To identify risk factors for long-term repetition of self-harm among children, adolescents and young adults presenting to hospital emergency departments in Ireland.

Personnel Involved: Supervisor: Prof. Ella Arensman. Co-Supervisors: Dr. Elaine McMahon; Ms. Eileen Williamson. Postdoctoral Researcher: Mr. Marco Bennardi.

Specific objectives 2015:

- To compare suicide among young people and adults in Ireland in terms of method characteristics, toxicological analysis, and substance abuse histories (paper for peer review journal).
- To identify age group (10-14, 15-19, 20-24, 25-29) similarities and differences in repetition of self-harm;
- To identify the relation between self-harm method and switching method over time among four age groups (10-14, 15-19, 20-24, 25-29);
- To identify the relation between recommended next care (following a hospital presentation) and repetition of self-harm accounting by selfharm method at the first presentation across four age groups (10-14, 15-19, 20-24, 25-29).

EVALUATION OF A SOCIAL PRESCRIBING INTERVENTION

Study Aim:

This study aims to evaluate the implementation and outcomes of the Erris social prescribing project by investigating changes among participants in relation to their mental health, behaviour, lifestyle and help-seeking behaviour before and after the intervention.

Personnel Involved: Principal Investigator and Supervisor: Prof. Ella Arensman. Research Officer: Ms. Gretta O'Connell.

Specific objectives 2015:

- Completion of data collection.
- Completion of data analysis of Interim and and Final Report.
- Seminar on the outcomes of the evaluation of the Social Prescribing programme, with representatives implementing social prescribing in other regions.

IMPLEMENTATION AND EVALUATION OF THE NATIONAL ROLL OUT OF DIALECTICAL BEHAVIOUR THERAPY (DBT) TRAINING

The National Dialectical Behaviour Therapy (DBT) Project was established in 2013. This project is a multi-year project which aims to train DBT teams across Ireland and carry out an extensive evaluation of the implementation of this national roll-out.

Study Aim:

- Co-ordinate and support the administration of a national roll-out of DBT and allied intervention programmes in Mental Health Services across Ireland
- Increase the complement of therapists on existing DBT teams in Ireland
- Ensure continued research focusing on the effectiveness, economic benefits and implementation process of DBT
- Ensure service users meaningful involvement in DBT and allied intervention programmes

Clinical Leads/ Principal Investigators: Mr. Daniel Flynn (Mental Health Service, Cork South) and Dr. Mary Kells (North Lee Mental Health Services). Project Co-ordinator: Dr. Mary Joyce. Project Administrator: Ms. Louise Dunne.

Research Officers: Ms. Catalina Suarez; Ms. Siobhan O'Connor; Ms. Mareike Weihrauch; Mr. Conall Gillespie.

Specific objectives for 2015:

- Support recently trained DBT teams to implement the DBT programme in their service.
- Complement existing teams by training additional team members as appropriate.
- Support existing DBT teams to implement DBT allied interventions (e.g., Family Connections, DBT Group Skills) in their service.
- Co-ordinate data collection and research support for existing DBT teams and newly trained DBT teams.
- Carry out a pilot study on the effectiveness of DBT in an Intellectual Disability Service.
- Implement a pilot study which investigates the effectiveness of a DBT-skills informed intervention for secondary school students in Ireland.
- Prepare and disseminate interim reports for teams who have completed the first implementation of the DBT programme in their services.

EMERGENCY HEALTHCARE STAFF TRAINING IN THE ASSESSMENT AND MANAGEMENT OF DELIBERATE SELF-HARM: IMPLEMENTATION AND EVALUATION

Study Aim:

This study aims to improve the quality of care for all patients who present to hospital emergency departments following self-harm using onsite emergency care staff trainings and the systematic roll-out of an electronic self-harm assessment and information system.

Personnel Involved: Principal investigators: Prof. Ella Arensman; Dr. Eugene Cassidy (Cork University Hospital).

Project Co-ordinator: Ms. Caroline Daly.

Database Developers: Ms. Siobhan O Connor; Dr. Paul Corcoran (NSRF; Cork University Maternity Hospital).

Programme Trainers: Ms. Elaine Healy; Ms. Rose Lynch; Ms. Angela Geary; Ms. Sylvia Quinlan; Ms. Alison McCarthy (Cork University Hospital and Cork University Maternity Hospital).

Specific objectives 2015:

- Presentation on outcomes of report at conference in Belfast, 27th February 2015.
- Train-The-Trainer programme for 2nd group of nurses: 23rd April 2015, Dublin.
- Follow up on interest expressed by Public Health Agency to implement training programme in the hospital setting in Northern Ireland.
- Publication of training evaluation report.
- Preparation of paper based on evaluation outcomes for peer-review journal.
- Enhance electronic self-harm assessment database in collaboration with Dr. Eugene Cassidy and Cork University Hospital.

LINKING THE NATIONAL SELF-HARM REGISTRY IRELAND DATA FROM THE SSIS AND THE CSO

Study Aim:

This study aims to facilitate the linking of the National Self-Harm Registry Ireland data with the Central Statistics Office suicide mortality data according to a stepped approach. The linkage of the National Self Harm Registry Ireland data (all self-harm cases from 2007 to 2010) with the CSO mortality data (all deaths due to external cause from 2007 to 2011) has been completed. This will be expanded by including the 2012 and 2013 suicide mortality and allcause mortality data, and to examine this specifically for major repeaters of self-harm and patients engaging in highly lethal acts of self-harm.

Personnel Involved: Supervisors: Prof. Ivan Perry (NSRF; Epidemiology and Public Health, University College Cork); Dr. Paul Corcoran (NSRF; Cork University Maternity Hospital). PhD Scholar: Ms. Irene O Farrell.

Specific objectives 2015:

• On-going linkage of data from the National Registry of Self-Harm Ireland with suicide mortality data at national level.

CUTTING AND INTENTIONAL OVERDOSE: EXPLORING PSYCHOLOGICAL AND CLINICAL DIFFERENCES USING A MIXED METHODS APPROACH - A PROSPECTIVE STUDY

Study Aim:

This study compares patients presenting with self-cutting with those who present with other forms of self-harm according to demographics, psychological characteristics and outcomes.

Personnel Involved: Supervisors: Prof. Ella Arensman; Dr. Zelda Di Blasi (Applied Psychology, University College Cork). PhD Scholar: Dr. Celine Larkin.

Specific objectives 2015:

• Completion of analyses of qualitative interviews with self-harm patients at index self-harm episode and 3-months follow-up.

A STUDY OF THE FACTORS THAT INFLUENCE THE DETERMINATION OF SUICIDE IN IRELAND

Study Aim:

This study aims to test the hypothesis that due to the obligation on coroners to satisfy the legal test of beyond reasonable doubt, a significant number of suicides are classified as death due to misadventure, undetermined, accidental or are given open verdicts.

The specific questions which the research seeks to address are:

- Would the use of a balance of probabilities approach by coroners instead of being bound to satisfy the beyond reasonable doubt legal test make a difference to Irish suicide mortality data?
- 2. What factors explain the differences associated with verdicts of suicide and open or misadventure verdicts?
- 3. What is the impact on suicide statistics of coroners and Gardai's decision-making?
- 4. Is there potential for the use of an operational set of criteria to aid coroners and Gardai in their decision making

Personnel Involved: Supervisors: Dr. Claire Edwards (Applied Social Studies, University College Cork); Dr. Caitriona Ni Laoire (Applied Social Studies, University College Cork); Prof. Ella Arensman; Dr. Paul Corcoran (NSRF; Cork University Maternity Hospital). Doctoral Researcher: Ms. Eileen Williamson.

Specific objectives 2015:

- On-going enhancement of the screening instrument (originally developed by Rosenberg et al, 1988) with advice from international colleagues.
- Complete data collection of the application of the enhanced instrument to cases that had been given open verdicts in the year 2013.
- Match verdicts with statistical classification assigned by the CSO.
- Interviews with coroners and Gardai.
- On-going development, in collaboration with the Coroner's Society and NOSP, of an operational set of criteria or guidance document to standardise the collection of evidence and aid coroners and Gardai in their decision making.

IMPLEMENTATION AND EVALUATION OF THE SCAN NURSE PROJECT

Study Aim:

This study involves the implementation and evaluation of the national roll out of the SCAN Nurse service including the development of a monitoring system for the recording of self-harm acts and suicidal ideation presenting to GP practices. This project will also involve the NSRF team conducting evidence-based advanced workshops on depression and suicidal behaviour for GP's involved in the project.

Personnel Involved: Scientific Advisor: Prof. Ella Arensman.

Specific objectives for 2015:

• Completion of proposal for data monitoring and evaluation of the SCAN implementation.

MENTAL AND PHYSICAL HEALTH OUTCOMES OF BEREAVEMENT FOLLOWING SUICIDE

Study Aim:

This study aims to examine the impact of bereavement following suicide and complicated grief on mental and physical health outcomes. Personnel Involved: Principal Investigator: Prof. Ella Arensman. PhD Researcher: Ms. Laura O'Connell.

Specific objectives for 2015:

• Based on the research outcomes, preparation of a paper for submission to a peer-review journal.

PREVENTING DEPRESSION AND IMPROVING AWARENESS THROUGH NETWORKING IN THE EU (PREDI-NU)

Study Aim:

This study aims to improve the care for people with depression and reduce suicidality using information and communication technologies.

Personnel Involved: Principal investigators: Prof. Ella Arensman. Project co-ordinator: Ms. Gillian Karwig; Dr. Celine Larkin; Mr. Brian Waters.

Advisory Panel Members: Mr. Daniel Flynn (North Lee Mental Health); Mr Derek Chambers (Inspire Ireland); Dr. Colin Bradley (University College Cork).

Specific objectives 2015:

- On-going implementation with trained GPs and mental health professionals in the Cork region;
- Approximately 2 patients per week.
- Preparation and submission of papers based on the outcomes of the PREDI-NU project to peer-review journals.
- Completion of e-learning programme to expand implementation of the iFightDepression programme in Ireland.
- In order to achieve continuity and sustainability, further funding applications will be prepared.

OPTIMISING SUICIDE PREVENTION PROGRAMMES AND THEIR IMPLEMENTATION IN EUROPE (OSPI-EUROPE)

ENHANCING ASSESSMENT AND SELF-MANAGEMENT OF DEPRESSION AMONG THE AGEING POPULATION: PREPARATION OF AN INTERVENTION STUDY, WHICH WILL BE SUBMITTED AS AN APPLICATION FOR FUNDING UNDER THE EUROPEAN COMMISSION'S HORIZON 2020 PROGRAMME

Objectives:

- To enhance assessment of depression among older people, aged 60 years and older.
- To adjust the iFightDepression self-management programme for older people with mild to moderate depression.
- To conduct a randomised controlled trial to examine the effectiveness of a guided internet-based self-management programme for mild to moderate depression among older people with co-morbid physical health problems.

Personnel involved: Prof. Ulrich Hegerl (Germany); Prof. Airi Varnik (Estonia); Prof. Ella Arensman (Ireland); Prof. Ricardo Gusmao (Portugal); Prof. Margaret Maxwell (Scotland); Prof. Chantal van Audenhove (Belgium); Prof. Victor Perez (Spain).

- Proposal for the intervention study was completed and submitted to the EC's Horizon 2020 programme in October 2014:

Multi-Faceted Intervention Programme for Depression and Comorbidities in Older Adults (MIND-Age), involving researchers and clinicians in 16 European countries.

- The proposal was reviewed and rated as 8.0 (threshold: 8.5).

• In 2015 further funding sources will be explored for this proposal.

Study Aim:

This multi-level European study aims to provide EU member states with an evidence-based suicide prevention concept, concrete materials and instruments for running and evaluating interventions.

Personnel Involved: Principal investigator: Prof. Ella Arensman. Project co-ordinators: Dr. Celine Larkin.

Specific objectives 2015:

- On-going data analysis, reporting and dissemination of papers in peer-review journals.
- Based on the outcomes of the multi-level intervention programme, continue to support further implementation of this approach.

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AN INVESTIGATION OF CYBERBULLYING IN IRELAND: LOGGING INTO YOUNG PEOPLE'S EXPERIENCES AND BEHAVIOURS

Study Aim:

The overall aim of this research is to conceptualise cyberbullying in an adolescent population to inform the development of a behaviour change intervention.

Objectives:

- To systematically review and synthesise the qualitative literature related to adolescents perceptions of cyberbullying.
- To explore adolescents perceptions and lived experience of cyberbullying.
- To develop and implement an intervention to address cyberbullying in a school-based adolescent population.

Personnel Involved: Supervisor: Prof. Ella Arensman; Co-Supervisor: Dr. Paul Corcoran. Advisor: Dr. Elsa Droog. SPHeRE PhD Scholar: Ms. Rebecca Dennehy.

Specific objectives 2015:

- Conduct a systematic review and synthesis of the qualitative literature related to the adolescent experience of cyberbullying.
- Preparing qualitative study of the perspectives of Irish adolescents on the prevalence, nature, causes, consequences and prevention of cyberbullying behaviours including obtaining ethical approval.

THE SOCIETAL AND INDIVIDUAL IMPACT OF SUICIDAL BEHAVIOUR IN IRELAND: A QUANTITATIVE AND QUALITATIVE STUDY

Study Aim:

The aim of the research is to investigate the overall impact of suicidal behaviour on the individual and society in the Irish context.

Objectives:

- Examine the years of life lost (YLL) due to suicide in Ireland and compare this to other causes of death.
- Systematically review the physical and psycho-somatic health outcomes following suicide bereavement.
- Examine the lived experience of people bereaved by suicide.
- Examine the lived experience of family members of people who engage in high-risk suicidal behaviour.
- Compare the wellbeing scores of family members bereaved by suicide to those of family members of people who engage in high-risk suicidal behaviour.

Personnel Involved: Supervisor: Prof. Ella Arensman; Co-Supervisors: Dr. Paul Corcoran, Dr. Celine Larkin. SPHeRE PhD Scholar: Ms. Ailbhe Spilliane

Specific Objectives 2015:

- Systematic review of the impact of suicide bereavement on mortality and/or physical and psycho-somatic health outcomes among people who are suicide bereaved compared to non-suicide bereaved individuals.
- Preparing qualitative study of the lived experience of people bereaved by suicide, and how this has impacted on both mental and physical health outcomes.