

PSYCHIATRIC NEWS

ALERT

Current Issue



News From Current Issue

- APA, MH Groups Agree on Principles to Improve Care of SMI
- What Can We Expect From New Congress on Mental Health Care?
- Study Finds Alarming Increase in Suicidality During Pregnancy

Blog Archive

- ▼ 2021 (33)
 - ▼ February (15)
 - Education, Outreach, and Firearm Restrictions Offer Effective and Scalable Suicide Prevention
 - Gastrointestinal Symptoms Common in Major Depressive Disorder
 - APA Calls on Public Health Officials to Ensure Vaccination Equity
 - History of Mental Illness Associated With Earlier Onset of Schizophrenia
 - Switching to Aripiprazole or Ziprasidone May Reduce Risk of Suicide
 - APA Announces Results of 2021 Election
 - For Patients With Schizophrenia, Five Variables Associated With Suicide Risk
 - Psychiatric Diagnoses Prior to Colorectal Cancer Surgery
 - Impact of 'Minority Tax,' Need for Diversity in Academic Psychiatry
 - Antidepressants May Reduce Risk of Intubation or Death in COVID-19 Patients
 - Pandemic Prompts Increase in Emergency Department Admissions
 - Mental Illness Found to Be Significant Contributor to COVID-19 Mortality
 - APA Condemns Pepper-Spraying, Handcuffing of 9-Year-Olds
 - Study Highlights Importance of Targeting Emotion Regulation in Treatment of Depression
 - APA, Pa. Psychiatric Society Announce Support for COVID-19 Patients
 - ▶ January (18)
- ▶ 2020 (248)
- ▶ 2019 (242)
- ▶ 2018 (249)
- ▶ 2017 (244)
- ▶ 2016 (251)
- ▶ 2015 (257)
- ▶ 2014 (325)
- ▶ 2013 (455)
- ▶ 2012 (482)
- ▶ 2011 (346)

Monday, February 22, 2021

Education, Outreach, and Firearm Restrictions Offer Effective and Scalable Suicide Prevention



Educating primary care physicians on depression management, increasing awareness about mental illness and suicide among high school students, and reaching out to previously hospitalized psychiatric patients after discharge represent several of the most effective and scalable approaches to suicide prevention, according to a review in *AJP in Advance*.

J. John Mann, M.D., and colleagues at Columbia University reviewed 97 clinical trials and 30 population-level studies published between 2005 and 2019 that explored interventions aimed at reducing suicides or suicidal behavior such as self-harm. "We focused on suicidal behavior as an outcome and not suicidal ideation, because there is a closer relationship between nonfatal suicide attempts and suicide deaths than there is between suicidal ideation and suicide deaths," they wrote.

The authors focused on a variety of suicide prevention strategies, including education campaigns, screening tools, medication, psychotherapy, follow-up contact with people who had attempted suicide, and restricting access to firearms. The authors evaluated each strategy on the following two criteria: evidence that the method prevented suicide attempts and the reliability with which it could be scaled up to city, county, state, and/or national levels.

Most studies found the interventions examined were superior to control at preventing suicide attempts. Among interventions that could be easily scaled up, four showed strong evidence of effect:

- Educating youth about suicidal behaviors (100% of studies included in this review found this approach to be an effective intervention)
- Firearm restrictions (98% of studies)
- General practitioner education (83% of studies)
- Outreach to recently discharged patients (70% of studies)

"Doctors in primary care and other nonpsychiatric care settings see 45% of future suicide decedents in the 30 days prior to suicide, and 77% within 12 months of suicide, about double the rate of mental health professionals," Mann and colleagues wrote. "Therefore, educating nonpsychiatrist physicians may prevent more suicides than further training for psychiatrists."

They added, "Further suicide rate reduction requires evaluating newer approaches, such as electronic health record-derived algorithms, internet-based screening methods, ketamine's potential benefit for preventing attempts, and passive monitoring of acute suicide risk change."

To read more on this topic, see the *Psychiatric News* article "Innovative Suicide Prevention Program Using Psychotherapy Shows Early Success."

(Image: iStock/SDI Productions)

Don't miss out! To learn about newly posted articles in *Psychiatric News*, please sign up [here](#).

 **Follow *Psychiatric News* on Twitter!**

Posted by Psychiatric News Alert at 3:11 PM



Labels: [ajp in advance](#), [firearm restrictions](#), [outreach](#), [primary care physicians](#), [recently discharged](#), [scalability](#), [suicide prevention](#)

[Home](#)

[Older Post](#)

Disclaimer

The content of *Psychiatric News* does not necessarily reflect the views of APA or the editors. Unless so stated, neither *Psychiatric News* nor APA guarantees, warrants, or endorses information or advertising in this newspaper. Clinical opinions are not peer reviewed and thus should be independently verified.

RSS FEED

 [Subscribe in a reader](#)

Subscribe via email

Enter your Email

Weekly Newsletter



Tweets by


@PsychiatricNews

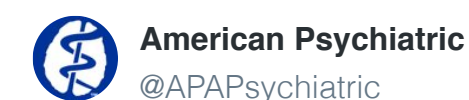


Consultation-liaison (C-L) psychiatry provides essential expertise to medically admitted patients. However, there is considerable variation from institution to institution in how consultations are performed. [apapsy.ch/proactive-cl-p... #MentalHealth](#)



  1h

 Psychiatric News Retweeted



[Embed](#) [View on Twitter](#)