



## **EPA SUICIDOLOGY AND SUICIDE PREVENTION SECTION REPORT 2023**

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## EPA SUICIDOLOGY AND SUICIDE PREVENTION SECTION REPORT 2023

### LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 29 January 2024

Venue: Virtual Elections

### ACTIVITIES OF THE SECTION IN 2023:

#### Meetings/events

#### Suicidology and brain imaging

##### Description:

**Chairs:** Philippe Courtet (France), Maria Gloria Rossetti (Italy)

##### Presenters:

- Maurizio Pompili (Italy): Mental pain and suicide risk: implications for neuroimaging
- Emilie Olié (France): The ventrolateral prefrontal cortex: a region of interest in suicidal behaviour
- Jair Soares (United States): Deep brain stimulation of the medial forebrain bundle in patients with major depression: putative effects on depression, anhedonia and suicidality
- Raffaella Calati (Italy): An Internet-Based Multi-Approach Intervention Targeting University Students Suffering from Psychological Problems: MindBlooming

##### Partners:

EPA Section on Neuroimaging

**Location:** 31st European Congress of Psychiatry - Paris, France

**Start date:** 28/03/2023

**End date:** 28/03/2023

#### Section Business Meeting

##### Description:

Agenda:

1. Introduction and short summary of past and future activities:



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- Welcome (Philippe Courtet)
- MOOC and Summer school (Emilie Olie and Jorge Lopez-Castroman)
- Delphi study (Aisté Lengvenytė)
- New website (Aisté Lengvenytė, Patrizia Zeppegno, Carla Gramaglia)

### **2. Election**

### **3. Task force on National Helplines:**

- Introduction (Philippe Courtet)
- Brief review of helplines in Europe (Miriam Iosue)
- French national helplines (Lucie Sharkey Plantin)
- Spain complementary numbers: 024, Esperanza and 061-emergencies (Diego J. Palao)
- Discussion of future activities

**Location:** 31st European Congress of Psychiatry - Paris, France

**Start date:** 27/03/2023

**End date:** 27/03/2023

## **Other Section activities**

### **Description:**

### **Suicidal crisis management guidelines 2022-2023**

To assist informed decision-making in suicidal crisis management, a modified Delphi method has been conducted seeking opinions from clinician experts in the suicidology field to create broad European recommendations, addressing the steps from clinical evaluation, immediate risk management, and connection to long-term care. The study was aimed at creating pragmatic recommendations for clinicians on the assessment and management of patients presenting with acute suicidal ideation or a recent suicide attempt.



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The process involved two iterative rounds of surveys to assess agreement with drafted recommendations. At the beginning of 2022, a panel of 8 experts developed a number of statements. In October 2022, 150 selected psychiatrists with expertise in suicidal behaviours from across Europe were invited to express their agreement or disagreement with each of these statements and provide additional input. After receiving the answers from the initial round, the second round was launched with modified questions that did not reach the initial consensus or emerged during the first round. The process culminated in the formulation of 43 consensus recommendations approved with at least 67% agreement.

The results of the study have been published in December 2023 on the Spanish Journal of Psychiatry and Mental Health.

**Event Start date:** 01/01/2023

**Event End date:** 31/12/2023

### Outcomes

Publication:

Lengvenyte, A., Giner, L., Jardon, V., Olié, E., Perez, V., Saiz, P., Suicidology, E. P. from the E. S. of, Pinto, A. G., & Courtet, P. (2023). Assessment and management of individuals consulting for a suicidal crisis: a European Delphi-method-based consensus guidelines. Spanish Journal of Psychiatry and Mental Health. <https://doi.org/10.1016/j.sjpmh.2023.12.001>

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### Description:

#### Task force on National Suicide Prevention Helplines 2021 - 2023

In 2021 the Section established a task force on National Suicide Prevention Helplines.

The main objectives of the task force are:

- Exchange and systematization of current knowledge and experiences on the best modalities, efficacy and utility of national crisis helplines;
- Identify shared difficulties in the organization and delivery of such helplines, and propose solutions that could be implemented in different countries;
- Discuss the best organizational framework and specific training needs of the implicated service providers;
- Review different legislative practices across different countries and identify possible issues.





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The first meeting of the task force was held on March 27, 2023 during the 31st European Congress of Psychiatry in Paris, France. During the meeting, Prof. Philippe Courtet briefly introduced the background and the aims of the task force, Miriam Iosue presented an overview of suicide prevention helplines in Europe, Lucie Sharkey Plantin discussed the characteristics and impact of the recently created French national helpline "3114", and Prof. Diego Palao presented the Spanish complementary numbers: 024, Esperanza and 061-emergencies. The presentations were followed by a discussion on the implications of anonymity and possible effective solutions. Possible future activities of the task force were also explored.

**Event Start date:** 01/01/2023

**Event End date:** 31/12/2023

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### **Description:**

#### **Section website 2017 - 2024**

The Section has an external website (<https://epasuicidologysection.wordpress.com/>).

The website offers information about the Section and its activities. The website also provides key scientific resources, such as updates on important new scientific studies and links to main suicide prevention guidelines, and it tries to stimulate the visitors through the discussion of challenging topics, such as the depiction of suicide in movies, books and other forms of art.

**Event Start date:** 01/01/2023

**Event End date:** 31/12/2023

#### **Outcomes**

In 2023, the website received 1,260 views by 667 unique users.

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### **FUTURE ACTIVITIES:**

#### **Meetings/events**

##### **20th European Symposium on Suicide and Suicidal Behaviour**

#### **Description:**

Prof. Marco Sarchiapone, Co-Chair of Section, is the organizer and president of the 20th European Symposium on Suicide and Suicidal Behaviour (ESSSB20).



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ESSSB is a biennial congress considered as one of the most important international meetings in the field of suicidology and suicide prevention.

Many members of the Section are collaborating to the organization of the congress and are also members of the Scientific Committee.

**Location:** Rome, Italy

**Start date:** 28/08/2024

**End date:** 31/08/2024

### **Translating evidence into suicide prevention practice: improving contact with persons in crisis**

#### **Description:**

**Chairs:** Philippe Courtet (France), Vladimir Carli (Sweden)

#### **Presentations:**

- Charles-Edouard Notredame (France): The 3114, a national professional helpline and a pivotal territorial actor for French suicide prevention
- Diego Palao (Spain): A new integrated suicide prevention hotline in health emergencies: a complementary solution to anonymous community services
- Emma Eliasson (Sweden): Beyond the proximal: A study exploring multi-level predictors of suicide rates across Sweden
- Vladimir Carli (Sweden): Implementation of a universal Brief Contact Intervention (BCI) in Sweden

**Location:** 32nd European Congress of Psychiatry, Budapest, Hungary

**Start date:** 06/04/2024

**End date:** 09/01/2024

## **Publications**

### **The role of rapid acting antidepressants in suicidal crisis management**

#### **Journal:**

In Mental Health Research and Practice: from evidence to experience (Fiorillo, A., Gorwood, P., Falkai, P., editors). Cambridge University Press

#### **Authors:**

Lengvenyte, A., Sarchiapone, M., Iosue, M., Courtet, P.

**(Expected) Publication date:** 01/05/2024

**Acknowledged as official Section publication?** Yes



## **EPA SUICIDOLOGY AND SUICIDE PREVENTION SECTION REPORT 2023**

### **FUNDING IN 2023**

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