



REFINEMENT OF SUICIDE RISK MANAGEMENT INTERVENTION

Suicide rates are rising dramatically in the U.S. Timely interventions are necessary so that high risk individuals get help to identify their personal warning signs and adopt coping strategies to manage the emotional dysregulation that heightens suicidal tendencies.

Crisis response planning (CRP) intervention teaches a range of coping strategies and provides support that can reduce suicide attempts and ideation. CRP is used in both psychiatric and non-psychiatric healthcare settings, and has been shown to significantly reduce suicide attempts by 76%. Little is known about objective measures of emotional dysregulation that are believed to explain improvement in suicidal behaviors after CRP therapy.

The current project will be the first to examine the impact of CRP intervention on suicide risk and emotional dysregulation by adopting biobehavioral measures of emotional vulnerability. Improvements from pre- to post-intervention will be measured by adopting standardized psychophysiological (e.g., heart rate variability) and ecological momentary sampling (e.g., suicide attempts and ideation) methods that will provide reliable measures of changes and delineate the underlying mechanisms of change that mitigate suicidal vulnerabilities.

This project will inform the refinement of an effective suicide risk management intervention.

COLLABORATORS

MONIKA LOHANI
College of Education
Educational Psychology
Project Owner

JUSTIN BAKER
College of Social and Behavioral
Science
Psychology

SCOTT LANGENECKER
School of Medicine
Psychiatry

PROJECT INFO
FUNDED PROJECT AMOUNT
\$30K