

Reducing Suicidal Thoughts

Effectiveness of a Web-Based Self-Help
Intervention: A RCT.

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Relevance

- Major problem
- Help negation
- Effective treatments
 - CBT
 - DBT
 - PST

Relevance

- Self-help
- Internet
 - Dutch online suicide prevention: 15%*
 - Quality: 6/23
 - Effectiveness: ?

* Ballegooijen, W. van et al. (2009). The Quality of Online Suicide Prevention in the Netherlands and Flanders in 2007. *Tijdschrift voor Psychiatrie*.

Aim

- Study effectiveness of web-based self-help intervention
 - Accessible
 - Anonymous
 - Early stage of suicidal development

Design

- RCT
- 2 conditions
 - Experimental: self-help intervention
 - Control: information
- Sample size: 260
- Intention to treat
- Imputation

Design

Condition	Pre-test	6 weeks	Post-test	3 months	Follow-up
Experimental	O1	Course	O3		O5
Control	O2	Info	O4	Course	O6

Outcome measures

- Primary
 - Frequency and intensity of suicidal thoughts
- Secondary
 - Hopelessness
 - Depression
 - Suicide attempts
 - Anxiety
 - Insomnia
 - Worrying
 - Contact GP or mental health care professional

Additional

- Bi-weekly assessment of suicidal thoughts
 - BSS
 - Fluctuations
 - Suicide risk
- High risk procedure
 - BSS > 16
 - Call participant
 - Call GP

Inclusion criteria

- 18 and over
- Mild to moderate suicidal thoughts
 - BSS < 16

Exclusion criteria

- No suicidal thoughts
 - $BSS < 1$
- Acute suicide risk
 1. Severe suicidal thoughts: $BSS \geq 16$
 2. Severe depression: $BDI > 29$

Intervention

- Background
 - Cognitive Behaviour Therapy
 - Problem Solving Therapy
 - Dialectical Behaviour Therapy
 - Mindfulness
 - Worrying

Intervention

- Structure
 - Six modules, 1 per week
 - Each module:
 - Theory
 - Exercises

Content Intervention

- Week 1: 'Thinking about suicide'
 - Repetitive character of suicidal cognitions
 - Exercises aimed at reducing worry
- Week 2: Dealing with emotions
 - Tolerate and regulate intense emotions

Content Intervention

- Week 3: Automatic thoughts
 - ABC model
 - Identifying automatic thoughts
 - ‘I am worthless’
 - ‘I am incapable’
 - ‘I am unlovable’

Content Intervention

- Week 4: Dysfunctional thinking
 - Cognitive distortions
 - All-or-nothing thinking
 - Overgeneralization
 - Mind reading
 - Disqualifying the positive
 - Emotional reasoning
 - Fortune telling

Content Intervention

- Week 5: Changing thoughts
 - Challenging cognitive distortions
 - Evaluating evidence for and against validity
 - Reformulate thoughts

Content Intervention

- Week 6: Relapse prevention
 - Picture of the future
 - Possible future setbacks
 - Relapse prevention plan

Conclusion

- Results not yet available
 - Inclusion started October 7th
 - About 150 applicants
 - 20 eligible for participation

End

Thank you for your attention

