CRESP-2 Final Report

Published December 2023

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Introduction

Suicide is the most common cause of death in Australians aged 15-44 years of age – more common than motor vehicle accidents or skin cancer, and is the tenth most common cause of death overall for Australian males. CRESP-2, an NHMRC Centre for Research Excellence in Suicide Prevention, represents a unique collaboration across six universities and multiple disciplines – psychiatry, public health, general practice, psychology, engineering, big data, health economics, sociology and informatics – to address suicide, a priority area in public health, and a matter of critical concern to the Australian public.

CRESP-2 was driven by the proposition that we could lower suicide rates in Australia by developing knowledge about suicide, building new interventions that would lower suicide risk, and by developing teams of people who understood suicide prevention (*see Box 1*). We also embraced the idea that technology platforms, through apps, websites, data banks, and smartphones, might be able to find unique ways to reach those at risk, but who were not seeking professional help.

BOX 1: What we hoped to achieve in CRESP-2

We hoped to make an impact on:

- Access to readily implementable and effective suicide prevention interventions.
- Improved knowledge translation about the how to implement suicide prevention, including the implementation of multi-component approaches.
- Lived experience leadership and participation in suicide prevention.
- Return on investment- through economic analyses.
- Building capacity in suicide prevention work.

With these goals in mind, an important aim of CRESP-2 was to develop interventions that might help in schools, health settings, and in the community, to save lives (*see Table 1*). We strove to train researchers, teachers and the community about suicide, and to describe what they could do to lower risk across three main research areas.

Table 1

The main research areas of CRESP-2			
1. Improve suicide risk in young people	**2.** Lower suicide risk in health care settings	**3.** Lower suicide risk through community interventions	**4.** Build workforce capacity in research, teaching, parenting and lived experience

The Problem We Aimed To Address

Establishing the extent of any problem is the first fundamental stage in addressing it. Consequently, a goal of CRESP-2 was to understand the extent of suicide and related behaviours in Australia.

In 2022, we published a paper on the prevalence of suicide using Australian data. (*see Figure 1 below*). We confirmed that suicide is only the tip of the self-harm iceberg, and that self harm hospitalisations and self harm are prevalent in our communities.

We also wanted to monitor the impact of COVID on suicide, self harm, suicide attempts and thoughts of suicide. COVID was thought to lead to direct impacts on mental health and suicidal behaviour through increased trauma associated with the fear of contacting the virus. The indirect effects of the pandemic were likely to be more wide-reaching, including social isolation, financial distress, and changes to work and schooling.

The last few years has seen a proliferation of research on the impacts of the COVID pandemic, with varying quality of evidence that has suggested inconsistent effects. Time series analyses have powerfully demonstrated that suicide rates typically remained steady or decreased in most countries during the first 15 months of the pandemic. There has also been evidence for little to no change in self-harm in both adults and young people. CRESP-2 researchers demonstrated, using epidemiological data sets, that there were no longitudinal changes in suicidal ideation in the Australian adult population during the first year of the pandemic.

However, we found strong evidence for an increase in **health service use for self-harm**, particularly among adolescent females, despite a reduction in emergency department visits for other mental and physical health conditions in this age group.

Compared to other countries, the situation has been more stark in Australia, with increases of up to 47% per annum in presentations for self-harm among adolescent females in New South Wales, accelerating ongoing upward trends. These changes are troubling, and may reflect that young people who are at risk of suicidal behaviour have been more severely impacted by the pandemic than other groups.

The Self-Harm Iceberg: number of deaths by suicide, self-harm hospitalisations and people reporting self-harm within 12 months

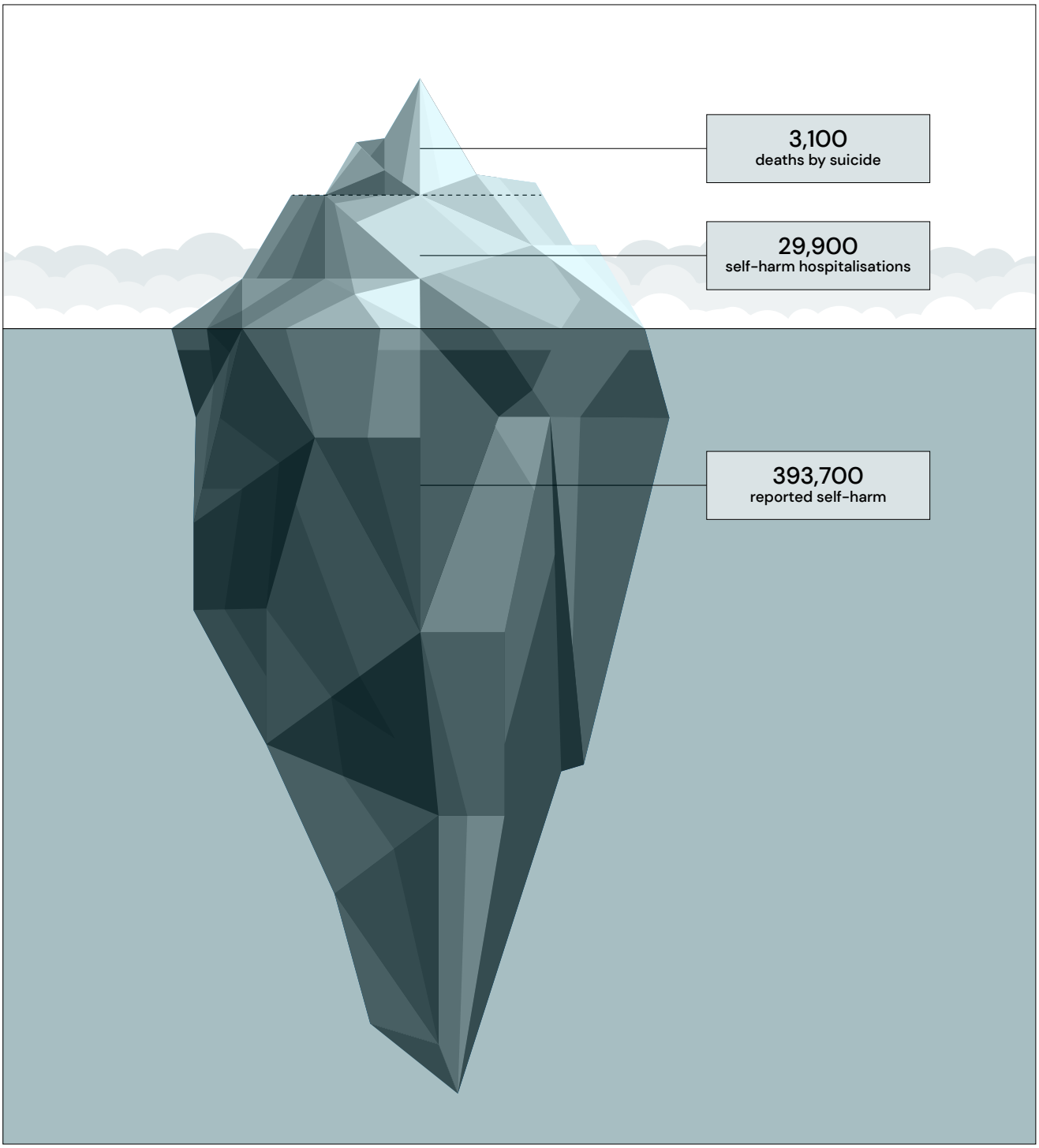


Figure 1. The self-harm iceberg. Within a 12-month period, a total of approximately 393,700 Australians reported self-harm, approximately 29,900 were admitted to hospital for intentional self-harm, and approximately 3,100 died by suicide. Data are approximate in that they were collected at different times.

The Research Activities Of CRESP-2

The four major research activities of CRESP-2 are listed in Table 1. The remainder of this report summarises each of the research goals.

Further details, descriptions, factsheets and findings for each research goal can be found in Supplement 1.

Supplement 2 lists all the research papers from 2017-2023.

Supplement 3 lists all investigators on the grant, PhD students and post-docs.

GOAL 1: Improve suicide risk in young people

CRESP-2 prioritised strategies to intervene early to lower the risk of suicidality in young people.

Table 2

Strategies to improve risk	Projects addressing risk
Understanding the causes of self-harm. Measuring novel smartphone predictors.	**Future Proofing Project**: This project examines predictors of self-harm in 6,300 year 9 students, who will be followed up until 2026.
Developing school-based prevention programs	**Smooth Sailing**: This project screens students for suicide ideation; and provides personalised access to relevant help and education.
	Sources of Strength: This project built social connections in schools to improve mental health.
	Sleep Ninja: This app improved sleep in young people, thereby lowering risk for suicide.
	YAM: This program showed that suicide ideation could reduce following the use of a proven mental health education program.

What we have learned:

The collection of epidemiology data from large scale longitudinal studies such as the Future Proofing Study is critical to understanding fluctuations in mental health in adolescence.

Understanding the effects of bushfires and the COVID pandemic on mental health of young people during COVID was only possible because this data set existed.

We examined four prevention programs over the course of CRESP-2, using large samples and high quality methodologies. Smooth Sailing, Sleep Ninja and YAM are likely to offer useful programs for delivery in schools.

What we concluded:

From a policy and practice point of view, we recommend that longitudinal data continue to be collected around the mental health of young Australians, including data on ideation, self-harm, suicide attempts along with data around poverty, housing, education and employment.

The rates of suicide and self-harm in young women are rapidly increasing, with the causes unknown. Specific research funding to understand these rates is warranted.

Suicide prevention programs should continue to be delivered in schools, but only those programs with an evidence base. Our experience suggests that YAM may be particularly useful. Screening of mental health symptoms in high school students using Smooth Sailing has been found to be both helpful and acceptable.

The Sources of Strength program did not have specific effects on suicide ideation. Sleep Ninja is an effective program for improving sleep and may be useful for young people who do not sleep well. Improving sleep may indirectly lower suicide risk.

Further work is needed to understand the reasons that we are unable to replicate earlier results in some school-based programs reported here and in the UK, US and South America, and to expand our understanding of the contextual and implementation issues that influence how we undertake real world prevention.

- Extend survey data collection in young people.
- Deliver YAM in schools.
- Investigate screening tools, but only when sufficient resources for follow-up are available.
- Broaden prevention beyond school settings.

What resources are available:

Black Dog Institute makes YAM available via delivery partnerships. To date 24,966 students have participated in YAM courses. Sleep Ninja is available in the app store at no cost.

GOAL 2: Lower suicide risk in health care settings

Health care settings are prime environments to lower the risk of suicide. People at risk of suicide frequently come into contact with health services, even before they make an attempt.

Strategies to lower risk in health care settings	Projects addressing risk
Understanding the views of consumers who use emergency departments (ED)	RESTORE-E: This study included 911 participants who had presented to an ED for suicidal crisis across local health districts in Canberra and NSW.
Restricting means to suicide within hospitals	Pulse Oximetry: This project examined the potential role of pulse oximetry in preventing suicide in hospitals.
Looking after people once they make a suicide attempt or leave hospital	Safety planning interventions: This work surveys the views of the public and health professionals about safety planning, in order to improve services after an attempt.
	RAFT: This app provides automated text messages to support people in the weeks and months following hospital services for suicide.
Looking after high risk people in Medically supervised injecting centres	Medically supervised injecting centres: The aim of this project is to design better care for people who use medically supervised injecting rooms at risk of suicide.
Developing safe spaces for people who feel at risk	Co-Creating Safe Spaces: This mixed-methods study looks at six different co-designed safe space models that provide alternatives to the emergency department (ED).
Building platforms to undertake studies of personalised treatment	Optimise: This project used AI and adaptive trial methodology to develop personalised treatments for depression. This technology can be used for suicide prevention trials.

What we have learned:

Our research has found that emergency departments are not pleasant places for people who self-harm, or who seek help for distress and present at hospital. We reported on the problems in these settings and developed guidelines that could be used to provide proper care. We undertook research to explore better models of care in the ED.

We completed a report for NSW Health on the potential use of pulse oximetry within hospitals – finding

that the use of this monitoring capacity may be useful, once the technology improves.

Safety planning and support were found to be important following self-harm or suicide attempts, and we have undertaken work to determine the best ways to support people safely.

We investigated the use of digital tools that could be used by people after a suicide attempt. RAFT, an app that provides automated text messages was found to improve outcomes. We also investigated how suicidality can be identified and responded to in high-risk environments such as medically supervised injecting rooms.

What we concluded?

- Training is needed to deliver compassionate responses in the emergency department.
- Safe havens for suicide risk are recommended by consumers as an alternative to the ED, but they need to be evaluated urgently.
- Integration of safety planning and the use of apps such as RAFT, may improve standard care, and is recommended.
- More industry incentives are required to develop technology for oximetry in psychiatry.

What resources are available:

- Guidelines for aftercare available here
- Potential useful app RAFT for after a suicide attempt (in development)

GOAL 3: Lower suicide risk through community interventions

More than 50% of people who die by suicide have not been in contact with health care services before they attempt suicide. CRESP-2 aimed to discover ways to reach these individuals before it was too late.

Table 4

Strategies to lower risk	Projects addressing risk
Understanding the demographics of people at risk and developing better models for surveillance	Spatial Epidemiology project: This project developed sophisticated methods to describe the geospatial location of deaths. These methods are critical to help communities understand the local risks and to develop suicide audits.
Understanding the transition from ideation to attempt	LifeTrack: This is a large longitudinal cohort study aims to identify different trajectories of change in suicidality over 5 years.
Understanding whether messages can be used to detect depression and suicidality	MyMood&Me: This novel informatics project explored the potential of individuals' text data in producing valid and reliable linguistic markers of depression (including suicidality).
Restricting access to means for adults at risk in high places	CCTV research project: The use of CCTV to develop automated detection system for pre-attempt behaviours, which may allow for early intervention.
Improving access to high quality, or motivating material to promote pathways to help	Under the Radar: This project collected consumer informed content to develop video messages that aim to bring men 'under the radar' into contact with others, or help them contain their self-harm.
	The Hope Exchange: This project aims to direct those at risk of suicide to safe and informative information and away from potentially harmful content.
Developing digital interventions for use in the community	LifeBuoy: This app aims to help young people to understand and manage suicide ideation.
	iBobbly: This is an app to improve wellbeing in Indigenous communities.
	BrighterSide: This app aims to help adults with suicidal throughts. It has undergone a number of clinicial trials.
	Fresh Start: This app aims to improve sleep and mental health among university students.

Strategies to lower risk	Projects addressing risk
Developing virtual reality tools to support people experiencing homelessness	Edge of the Present: This project seeks to support people experiencing hopelessness to increase their optimism about the future.
Promoting knowledge about suicide focussed on youth through drama	Sidewalk Circus Lab (Social Circus Lab): This research evaluates an arts-based knowledge translation strategy. *Sidewalk Circus Lab* uses key findings from CRESP-2 to make short films which disseminate helpful ways to support friends with suicide ideation.

What we have learned:

Means restriction is a suicide prevention strategy that is highly effective in reducing injury and death. We have taken innovative steps to understand whether CCTV can be used to identify people at risk before they make an attempt to take their lives. In a similar vein, we have examined the possibility of modifying responses to Google searches around suicide methods, so that positive rather than negative messages can be delivered.

We are now investigating the types of messages that men might respond to in order to avert suicides which seem to occur 'out of the blue'. These messages were developed in conjunction with men who have experienced these situations. Using apps, we have developed a number of digital interventions that focus on reducing suicide ideation. These might be used in distress, or as part of a larger prevention or clinical program.

We have found promising findings, with the LifeBuoy app showing reductions in suicide ideation compared to those who don't have access to it.

Finally, we want to promote accurate knowledge to prevent self-harm. We are doing this through an evaluation of the Sidewalk Circus Lab (Social Circus Lab), which uses drama and circus to disseminate evidence about self-harm prevention to young people in an engaging way.

What we concluded:

- CCTV and Google search strategy techniques may be helpful.
- Video messages may engage men at risk of suicide, but our trial is still in progress.
- Automated apps are effective, but need to be developed for and by at risk groups.
- Drama and other forms of arts-based dissemination may be an important way to engage. young people.

What resources are available or may be available in the future:

- New knowledge for coding of spatial information

- Potential drama-based script for school classes
- Powerful messages to engage men 'under the radar'
- Technology to understand suicide risk before it happens
- Safer internet browsing
- New apps that may be suitable for commercialisation or uptake

GOAL 4: Build workforce capacity in research, teaching, parenting and lived experience

CRESP-2 also aimed to build better research capacity in suicide prevention and to educate parents, teachers and the general public about suicide risk.

Table 5

Strategies	Projects
Develop new researchers	CRESP-2 has provided support for many postdocs and PhD students (see Supplement 3).
Build academic knowledge	• CRESP-2 has conducted webinars; run conferences, summits and meetings; and delivered 6 Newsletters. • CRESP-2 published the White Paper: What can be done to decrease suicidal behaviour in Australia? which was widely distributed. • A total of 324 papers and reports were published by CRESP-2 researchers 2017-2023 (see Supplement 2).
Use data to change policy	• The TGA report: CRESP-2 researchers made specific recommendations about the use of paracetamol, particularly in young women, in a report commissioned for the TGA. • **Deliberative Dialogues with policy makers:** CRESP-2 researchers conducted 2 deliberate dialogues around suicide prevention with key stakeholders. • **Participation on Policy Committees:** CRESP-2 researchers participated as Advisors to the Advisor to the Prime Minister on Suicide Prevention, plus served on Boards or Research panels of organisations, such as Suicide Prevention Australia.
Educate teachers	The BEAM Project: This project aimed to build the confidence of school teachers to support mental health in students.
Assist parents	Resource to support parents: Parents are often at the centre of a young person's social network and the first port of call in times of distress. The parent program is in development, but it will assist parents to better support young people in distress and connect them with appropriate services and support.
Develop Lived Experience expertise in suicide prevention	Lived Experience frameworks and participation models: We developed a range of frameworks that will be helpful in incorporating LE into suicide prevention research.

Strategies	Projects
Equip pharmacists to help screen and detect suicide risk	Pharmacy project: this trial examined how pharmacists might help in suicide risk.
Educate the community	Recognise and Respond: an Australian gatekeeping program developed by researchers from the Black Dog Institute that was recently evaluated. **The CRESP-2 website** was developed as a resource for services, policy makers, researchers and the community, providing information about suicide prevention research and evidence.
Develop an understanding of the knowledge sought around suicide prevention	Marketing analysis of the needs of stakeholders for education and knowledge. Development of a flexible web platform and an extended contact list/network to enable communication.

What we have learned:

Suicide prevention requires the involvement of all sectors of society. We have developed information for the public, policymakers, teachers, academics and parents to assist in building this capacity. We have built the careers of students and postdoctoral researchers and our own investigators in the process. Good quality resources are now available to the public, free of charge. We have also built information and knowledge about how Lived Experience is to be integrated into research in suicide prevention.

While we know that consumer input is critical in suicide prevention research, how to optimally involve lived experience in research has not always been clear. Our frameworks improve that process, and these frameworks can be used over time to assist other groups working in this area.

Through the extensive work of the Marketing team, and our desire to establish a dissemination platform, we now understand the type of information that we can create to help continue to improve knowledge.

What we concluded:

Many sectors of society need good quality information and tools around suicide prevention. While we do have depositories for some of these tools and educational assets, our contribution has been to develop tools and resources that are supported by the highest quality empirical data, and which are directed for specific age groups and settings.

The tools listed on the Life in Mind site provide accredited programs across a range of activities, but it is unclear how these many programs are to be differentiated by both clinicians and the public.

What products/resources are available

- **The BEAM training program** received professional accreditation from the New South Wales Education

Standards Authority. The Black Dog Institute is preparing the public launch of the training program, with an expected timeline of January 2023.

- **Recognise and Respond** – Suicide prevention for everyday life' (R&R) is an e-learning program developed by The Black Dog Institute, for the general community. Preliminary results from its recent RCT have shown significant and sustained improvements (at 3-month follow up) for participants in their confidence to support someone at risk of suicide and attitudes to suicide prevention.
- **Advanced Training in Suicide Prevention** (ATSP) is a professional development training program for GPs, psychologists and allied health professionals. Program evaluation shows significant, sustained gains in participant confidence and knowledge in increasing the safety of people planning suicide. To date, over 4,000 health professionals have completed training.
- **Youth in Distress** – managing suicidality and self-harm' is a professional development training program for school counsellors, developed by Black Dog Institute in collaboration with the NSW Department of Education. BDI's program evaluation results show positive measurable effects for improving school counsellor knowledge and confidence in managing suicidality and self-harm, with improvements being sustained over time. To date, the program has been delivered to 1,475 school counsellors and continues to be offered to counsellors, psychologists, and youth workers as a face-to-face or blended learning program.

CRESP-2 Dissemination & Promotional Strategy

Research that is not disseminated is not likely to have an impact. Some say that research which is not shared or implemented may as well not have been done. Consequently, CRESP-2 took very seriously the goal of dissemination. The strategy for dissemination for our work was developed by the Marketing and Communications team at the Black Dog Institute.

Research taken by that team revealed that:

- Many websites about suicide prevention existed, but the quality of the information was questionable. End users of web information considered the Black Dog Institute Website a go-to-website for quality information.
- The audience for suicide prevention information was seeking independent, brief access to high quality information, commentary and recent research.
- The key primary audience for our focus was policy makers, and other researchers, with secondary targets of sector organisations and consumers.

The strategy we used to disseminate our findings thus involved **website development, newsletter development, research sharing** through parallel channels, and the production of an accessible **Final Report:**

Website

The strategy we used to disseminate our findings focussed on website development which:

- Led to the creation of a sub-site on the Black Dog Institute site, to avoid duplication, but also to highlight CRESP's partners.
- Led to the investment in greater functionality to allow the goals of dissemination to be achieved:
    - **Improved search functionality for research projects and researcher profiles**, to identify CRESP-2 projects, and to filter based on specific parameters, including a focus on priority populations such as Youth, First Nations, or LGBTQIA+ communities.
    - **More streamlined research project pages** that can accommodate multiple organisational logos to demonstrate collaboration across the sector, provide quick navigation to find information on the page (such as funding sources or research timelines) and options to embed multimedia elements such as images and PDF downloads on the page to bring together the science and research translation efforts onto a single page.

Newsletters and Content Development

Newsletters and re-usable PDF content were developed. This was achieved by prioritising research projects which were identified to be translated into other content formats, particularly the development of a designed summary PDF that outlines the key outcomes from the project, how it can be utilised by the intended audiences in their policy or service work and provides supporting visualisations and infographics.

The CRESP-2 Monthly Newsletter commenced in May 2023, and was sent monthly to a subscriber list of ~900 people– specifically decision makers within service organisations, academics and researchers, and executives from other mental health organisations. The average open rate for these emails was ~47% (compared to a NFP industry average of 30%) and we saw a clickthrough rate of 8% (compared to a NFP industry average of 3%). These newsletters also included profiles of Early Career Researchers supported by CRESP-2 to build their academic profile.

Research Sharing

Projects were disseminated through the following channels:

- Individual researcher channels, including twitter.
- Black Dog Institute Voice of Mental Health Science newsletter (~18,000 subscribers).
- Other industry newsletters such as such as BEING Mad Monday Memo.

Final Report

The success of the strategy was measured by usage and reach:

- Activity increased once the strategy was implemented
- Increase in visits to specific CRESP-2 pages, digital channels and networks.
- Uptake of Newsletters and above average open and click rates.

Conclusion

The landscape for suicide prevention has changed rapidly over the course of the last decade.

Australia's international standing

Australia's research contribution has expanded, reflected in the increasing number of citations to our work. Using SciVal data, searching for the category Suicide; Suicide Attempt; Hopelessness for 2017-2022, Australian researchers ranked second in the world, after the USA. The UK was third. Given our population size is about a third of the UK and a tenth of the US, these rankings indicate that we are punching above our weight.

Within Australia, the most productive university was the UNSW, followed by University of Melbourne, University of Sydney, and the Australian National University. Black Dog Institute was rated number 8, University of Newcastle 10 and Orygen 11. Professors Phil Batterham and Alison Calear, both from ANU and CRESP-2 were the top individual publishers, based on the number of publications. Of the six non-professor Chief Investigators of CRESP-2 at the start of our Centre in 2018, four have achieved full Professorships and two are now Associate Professors. There is no doubt that CRESP-2 researchers are part of Australia's world-class research community, along with our colleagues across many Australian Universities and Medical Research Institutes.

Citations to our work are important only because they reflect the fact that our research is read, and that our work might influence work of others in the area.

The impact of CRESP-2

Have we made an impact in the way that we hoped at the start of CRESP-2?

Against our impact measures (*Box 1*), we have been successful in developing effective and implementable interventions in schools (YAM, BEAM), in health care settings (RAFT) and in the community (LifeBuoy). In conjunction with our successful LifeSpan intervention, which has been running simultaneously with CRESP-2, we have developed tools and knowledge that are critical in the implementation of multi-component approaches (guidelines for better treatment in Emergency Departments, gate keeper training for the public, and aftercare following a suicide attempt).

We have learned a lot from those with Lived Experience, which, going forward, will help better direct and implement suicide prevention activities. We have not done any formal analysis on return on investment for many projects, as yet, but these are in place for Under the Radar and for the LifeSpan project, in the final few months of CRESP-2. We have helped build capacity in suicide prevention work in the workforce, in research, in policy, in schools and teachers, and for parents.

The future of Suicide Prevention

What do we see as the future for further research in suicide prevention? In August 2020, we invited people involved across the spectrum of suicide prevention to identify the 'best bets' to prevent suicide over the next 10 years and the factors that might help or hinder their attainment.

We received responses from 37 individuals representing 31 organisations. Respondents included leaders in suicide prevention: service providers, academics, community and lived experience advocates, and public servants. While most were based in Australia, the remainder spanned 11 countries, including the United States, the United Kingdom, Canada and China.

The recommendations included the following;

- Accelerate the scale-up of evidence-based, non-clinical programmes, such as psychosocial aftercare, brief contact interventions and safe spaces, that address key gaps in the availability of services and support options for different levels of suicidality. This should include consideration of cultural healing modalities in conjunction with westernised models. These should be rigorously evaluated.
- Embed the active involvement of people in their own treatment plans and care decisions as a guiding principle for all suicide prevention services.
- Establish a clear roadmap, building on current state-level and federal initiatives, for the use of real-time, multi-sector and multi-source data in suicide prevention.

For research, the White Paper recommended we work with Suicide Prevention Australia, the NHMRC, the MRFF and the National Mental Health Commission to establish a strategic, long-term/recurring 'innovation-to-implementation' funding stream for the most promising approaches to suicide prevention. At CRESP-2 we would like to see bigger and better whole systems approaches to suicide prevention introduced in more areas of Australia. We also strongly support an approach that recognises individuals and communities who are most at risk, and which do not receive equitable assistance. Groups include young women, Indigenous communities, young people out of work, CALD and those most impacted by the consequences of COVID and disasters. We support the work of Indigenous researchers in developing culturally appropriate and effective models in their communities.

There are other promising areas of investigation, including the use of Ketamine, an established anaesthetic drug which causes rapid reduction in suicide ideation; the use of artificial intelligence (machine learning) to predict individual suicide risk based on online and social media activity, self-reports and sensor-based behaviour tracking, resulting in opportunities to provide tailored treatment advice within digital treatments, such as apps.

Respondents highlighted funding for large-scale trials as a specific challenge for suicide prevention research. The introduction of evidence-based, theory grounded therapeutic approaches that focus on psychosocial factors contributing to suicide risk, such as problem-solving skills or interpersonal relationships were also recommended.

Supplement 1: Summaries of our research projects, webinars, and fact sheets

Australian Experiences with Suicide Safety Planning

How can we ensure safety planning is an effective intervention for responding to suicide experiences? How well is it being implemented, and does it help those who need it?

View project

BEAM: Building Educators' Skills in Adolescent Mental Health

How can we improve secondary school educators' confidence in supporting students' mental health?

View project

BrighterSide

Can a smartphone app help people better understand their suicidal thoughts, and help them develop and practice strategies to manage these thoughts?

View project

Co-Creating Safe Spaces

This mixed-methods study looks at six different co-designed safe space models that provide alternatives to the emergency department (ED) for people in emotional and/or suicidal distress.

View project

Edge of the Present

By combining virtual and physical environments with the use of positively experienced imagery, Edge of the Present seeks to support people experiencing hopelessness to increase their optimism about the future.

View project

Evaluation of the Youth Aware of Mental Health (YAM) program

YAM is a school-based mental health promotion and suicide prevention program for students aged 13-17.

View project

Fresh Start: improving sleep and mental health among university students

This CRESP-funded program of work focuses on sleep, mental health, and suicidality in university students.

View project

Hope Exchange

How can we use Google Ads and online resources to provide help to people searching for suicide-specific keywords?

View project

iBobbly

To determine whether the iBobbly app reduces levels of suicidal ideation and/or plans; and to determine its effects on symptoms of depression, impulsivity, hopelessness, perceived burdensomeness, thwarted belongingness, health care utilisation, disability, and help-seeking intentions.

View project

Improving assessment and management of suicide risk at the Uniting Medically Supervised Injecting Centre (MSIC) in Sydney

This research engaged MSIC clients and staff in the design and delivery of suicide risk reduction activities. The outcome of this research will support clients to contribute to decisions about their support needs and access alternative care pathways and will support staff to respond more effectively to suicidal distress.

View project

LifeBuoy

Is the LifeBuoy app effective in helping young people manage suicidal thoughts and distress?

View project

LifeTrack

This is a longitudinal cohort study running over 3 years. It aims to examine trajectories of suicidal distress and identify the modifiable risk and protective factors that are associated with changes in suicidal distress over time.

View project

LifeSpan trials

LifeSpan aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs, and building the capacity of the community to better support people facing a suicide crisis.

View project

MyMood&Me

MyMood&Me explored the potential of individuals' text data for producing valid and reliable linguistic markers of depression (including suicidality) and anxiety within and across different sources. It also looked at the utility of linguistic features for predicting symptoms in adults.

View project

RAFT: Reconnecting After Self-Harm

This research study aims to determine if an an automated, text-message based intervention reduces repeat self-harm, suicide attempts and repeat hospitalisations.

View project

Resource to support parents to recognise and respond to mental health problems and suicide risk in their children

The focus of this project is to develop and evaluate a brief, interactive, online resource to help parents recognise and respond to mental health problems and suicide risk in their children, and access support if needed.

View project

RESTORE

Research shows that people who present at the ED after a suicide attempt are more vulnerable to future attempts during the post-discharge period.

View project

Smooth Sailing

This study aims to determine how digital solutions can improve help-seeking behaviour and reduce the levels of depression and anxiety among high-school students.

View project

Sources of Strength

Sources of Strength is a school-based suicide prevention program that draws on the power of peer leadership and social connectedness.

View project

Spatial Epidemiology to improve suicide cluster and risk detection

This project established a collection of high-quality, geocoded suicide data that could be used to identify suicide clusters and hotspots across the state.

View project

The Future Proofing Study

Can mobile apps based on the principles of cognitive behaviour therapy prevent the development of mental health symptoms in a large cohort of teens?

View project

The Optimise Project

How can AI-driven modelling improve mental health research outcomes for participants?

View project

The Sleep Ninja App

This study aims to determine whether the Sleep Ninja app is an acceptable and feasible intervention for young people with sleep difficulties.

View project

Under the Radar

How might we design an effective and sustainable model of care for people experiencing suicidal thoughts, who are not in contact with clinical mental health services, that reduces their suicidal distress?

View project

Supplement 2: Research papers from Chief and Associate Investigators on CRESP

2017

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- Professor Katherine Boydell
- Associate Professor Fiona Shand
- Professor Samuel Harvey
- Professor Philip Batterham
- Professor Alison Calear
- Conjoint Professor Gregory Carter
- Associate Professor Mark Larsen
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- Crisis and Aftercare Stream - Associate Professor Fiona Shand
- Means Restriction and Public Safety Stream - Associate Professor Mark Larsen
- Workplace Stream - Professor Samuel Harvey
- Schools Stream - Professor Alison Calear
- Online Detection & Delivery Stream - Dr Jin Han & Associate Professor Bridianne O'Dea
- Implementation Science Stream - Professor Katherine Boydell

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PhDs (Top up)

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