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 Investigators	 Publication Date	 About	 Publication Type	 Findings	 Open Access Availability
Fässberg et al. (2016)	18 September 2015	Suicidality in the elderly	Systematic review	<ul style="list-style-type: none"> • Suicidal behaviour is associated with functional disability and physical conditions such as pain and disease. • Most suicide interventions focused on depression screening which may result in physically ill at-risk individuals being missed. 	Full-text article available at https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4720055/pdf/camh-20-166.pdf
Devenish et al. (2016)	19 February 2016	Psychosocial interventions for suicidality in adolescents	Systematic review	<ul style="list-style-type: none"> • Psychological intervention for depression did generally also produce significant reductions in suicidality, but these effects were moderate and short term. 	Full-text article available at https://journals.sagepub.com/doi/pdf/10.1177/0004867415627374
Larsen et al. (2016)	13 April 2016	Mobile-based tools for suicide prevention	Systematic review	<ul style="list-style-type: none"> • Suicide prevention based mobile applications are varied in purpose and approach. Some applications involve elements of best practice, but no applications provided comprehensive evidence-based support. 	Full-text available at https://pubmed.ncbi.nlm.nih.gov/27073900/
Calati & Courtet (2016)	14 April 2016	Psychotherapy interventions for suicide attempts and non suicidal self injury	Meta-analysis	<ul style="list-style-type: none"> • Patients who received psychotherapy were less likely to attempt suicide at follow-up versus patients who received treatments as usual. • Psychotherapies were effective at reducing suicide attempts mainly in adults, outpatients, people with borderline personality disorder and for individuals with and without a history of suicidality. • Mentalisation-based treatment was the only form of psychotherapy that decreased non suicidal self-injury when compared with treatments as usual. 	Abstract-only available at https://www.sciencedirect.com/science/article/abs/pii/S0022395616300668







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Krysinska et al. (2017)	25 May 2016	Psychosocial suicide interventions in males and females	Systematic review	<ul style="list-style-type: none"> There were no significant differences in intervention effectiveness between males and females in the majority of cases. When differences were identified, greater effectiveness was seen in females compared to males. 	Full-text article available at https://www.tandfonline.com/doi/pdf/10.1080/13811118.2016.1162246?casa_token=rp90oCDgzIAAAAAA:EmXJL3va73tzedZCpMCotf-w2JyTpLL-VjDs5TU8o7uV8AYeplzmu9ugrgK1pVGSzZhlQ5pfHi2uU
Zalsman et al. (2016)	8 June 2016	Suicide prevention interventions	Systematic review	<ul style="list-style-type: none"> Restricting access to lethal means is effective at preventing suicide, especially for analgesics and jump locations. School-based interventions are successful at reducing suicide attempts and ideations. 	Full-text article available at https://www.gamian.eu/wp-content/uploads/2016/10/Suicide-prevention-strategies-revisited.pdf
Hawton et al. (2016)	12 July 2016	Psychosocial interventions for self-harm in adults	Systematic review and meta-analysis	<ul style="list-style-type: none"> Cognitive behavioural therapy was effective at reducing self-harm at 6- and 12-month follow-ups and at reducing suicidal ideations. Dialectical behaviour therapy was not more effective than treatments as usual at reducing repeat self-harm at 6 or 12 months. However, it was effective at reducing the frequency of self-harm. 	Full-text article available at https://www.thelancet.com/pdfs/journals/lanpsy/PIIS2215-0366(16)30070-0.pdf
Lai et al. (2017)	17 September 2016	Factors influencing suicide behaviours among immigrants and ethno-cultural minority groups	Systematic review	<ul style="list-style-type: none"> Interventions should include supporting family relationships, community level interventions (including consultation with religious communities) and support for social engagement. 	Abstract-only available at https://pubmed.ncbi.nlm.nih.gov/27640011/
Jin et al. (2016)	1 October 2016	Means safety as a suicide prevention strategy	Literature review	<ul style="list-style-type: none"> Means safety interventions reduce suicides, whether the intervention focuses on the specific suicide method or other related factors that facilitate death by suicide. 	Abstract-only available at https://pubmed.ncbi.nlm.nih.gov/27629355/







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Nasir et al. (2016)	21 October 2016	Gatekeeper suicide prevention among Indigenous communities	Systematic review	<ul style="list-style-type: none"> Mixed evidence as preliminary evidence suggests that gatekeeper training may influence changes in suicide attitudes. 	Full-text article available at https://ris.cdu.edu.au/ws/portalfiles/portal/11620316/s12888_016_1059_3.pdf
Torok et al. (2017)	3 January 2017	Mass media campaigns	Systematic review	<ul style="list-style-type: none"> Mass media campaigns are most effective in reducing suicide attempts and deaths when delivered in a multi-component suicide prevention strategy. Level of exposure to, repeat exposure and community engagement are critical to these campaigns succeeding. 	Abstract-only available at https://pubmed.ncbi.nlm.nih.gov/28044354/
Frey & Hunt (2018)	10 April 2017	Family-based suicide interventions for adolescents	Systematic review	<ul style="list-style-type: none"> Limited family-based intervention studies found improvement in suicidal behaviour and ideation in youth 	Abstract-only available at https://pubmed.ncbi.nlm.nih.gov/28394014/
Riblet et al. (2017)	20 April 2017	Suicide prevention interventions	Systematic review and meta-analysis	<ul style="list-style-type: none"> The World Health Organization brief intervention and contact intervention reduced the odds of suicide fivefold. Cognitive behavioural therapy interventions also had lower odds of suicide, but no definite conclusions could be drawn findings were more uncertain. 	Full-text article available at https://www.cambridge.org/core/services/aop-cambridge-core/content/view/53B7A0881245EA12DC47B256D02CC8BB/S0007125000281646a.pdf/strategies_to_prevent_death_by_suicide_metaanalysis_of_randomised_controlled_trials.pdf
Ferguson et al. (2018)	6 October 2017	Suicide prevention education	Systematic review	<ul style="list-style-type: none"> Emphasis on education to improve health professionals, specifically nurses, response to suicidal behaviour. Studies suggest that educational interventions can be effective in improving nurses' response to suicidal individuals. 	Abstract only available at https://pubmed.ncbi.nlm.nih.gov/28990823/







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Pirkis et al. (2019)	30 November 2017	Media campaigns	Systematic review	<ul style="list-style-type: none"> • A few studies found that media campaigns reduced suicides. Campaigns led to improved knowledge and awareness of suicide. • Most but not all studies found improvements in attitudes towards suicide. • There were mixed findings on whether campaigns improved help-seeking behaviour. 	Abstract only available at https://pubmed.ncbi.nlm.nih.gov/29190128/
McCabe et al. (2018)	3 May 2018	Brief psychological interventions	Systematic review	<ul style="list-style-type: none"> • There was no impact on suicidal ideation in two trials. • Two trials found fewer suicide attempts and one found fewer suicides. 	Full-text article available at https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-018-1663-5
Musci et al. (2018)	7 August 2018	Youth suicide prevention	Systematic review	<ul style="list-style-type: none"> • Limited studies into youth suicide-prevention consider moderation effects. 	Full-text article available at https://link.springer.com/article/10.1007%2Fs00127-018-1574-2
Robinson et al. (2018)	28 October 2018	Suicide interventions specific to young people	Systematic review and meta-analysis	<ul style="list-style-type: none"> • Large scale multimodal interventions are effective in reducing self-harm and suicidal ideations when delivered in both clinical and education settings. • In community settings, multi-faceted, place-based approaches appear to be impactful. 	Full-text article available at https://www.thelancet.com/action/showPdf?pii=S2589-5370%2818%2930041-5
Iyengar et al. (2018)	23 November 2018	Therapeutic interventions for suicide attempts and self-harm in adolescents	Systematic review	<ul style="list-style-type: none"> • Cognitive behaviour therapy and dialectical behaviour therapy were the only interventions that showed replicated reductions in self-harm. • Individual, self-driven (cognitive-behavioural, self-regulatory processes) and socially driven (family or social support network) processes appear to have the greatest impact on reducing suicide attempts. 	Full-text article available at https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6266504/pdf/fpsyt-09-00583.pdf

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Zeppegno et al. (2019)	9 January 2019	Psychosocial suicide interventions for the elderly	Mini-review	<ul style="list-style-type: none"> Psychosocial interventions appear to be promising at lessening suicidal ideation in the elderly. 	Full-text article available at https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6333652/pdf/fpsyg-09-02713.pdf
Inagaki et al. (2019)	25 January 2019	Active contact and follow-up interventions	Systematic review and meta-analysis	<ul style="list-style-type: none"> These interventions reduce the risk of a repeat suicide attempt within 6 months in patients admitted to an ED with suicidal injury. 	Full-text article available at https://bmcp psychiatry.biomedcentral.com/articles/10.1186/s12888-019-2017-7
Yuan et al. (2019)	4 February 2019	Psychological treatments for self-harm in adolescents	Systematic review and meta-analysis	<ul style="list-style-type: none"> More adolescents were receiving psychological treatment than treatments as usual. There was a higher number of individuals completing four or more sessions in specific psychological treatments compared to treatments as usual. 	Full-text article available at https://www.frontiersin.org/articles/10.3389/fpsyg.2019.00104/full
Briggs et al. (2019)	28 February 2019	Psychotherapy interventions for suicide attempts and self-harm	Systematic review	<ul style="list-style-type: none"> Psychotherapies were effective at increasing psychosocial functioning and reducing hospital admissions and self-harm only at 6-month follow-up, but not at 12-month follow-up. 	Full-text article available at https://www.cambridge.org/core/services/aop-cambridge-core/content/view/389C98850F875893D54996597DF6DF3A/S0007125019000333a.pdf/effectiveness_of_psychoanalyticpsychodynamic_therapy_for_reducing_suicide_attempts_and_selfharm_systematic_review_and_metaanalysis.pdf

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Hofstra et al. (2020)	8 May 2019	Suicide prevention interventions	Systematic review and meta-analysis	<ul style="list-style-type: none"> • Suicide prevention interventions reduced suicide attempts and deaths • Effects were higher for multi-level interventions 	Full-text article available at https://www.sciencedirect.com/science/article/pii/S0163834318305097?via%3Dihub#!
Pistone et al. (2019)	4 June 2019	Educational suicide prevention interventions	Systematic review and meta-analysis	<ul style="list-style-type: none"> • Education interventions improved suicide knowledge and attitudes, but this varied depending on individual characteristics. • School-based education programs reduced suicidal ideations and suicide attempts in youth. 	Abstract only available at https://journals.sagepub.com/doi/pdf/10.1177/0020764019852655
Sagar-Ouriaghli et al. (2019)	11 June 2019	Male-specific suicide intervention techniques	Systematic review	<ul style="list-style-type: none"> • Techniques that increased help-seeking attitudes and behaviours in men were motivating behaviour change, delivery of information via role models, increasing mental health knowledge, building on positive male traits, symptom recognition and management, active problem-solving tasks, and signposting. 	Full-text article available at https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6560805/pdf/10.1177_1557988319857009.pdf
Hanratty et al. (2019)	11 June 2019	Collaborative Assessment and Management of Suicidality in managing suicide risk and deliberate self-harm in adults	Systematic review	<ul style="list-style-type: none"> • There is limited evidence that Collaborative assessment and management effectively reduced suicide risk and self-harm in adult populations. 	Abstract only available at https://journals.sagepub.com/doi/full/10.1177/1039856219848832

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Arshad et al. (2020)	26 August 2019	Mobile- and internet-based psychological interventions	Systematic review and meta-analysis	<ul style="list-style-type: none"> • Mobile- and internet-based interventions reduced suicidal ideation compared to traditional therapeutic approaches. • These studies did not reduce suicidal ideation to a higher degree in a comparison that also included active control groups. 	Full-text article available at https://onlinelibrary.wiley.com/doi/full/10.1111/sltb.12583
D'Anci et al. (2019)	3 September 2019	Treatments for preventing and managing suicide	Systematic review	<ul style="list-style-type: none"> • Cognitive behaviour therapy reduces suicide attempts, suicidal ideation, and hopelessness. • Limited evidence that dialectical behaviour therapy reduces suicidal ideation. • Pharmacologic interventions utilising ketamine and lithium reduced suicide. 	Full-text article available at https://www.acpjournals.org/doi/full/10.7326/m19-0869
Hobson et al. (2019)	7 October 2019	Mobile health interventions with First Nation populations	Systematic review	<ul style="list-style-type: none"> • First Nation expert opinion was highly present in the interventions. • Mobile health interventions appear promising for mental health and suicide prevention for First Nations populations. 	Full-text article available at https://mhealth.jmir.org/2019/10/e14877/#Abstract
Hatchel et al. (2019)	10 October 2019	Correlates of suicidality among LGBTI youth	Systematic review and meta-analysis	<ul style="list-style-type: none"> • Interventions which focus on eliminating feelings of burdensomeness and assess for signals such as self-harm and sexual risk may be beneficial for at-risk LGBTI youth. 	Abstract-only available at https://pubmed.ncbi.nlm.nih.gov/31597541/
Padmanathan et al. (2020)	10 October 2019	Suicide interventions for people with substance use disorders	Systematic review and meta-analysis	<ul style="list-style-type: none"> • There is limited evidence supporting effective interventions for people with substance use disorders. 	Full-text article available at https://www.sciencedirect.com/science/article/pii/S0010440X19300586
Bowden et al. (2019)	26 November 2019	Suicide prevention in culturally and linguistically diverse (CALD) communities	Systematic review	<ul style="list-style-type: none"> • Themes associated with suicidality included acculturation issues, social network/family, stigma, and CALD heterogeneity. • These were often context specific and not generalisable to other cultures, interventions should target specific cultural groups rather than CALD communities as a whole. 	Abstract only available at https://www.tandfonline.com/doi/abs/10.1080/00207411.2019.1694204

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Torok et al. (2020)	28 November 2019	Self-guided digital interventions	Systematic review and meta-analysis	<ul style="list-style-type: none"> Self-guided digital interventions that directly target suicidal ideation effectively reduce ideation if delivered immediately. Indirect interventions were not effective in reducing suicidal ideation. 	Full-text article available at https://www.thelancet.com/journals/landig/article/PIIS2589-7500(19)30199-2/fulltext
Holmes et al. (2019)	6 December 2019	Suicide prevention gatekeeper training	Systematic review	<ul style="list-style-type: none"> Knowledge and self-efficacy were higher than baseline at 6-month follow-up. Gatekeeper attitude returned to baseline in 57% of studies with it as an outcome. Training translated poorly into behavioural intention and behaviour. 	Abstract only available at https://www.tandfonline.com/doi/full/10.1080/13811118.2019.1690608
Melia et al. (2020)	15 January 2020	Mobile health applications	Systematic review	<ul style="list-style-type: none"> There were reductions in self-harm, but not suicidal ideation, relative to control groups. 	Full-text article available at https://mhealth.jmir.org/2020/1/e12516/
Okolie et al. (2020)	3 March 2020	Means restriction to prevent suicide by jumping	Meta-analysis	<ul style="list-style-type: none"> Means restriction interventions caused a significant reduction in suicides. There was a decrease in the number of suicides at the intervention sites, regardless of whether the means restriction intervention was delivered in isolation or in combination with other interventions. 	Full-text article available at https://www.researchgate.net/publication/339485251_Means_restriction_for_the_prevention_of_suicide_by_jumping
Büscher et al. (2020)	28 April 2020	Internet-based cognitive behavioural therapy (iCBT)	Systematic review and meta-analysis	<ul style="list-style-type: none"> Internet-based cognitive behavioural therapy reduced suicidal ideation and mortality after the intervention compared to comparison groups. 	Full-text article available at https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2765056
Kothgassner et al. (2020)	11 May 2020	Therapeutic interventions for self-harm and suicidal ideation in adolescents	Systematic review and meta-analysis	<ul style="list-style-type: none"> Interventions were slightly more effective at reducing self-harm, suicidal ideations and depression symptoms than active controls. Dialectical behaviour therapy and family-centred therapy had moderate effects in reducing suicidal ideations, with dialectical behaviour therapy also reducing self-harm. 	Full-text article available at https://bpded.biomedcentral.com/track/pdf/10.1186/s40479-020-00123-9

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Haroz et al. (2020)	29 May 2020	Suicide prevention interventions for populations in displacement	Systematic review	<ul style="list-style-type: none"> • Lack of evidence addressing suicide prevention among refugees and other displaced populations • Brief Intervention and Contact type interventions utilising a multi-tiered and public health approach appear most effective. • 	Abstract only available at http://www.interventionjournal.org/article.asp?issn=15718883%3Byear%3D2020%3Bvolume%3D18%3Bissue%3D1%3Bspage%3D37%3Bepage%3D44%3Baulast%3DHaroz
Doupnik et al. (2020)	17 June 2020	Brief acute care suicide prevention interventions	Systematic review and meta-analysis	<ul style="list-style-type: none"> • There was an association between brief acute care suicide prevention interventions and reduced suicide attempts after interventions. 	Abstract only available at https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2767408
Schlichthorst et al. (2020)	12 August 2020	Peer support programs for suicide prevention	Systematic scoping review	<ul style="list-style-type: none"> • Suicide prevention programs led by peers with lived experience are underresearched • Further research is needed to understand the role of lived experience in suicide prevention programs 	Full-text article available at https://ijmhs.biomedcentral.com/articles/10.1186/s13033-020-00396-1