

Surviving Suicide Loss: Recommendations for Research

Julie Cerel, PhD
University of Kentucky
#not6

@juliecerel



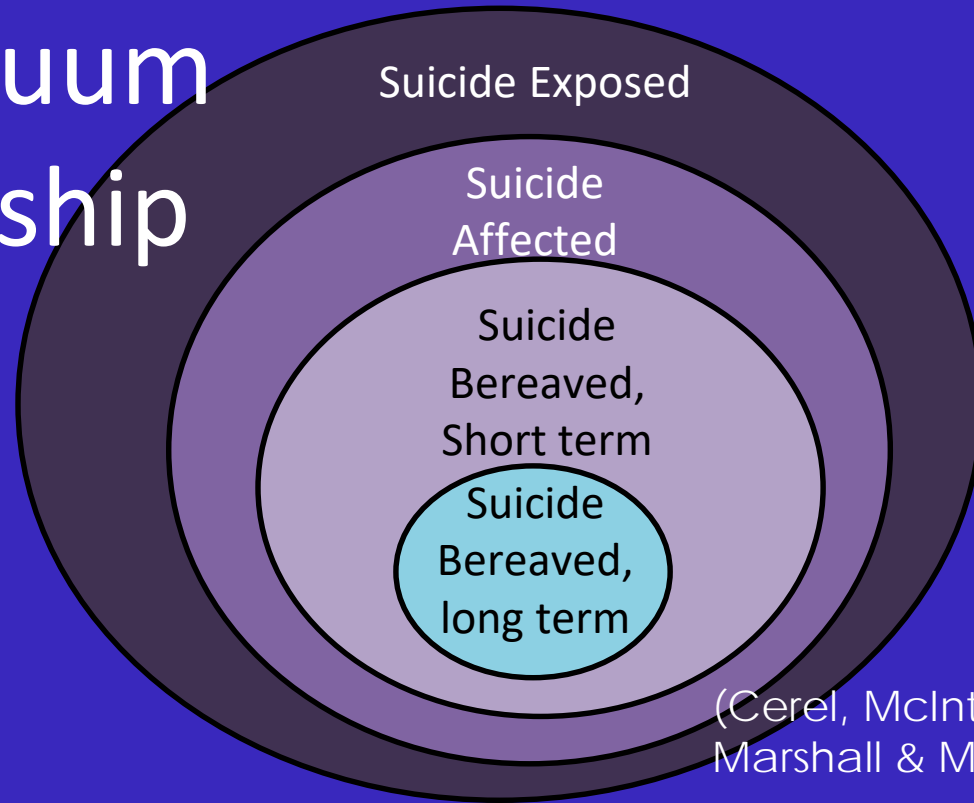
International Academy
of Suicide Research



American
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for Suicide
Prevention




The Continuum of Survivorship



(Cerel, McIntosh, Neimeyer, Marshall & Maple, 2014)

- Who is exposed to suicide?
 - How does this differ in different demographic & professional groups?
- How many people are exposed to each suicide?
- Of people exposed to suicide, who is a survivor (personally affected)?
- How does exposure to suicide influence mental health symptoms?
 - And other aspects of life like the possibility of Post-Traumatic Growth
- What do survivors need?
 - From their communities, clinicians, other health care providers



**Each Death
by Suicide in the US
leaves about
135 People Exposed**

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(Cerel, et al, 2018)

700,000 suicides a year worldwide
= 94.5 million people exposed each
year (a third of the US population)

1/3 close

= 28.4 million people per year
bereaved by suicide worldwide
(about half the population of the
UK)



Recommendations

Neiymeyer, R., Cerel, J., & Maple, M. (2017) Recommendations for Research on Suicide Loss: A Commentary. *Death Studies* 41:10, 673-679,

<https://theactionalliance.org/sites/default/files/inline-files/NationalGuidelines.pdf>

- Establish reliable estimates of the numbers of people (a) exposed to and (b) affected by a given suicide, as well as those more intimate survivors who suffer (c) short-term and (d) long-term bereavement complications.
- Design studies using scientifically appropriate sampling methods.
- Study the impact of suicide loss using longitudinal methods.
- Identify common and unique impacts of suicide bereavement, as well as individual difference variables that function as risk factors for or buffers against such effects.

- Investigate social processes that could both moderate the impact of suicide loss and be affected by it.
- Surmount the intellectual isolationism of research on suicide loss by linking studies more clearly to contemporary theories and associated research paradigms in adjacent fields.
- Study the utilization and efficacy of mutual support and professional interventions for suicide loss.
- Document and disseminate evidence-based training for peer support and professional assessment and intervention following suicide loss.
- Promote bridging of research and practice by soliciting engagement of relevant stakeholders in scientific studies of suicide loss and intervention.

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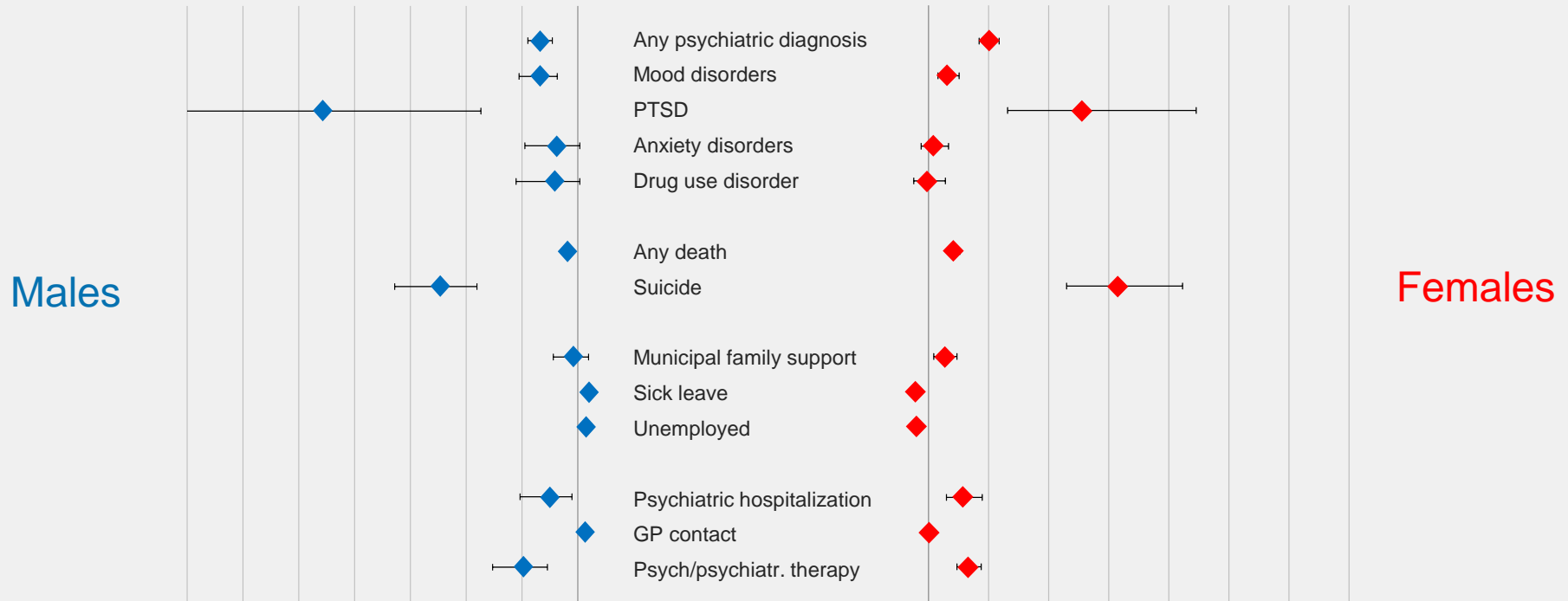
Studies on suicide bereavement using Danish linkage data

By: Annette Erlangsen PhD

Danish Research Institute for Suicide Prevention (DRISP)



Partners bereaved by suicide

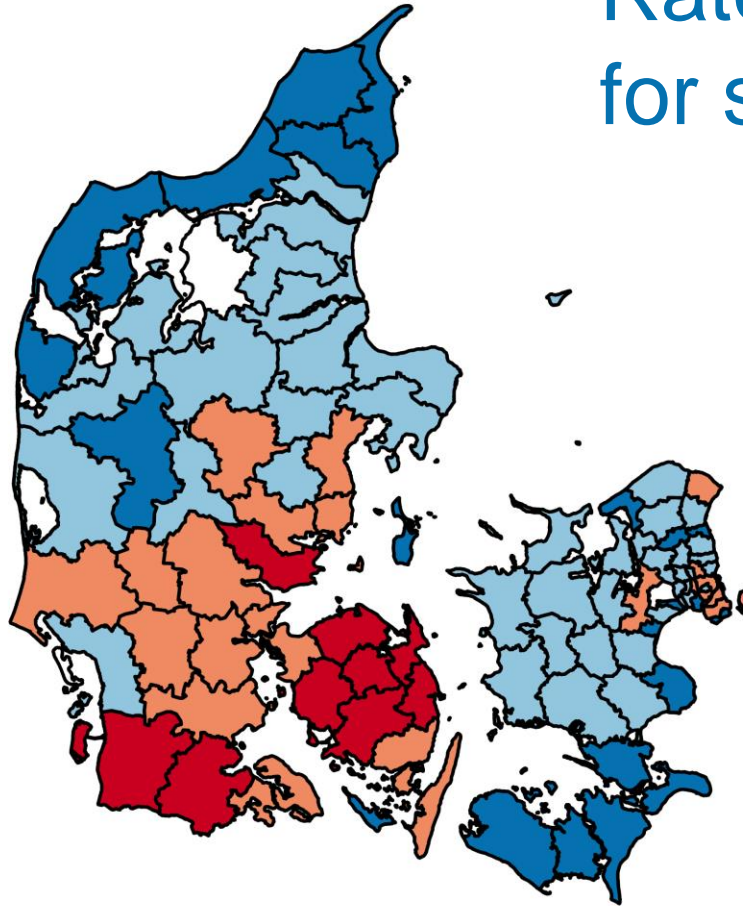


Erlangsen et al. (2017)
JAMA Psychiatry

Rate of depression (per 1,000 person-year)

	Males	Females
Bereaved by suicide	4.4	4.5
General population	1.4	2.3

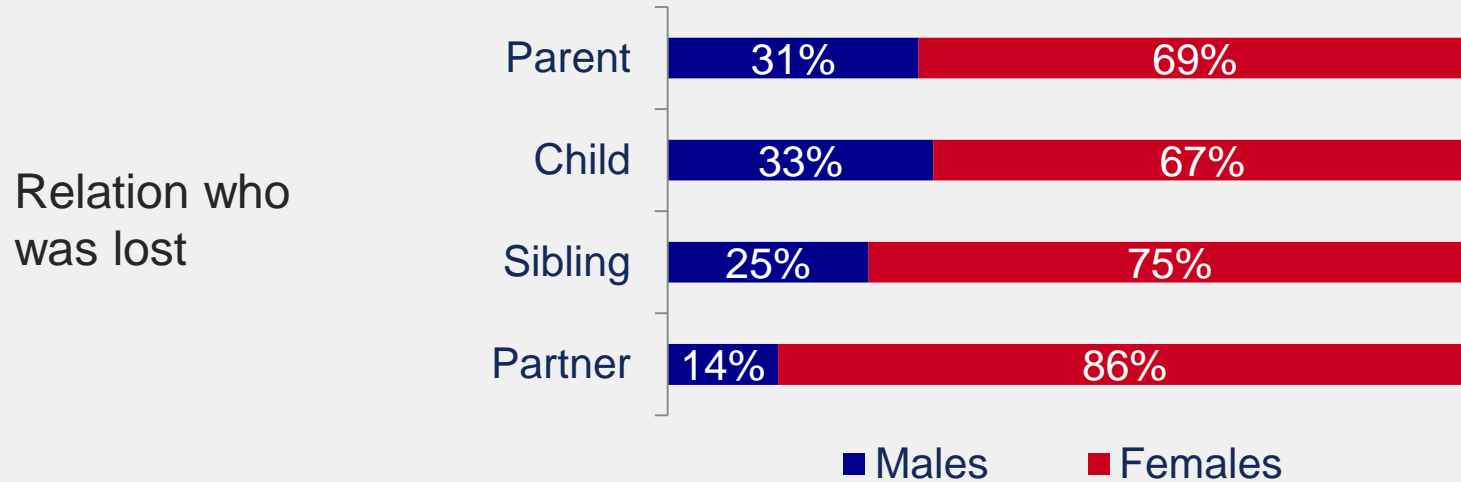
Rate of contacts to NGO for suicide survivors



- <0.5 per 100,000
- 0.5 - 3 per 100,000
- 3 - 7 per 100,000
- ≥ 7 per 100,000

Erlangsen et al. (2021)
Archives of Suicide Research

Sex distribution among service users



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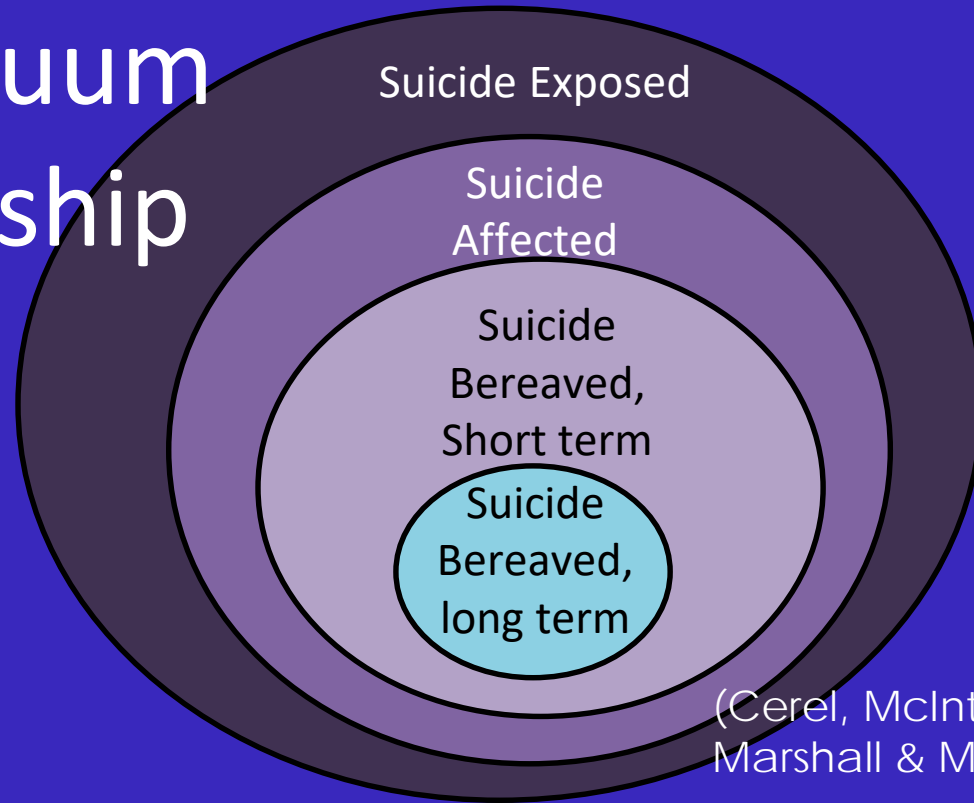
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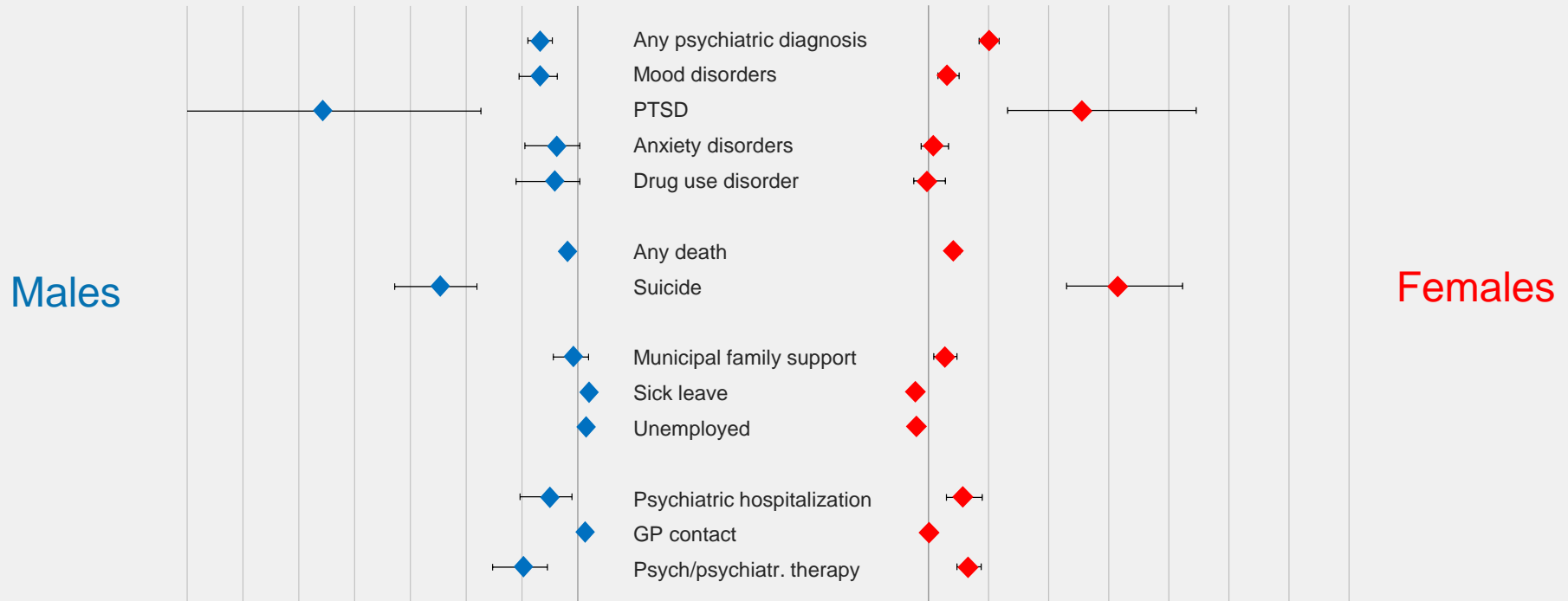
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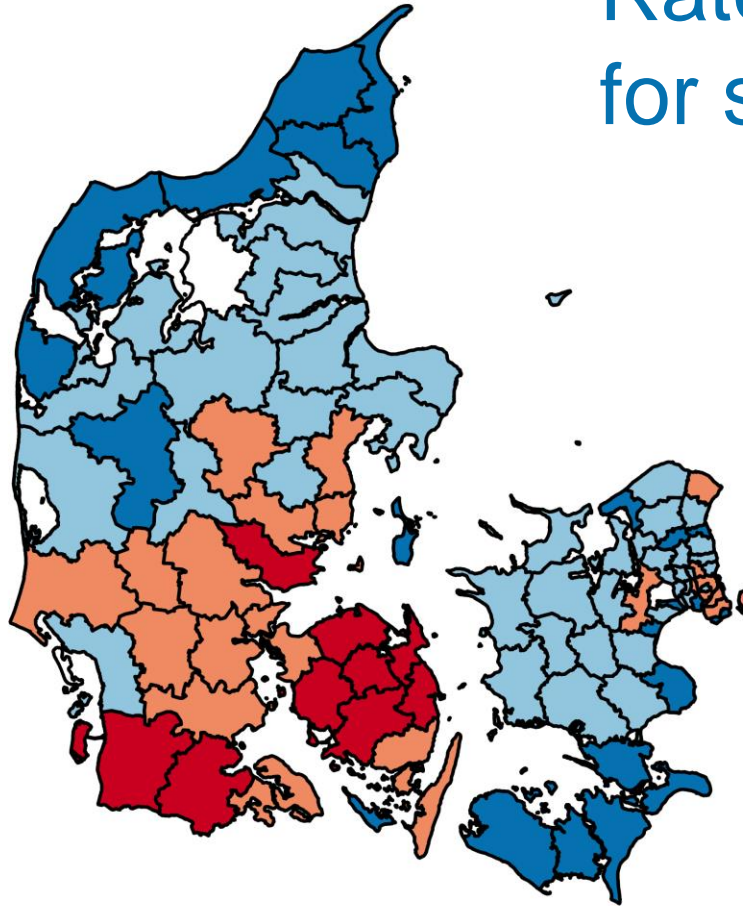


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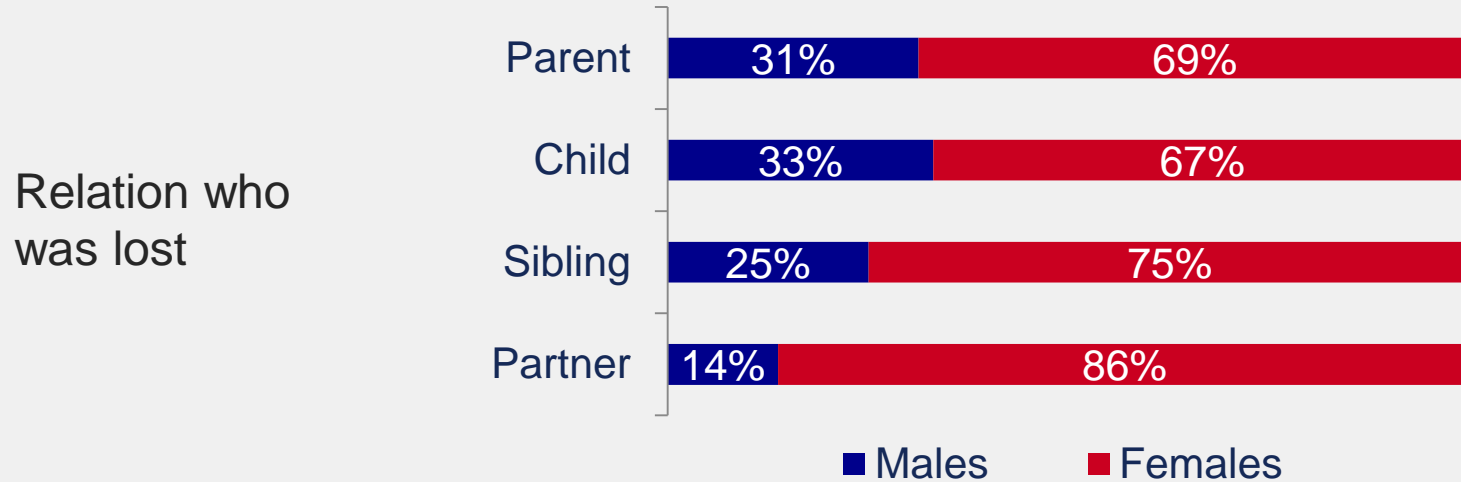
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