

Systematic Review

[Effectiveness of universal programmes for the prevention of suicidal ideation, behaviour and mental ill health in medical students: a systematic review and meta-analysis](#) This systematic review examined the current evidence base regarding the effectiveness of interventions to improve medical students' mental health. The review found that relatively brief, individually focused, mindfulness-based interventions may be effective in reducing levels of anxiety, depression and stress in medical students in the short term. Effects on suicidal ideation and behaviour, however, remain to be determined. There has been a significant lack of attention on organisational-level stressors associated with medical education and training.

Report

[Mental Health Foundation – Body Image Research Report](#) Millions of British adults have experienced suicidal thoughts or emotions because of concerns about their body image according to research conducted in the UK in March. This report details the findings of a large population survey and discusses recommendations to improve mental health around body image.

Studies

[Proactive Suicide Prevention Online \(PSPO\): Machine Identification and Crisis Management for Chinese Social Media Users With Suicidal Thoughts and Behaviors](#) This study tested the use of an approach that utilised machine learning to predict and identify risk signs in social media in China. 27,007 comments made in April 2017 were analysed. Among these, 2786 (10.32%) were classified as indicative of suicidal thoughts and behaviours. The authors concluded that the model performance was good and has potential to improve suicide prevention.

[Development and Evaluation of a Web-Based Resource for Suicidal Thoughts: NowMattersNow.org](#) This study described the development of the NowMattersNow.org website – an online video-based resource for managing suicidal thoughts and intense emotions and evaluated the utility of the site via user experience surveys which demonstrated effectiveness for short-term management of suicidal thoughts and negative emotions.

[Risk factors for suicide in people with bipolar disorder](#) This post from the Mental Elf provides an analysis of a recent prospective cohort study of risk factors for suicide in bipolar disorder, which found significant variation in risk factors in men and women, including that living alone, comorbid substance abuse disorder and having had at least one affective episode in the previous year were significant predictors of suicide in men, but not in women, while criminal conviction and comorbid personality disorder were more significant predictors of suicide in women.

News

[Judges reduce benchmark for inquest decisions on suicide](#) Coroner's courts in England and Wales can now attribute suicide as cause of death if it is 'more probable than not'.