

Suicide Interventions for Veterans After Psychiatric Hospitalization: A Systematic Literature Review

PRESENTERS
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BACKGROUND:

- Suicide rate for veterans is 21% higher than civilians and twice the rate it was in 2000
- Vets discharged from psychiatric hospitalization have 12x suicide rate than civilian counterparts
- First 3 months post-discharge most at-risk
- VA engaging these vulnerable veterans with interventions since 2008

AIMS

- Evaluate intervention efficacy for reducing suicidal thoughts or behaviors in veterans and military following a psychiatric hospitalization

METHODS

- Including articles with veterans or active duty, inpatients, metrics of suicidal thoughts or behaviors, follow-up assessments post-intervention, intervention focused

RESULTS

- Most effective therapies personalized with crisis tools (i.e., Cognitive Behavior Therapies (CBT) & Motivational Interviewing (MI))
- Brief Intervention Contact (BIC) via text, email/letters nonsignificant, but in-person and telephone more effective
- Even small sessions while still inpatient decreased ideation post-discharge

DISCUSSION

- Brief interventions of CBT and MI performed well, indicating that programs/facilities with budget, time constraints may benefit from these modalities.
- Future research should look beyond quantitative suicide measures and engagement frequencies and incorporate qualitative measures that capture individual needs more effectively.
- Each study was overwhelmingly white (83.14%) and male (70.45%); future studies should aim to identify unique risk factors and efficacy differences across gender and race and explore if there are certain military members these programs fail to reach.

38% of studies showed a significant *decrease* in suicidal thoughts or behaviors due to interventions

66% of CBT, 50% of BIC, and 50% of MI studies showed significant *reduction* in suicidal thoughts or behaviors



SCAN ME

Check out our QR code for detailed tables, abstract, and references!

Searched using “suicide” and (“veteran” or “military”) in the subject terms and “intervention” and (“inpatient” or “psychiatric hospitalization”) in the text

64 articles: PsychInfo, MedLine, Cochrane Library, PubMed, GoogleScholar

Skimmed & excluded 37 articles:
 23 articles: No interventions
 8 articles: Non-veterans/military
 2 articles: No follow-up
 2 articles: Non-inpatients
 1 article: Medication intervention
 1 article: No suicidal measures
 814 articles: GoogleScholar articles duplicate, non-peer-reviewed

Read 27 articles & excluded 17 articles:
 2 articles: Mixed recruitment
 6 articles: No follow-up assessments
 9 articles: No suicide metric related to intervention (i.e., engagement)

Skimmed all references

Added 4 articles from references

14 remaining articles
 6 x Randomized Control Trials
 5 x Pilot Trials
 2 x Open/Clinical Trials
 1 x Retrospective Observational

Intervention Type	Intervention Mode	Site
CBT: Brief Cognitive Behavioral Therapy	In-person or telephone	Post-Discharge
CBT: Post-Admissions Cognitive Therapy	In-person	Inpatient
BIC: Caring Contacts	Letters/Emails	Post-Discharge
VA BIC	In-person	Inpatient
Motivational Interviewing	In-person & telephone	Both
EMA	In-person; telephone; PDA	Both
SSF-CAMS	In-person group	Inpatient

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