

*Suicide (Prevention) Notes*

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**Clinical and Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT)**

Wilkinson, P., Kelvin, R., Roberts, C., Dubicka, B., Goodyer, I., Clinical Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT), *American Journal of Psychiatry*, 2011, 168:495-501.

This study used a treatment trial of adolescents, ages 11-17, who met criteria for Major Depressive Episode, looking specifically at suicidal behavior and nonsuicidal self-injury as separate entities.

The study's results:

- ✚ Suicide attempts were independently predicted by baseline suicidality and impaired family functioning
- ✚ Baseline nonsuicidal self-injury was a stronger predictor of suicide attempts than prebaseline suicide attempts
- ✚ Hopelessness, anxiety disorder, being younger and female were more associated with self-injury than with suicidality
- ✚ The largest predictor of self-injury was self-injury at baseline.

Separate from borderline traits, suicidal and nonsuicidal self-harm are both significant risks for depressed adolescents.

**Questions for further discussion:**

1. What mechanisms/moderators predict suicide vs. nonsuicidal self-harm in depressed adolescents?
2. What interventions in depressed adolescents are most effective to prevent/reduce suicidal and self-injurious behavior?

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NOTE: Each issue of "Suicide (Prevention) Notes" is prepared by a member of the IOL's Executive Committee. This issue was prepared by Dr. Bob Sahl, Assistant Medical Director, Child and Adolescent Psychiatry.