

REVIEW ARTICLE

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Why do adolescents attempt suicide? Insights from leading ideation-to-action suicide theories: a systematic review

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Suicide is a leading cause of death among adolescents, and recent suicide theories have sought to clarify the factors that facilitate the transition from suicide ideation to action. Specifically, the Interpersonal Theory of Suicide (IPTS), Integrated Motivational-Volitional Model (IMV), and Three Step Theory (3ST) have highlighted risk factors central to the formation of suicidal ideation and suicidal behaviors, which is necessary for suicide death. However, these models were initially developed and tested among adults, and given core socioemotional and neurodevelopmental differences in adolescents, the applicability of these models remains unclear. Directly addressing this gap in knowledge, this systematic review aimed to (1) describe the evidence of leading ideation-to-action theories (i.e., IPTS, IMV, 3ST) as they relate to suicide risk among adolescents, (2) integrate ideation-to-action theories within prevailing biological frameworks of adolescent suicide, and (3) provide recommendations for future adolescent suicide research. Overall, few studies provided a complete test of models in adolescent samples, and empirical research testing components of these theories provided mixed support. Future research would benefit from integrating neurodevelopmental and developmentally sensitive psychosocial frameworks to increase the applicability of ideation-to-action theories to adolescents. Further, utilizing real-time monitoring approaches may serve to further clarify the temporal association among risk factors and suicide.

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INTRODUCTION

Despite considerable global prevention efforts [1], suicide remains a leading cause of death among adolescents [2]. Broadly, adolescence is a developmental period characterized by substantial social change, including greater reliance on peer support [3–5], burgeoning romantic relationships [3], and enhanced autonomy [6]. For some, these changes cause stress [7, 8], which may contribute to the increased occurrence of affective disorders [9, 10] and suicide attempts [11, 12] during adolescence. Accordingly, leading suicide theories have sought to clarify how stressors and related risk factors facilitate the emergence of suicidal thoughts and behaviors (STB).

Several suicide theories have operationalized pathways from suicidal ideation to behaviors. The most widely recognized theories for examining “ideation-to-action” pathways in adolescent populations include the Interpersonal Theory of Suicide (IPTS; Joiner [13]; Van Orden et al. [14]), Integrated Motivational-Volitional Model (IMV; O’Connor [15]), and Three Step Theory (3ST; Klonsky and May, [16]). According to IPTS, the simultaneous presence of thwarted belongingness, perceived burdensomeness, and hopelessness about interpersonal states leads to intense active suicidal desire, and it is necessary for individuals to have a low fear of death and high pain tolerance to transition to suicidal behavior. The IMV is a three-part model that delineates background factors and triggering events (pre-motivational phase) that increase vulnerability for suicidal ideation. Suicidal ideation and intent form through constructs of defeat and entrapment, and

transition to suicidal behavior depends on volitional moderators, which include but are not limited to capability factors outlined in IPTS. The most recently developed theory, 3ST, requires the simultaneous presence of pain and hopelessness to contribute to suicidal ideation, which intensifies only if pain overwhelms feelings of connectedness. Similar to the other theories, the capability to act on suicidal thoughts leads to suicide attempts (for similarities and differences across theories, see Table 1). Generally, these models were developed and tested among adults and later extended to adolescent populations. However, there are important interpersonal, socioemotional, and neurodevelopmental differences between youth and adults that may impact these models [17]. Therefore, the aim of this systematic review is to (1) delineate evidence for these ideation-to-action theories among adolescents, (2) incorporate aspects of these theories within recent frameworks that highlight biological components as risk factors for adolescent suicide, and (3) provide recommendations for future adolescent suicide research.

METHOD

PRISMA guidelines were applied to prepare this systematic review [18]. PubMed and Google Scholar searches were conducted to identify empirical articles testing the IPTS, IMV, and 3ST beginning from the dates that theories were published through January 1, 2023. The search terms included the name of the theory (e.g., “3ST”, “Three-Step Theory”) and suicide-related terms (e.g., “suicide

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Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry

KJ Lindholm-Leary



Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry:

This book delves into Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry. Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 5: Conclusion
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5. In chapter 4, this book will scrutinize the relevance of Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry in specific contexts. The fourth chapter will explore how Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Suicide And Attempted Suicide Among Children And Adolescents Developmental Clinical Psychology And Psychiatry.

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