



# Course program and reading list

Semester 0 Year 2023

**School:** Baruch Ivcher School of Psychology

Empirical research of technology for mental health

**Lecturer:**

Prof. Guy Doron [gdoron@runi.ac.il](mailto:gdoron@runi.ac.il)

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**Teaching Assistant:**

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<b>Course No.:</b>	<b>Course Type :</b>	<b>Weekly Hours :</b>	<b>Credit:</b>
3794	Seminar	4	4

<b>Course Requirements :</b>	<b>Group Code :</b>	<b>Language:</b>
Final Paper	230379400	Hebrew

**Prerequisites**

**Prerequisite:**

- 8000 - Introduction To Psychology
- 8014 - Research and Measurement Methods
- 8910 - Introduction To Statistics A
- 8911 - Introduction To Statistics B
- 8924 - Multivariate Statistics A
- 8925 - Multivariate Statistics B

Empirical research of technology for mental health this year is focused on suicide prevention among different populations and in different settings. The course will cover theory, research, and clinical aspects in the field of suicide prevention. The course will focus on the prevention of suicide, suicide attempts and non-suicidal self-injurious behaviors as well as the risk and protective factors.

Suicide is a major public health issue internationally and is the second leading cause of death among adolescents. Risk factors for suicide have recently increased due to COVID-19. These include depression, trauma, hopelessness, loneliness, impulsivity etc. It is also important to acknowledge the significance of protective factors including social support, self-disclosure, emotion regulation, problem solving skills, cognitive flexibility etc.

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## Course Goals

- The course aims to teach students the psychological research process of suicide prevention. Students will conduct a study in a systematic manner from reading the relevant theories and studies, defining the gaps in the literature, conceptualizing the specific research questions, designing the study, running a pilot and writing a short research report.
  - Students will be exposed to a few current challenges in the suicide prevention field including primary prevention (e.g., how to talk to adolescents about suicide), secondary (treating those who have risk factors such as depression) and tertiary (intervening with individuals after a suicide attempt) prevention efforts.
  - Each group of students will decide on a specific theoretical and clinical gap in the literature they will target.
  - Each class will start with a short presentation of group progress. Classes will include group discussions and personal meetings.
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## Grading

1. Active participation during class and preparation before every class is mandatory for all students
2. Submission of papers and presentations

### **Grading**

#### **Semester A:**

1. Individual: Literature review (15%)
2. Group: 2 Presentations in class: lessons 4 and 12 (15%)

3. Group: Design research using mixed methods (20%)

### Semester B:

4. Group: Pilot – 2 sessions (20%)
5. Group: Method & procedure section (10%)
6. Group: Final paper including method, results, discussion (limitations, future research, and clinical implications) (20%)

- For the personal score, a bonus will be awarded for commitment to the process, compliance with the course schedule, and active participation in course discussions, transportation, and initiative.



### Lecturer Office Hours

By appointment

Anat Brunstein Klomek

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### Teaching Assistant

By appointment

Tal Nakash

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### Reading List

**Each group will also receive a reading list specific for their topic**

נחמה גולדברגר, מרים אבורבה, ציונה חלקאי. (2020) אובדנות בישראל, ירושלים.

[https://www.health.gov.il/PublicationsFiles/loss\\_2021.pdf](https://www.health.gov.il/PublicationsFiles/loss_2021.pdf)

Andreasson, K., Krogh, J., Bech, P., Frandsen, H., Buus, N., Stanley, B., ... & Erlangsen, A. (2017). MYPLAN—mobile phone application to manage crisis of persons at risk of suicide: Study protocol for a randomized controlled trial. *Trials*, 18(1), 171.

Braciszewski, J. M. (2021). Digital Technology for Suicide Prevention. *Advances in Psychiatry and Behavioral Health*, 1(1), 53–65. <https://doi.org/10.1016/j.jypsc.2021.05.008>

Brown, G. K., Ten Have, T., Henriques, G. R., Xie, S. X., Hollander, J. E., & Beck, A. T. (2005). Cognitive therapy for the prevention of suicide attempts: A randomized controlled trial. *Jama*, 294(5), 563–570.

Chu, C., Buchman-Schmitt, J. M., Stanley, I. H., Hom, M. A., Tucker, R. P., Hagan, C. R., ... & Joiner Jr, T. E. (2017). The Interpersonal Theory of Suicide: A Systematic Review and Meta-Analysis of a Decade of Cross-National Research. *Psychological Bulletin*, 143(12), 1313.

Coppersmith, D. D. L., Dempsey, W., Kleiman, E. M., Bentley, K. H., Murphy, S. A., & Nock, M. K. (2022). Just-in-Time Adaptive Interventions for Suicide Prevention: Promise, Challenges, and Future Directions. *Psychiatry*, 1–17. <https://doi.org/10.1080/00332747.2022.2092828>

Franklin JC, Ribeiro JD, Fox KR, Bentley KH, Kleiman EM, Huang X, Musacchio KM, Jaroszewski

AC, Chang BP, Nock MK. Risk factors for suicidal thoughts and behaviors: A meta-analysis of 50 years of research. *Psychol Bull*. 2017 Feb;143(2):187–232. doi: 10.1037/bul0000084. Epub 2016 Nov 14. PMID: 27841450.

Gunnell D, Appleby L, Arensman E, Hawton K, John A, Kapur N, Khan M, O'Connor RC, Pirkis J; COVID-19 Suicide Prevention Research Collaboration. Suicide risk and prevention during the COVID-19 pandemic. *Lancet Psychiatry*. 2020 Jun;7(6):468–471. doi: 10.1016/S2215-0366(20)30171-1. Epub 2020 Apr 21. PMID: 32330430; PMCID: PMC7173821.

Janiri, D., Doucet, G. E., Pompili, M., Sani, G., Luna, B., Brent, D. A., & Frangou, S. (2020). Risk and

protective factors for childhood suicidality: a US population-based study. *The Lancet Psychiatry*, 7(4), 317–326.

Jobes DA, Gregorian MJ, Colborn VA. A stepped care approach to clinical suicide prevention. *Psychol*

*Serv*. 2018 Aug;15(3):243–250. doi: 10.1037/ser0000229. PMID: 30080081.

Kennard, B. D., Goldstein, T., Foxwell, A. A., McMakin, D. L., Wolfe, K., Biernesser, C., ... & Brent, D. (2018). As Safe as Possible (ASAP): a brief app-supported inpatient intervention to prevent postdischarge suicidal behavior in hospitalized, suicidal adolescents. *American journal of psychiatry*, 175(9), 864–872.

Klomek AB, Catalan LH, Apter A. Ultra-brief crisis interpersonal psychotherapy based intervention for suicidal children and adolescents. *World J Psychiatry*. 2021 Aug 19;11(8):403–411. doi: 10.5498/wjp.v11.i8.403. PMID: 34513604; PMCID: PMC8394689.

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Larsen ME, Nicholas J, Christensen H. A Systematic Assessment of Smartphone Tools for

Suicide Prevention. PLoS One. 2016 Apr 13;11(4):e0152285. doi: 10.1371/journal.pone.0152285. PMID: 27073900; PMCID: PMC4830444.

May, A. M., & Klonsky, E. D. (2016). What distinguishes suicide attempters from suicide ideators? A meta-analysis of potential factors. *Clinical Psychology: Science and Practice, 23*(1), 5.

Melia, R., Francis, K., Hickey, E., Bogue, J., Duggan, J., O'Sullivan, M., & Young, K. (2020). Mobile Health Technology Interventions for Suicide Prevention: Systematic Review. *JMIR MHealth and UHealth, 8*(1), e12516. <https://doi.org/10.2196/12516>

O'Connor RC, Nock MK. The psychology of suicidal behaviour. *Lancet Psychiatry*. 2014 Jun;1(1):73

85. doi: 10.1016/S2215-0366(14)70222-6. Epub 2014 Jun 4. PMID: 26360404.

O'Toole, M. S., Arendt, M. B., & Pedersen, C. M. (2019). Testing an App-Assisted Treatment for Suicide Prevention in a Randomized Controlled Trial: Effects on Suicide Risk and Depression. *Behavior Therapy, 50*(2), 421–429. <https://doi.org/10.1016/j.beth.2018.07.007>

Pauwels, K., Aerts, S., Muijzers, E., De Jaegere, E., van Heeringen, K., & Portzky, G. (2017). BackUp: Development and evaluation of a smart-phone application for coping with suicidal crises. *PLoS One, 12*(6), e0178144.

Rassy, J., Bardon, C., Dargis, L., Côté, L.-P., Corthésy-Blondin, L., Mörch, C.-M., & Labelle, R. (2021). Information and Communication Technology Use in Suicide Prevention: Scoping Review. *Journal of Medical Internet Research, 23*(5), e25288. <https://doi.org/10.2196/25288>

Stanley, B., Brown, G., Brent, D. A., Wells, K., Poling, K., Curry, J., ... & Goldstein, T. (2009). Cognitive-Behavioral Therapy for Suicide Prevention (CBT-SP): Treatment Model, Feasibility, and Acceptability. *Journal of the American Academy of Child & Adolescent Psychiatry, 48*(10), 1005–1013.

Torous, J., & Walker, R. (2019). Leveraging Digital Health and Machine Learning Toward Reducing Suicide—From Panacea to Practical Tool. *JAMA Psychiatry, 76*(10), 999. <https://doi.org/10.1001/jamapsychiatry.2019.1231>

Wilks, C. R., Chu, C., Sim, D., Lovell, J., Gutierrez, P., Joiner, T., ... & Nock, M. K. (2021). User engagement and usability of suicide prevention apps: systematic search in app stores and content analysis. *JMIR formative research, 5*(7), e27018.

Sher, L. (2019). Resilience as a focus of suicide research and prevention. *Acta Psychiatrica Scandinavica, 140*(2), 169–180.

Zalsman G, Hawton K, Wasserman D, van Heeringen K, Arensman E, Sarchiapone M, Carli V, Höschl

C, Barzilay R, Balazs J, Purebl G, Kahn JP, Sáiz PA, Lipsicas CB, Bobes J, Cozman D, Hegerl U, Zohar J. Suicide prevention strategies revisited: 10-year systematic review. *Lancet Psychiatry*. 2016 Jul;3(7):646–59. doi: 10.1016/S2215-0366(16)30030-X. Epub 2016 Jun 8. PMID: 27289303.