

Title:

Approaches to Suicide Prevention: Ideas and Models Presented by Japanese and International Early Career Psychiatrists

Authors:

Satona Saito, MD^{1,2}, Toru Horinouchi^{2,3}, MD, Yukako Nakagami, MD^{2,4}, Toshitaka Ii, MD^{2,5}, Siddarth Sarkar, MD⁶, Angela McSweeney, MB BCh BAO⁷, Leo Yoshida, MB BCh BAO^{7,8}, Daruj Aniwattanapong, MD⁹, Li-Min Xin, MD¹⁰, Nusa Segrec, MD, PhD¹¹, Svetlin V. Varbanov, MD¹², Syed F. Shams, MD¹³, Kouta Suzuki, MD^{2,14}, Melissa Paulita V. Mariano, MD¹⁵, Sophie C. Tomlin, MBBCh, MRCPsych¹⁶, Kazuki Kuno, MD¹⁷, Robert Freedman, MD¹⁸, Michelle B. Riba, MD, MS, DFAPA, FAPM¹⁹, Tsuyoshi Akiyama MD, PhD²⁰, Chiaki Kawanishi, MD, PhD²¹

1 Medical Corporation Tenjinkai Amekudai Hospital, Okinawa, Japan

2 Japan Young Psychiatrists Organization (JYPO), Tokyo, Japan

3 Department of Psychiatry and Neurology, Hokkaido University Graduate School of Medicine, Hokkaido, Japan

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- 4 Department of Psychiatry, Kyoto University Graduate School of Medicine,
Kyoto, Japan
- 5 Department of Psychiatry, Nagoya City University Graduate School of Medical
Sciences, Nagoya, Japan
- 6 Department of Psychiatry and NDDTC, All India Institute of Medical Sciences
(AIMS), New Delhi, India
- 7 University College Cork, Cork, Ireland
- 8 National Suicide Research Foundation, Cork, Ireland
- 9 Department of Psychiatry, Faculty of Medicine, Chulalongkorn University,
Bangkok, Thailand
- 10 Beijing HuiLongGuan Hospital, Beijing, China
- 11 Centre for Treatment of Drug Addiction, University of Psychiatric Clinic
Ljubljana, Ljubljana, Slovenia
- 12 Department of Psychiatry and Medical Psychology, Medical University – Varna,
Varna, Bulgaria
- 13 Department of Psychiatry, Uttara Adhunik Medical College Hospital, Dhaka,

Bangladesh

14 Department of Neuropsychiatry, Keio University School of Medicine, Tokyo,

Japan

15 Department of Psychiatry, University of the East Ramon Magsaysay Memorial

Medical Center, Inc., Quezon City, Philippines

16 South London and Maudsley NHS Foundation Trust, Beckenham, UK

17 Mie Prefectural Mental Medical Center, Mie, Japan

18 University of Colorado School of Medicine, Colorado, USA

19 Department of Psychiatry, University of Michigan, Michigan, USA

20 Department of Neuropsychiatry, NTT Medical Center Tokyo, Tokyo, Japan

21 Department of Neuropsychiatry, Sapporo Medical University Graduate School

of Medicine, Hokkaido, Japan

Corresponding author:

Satona Saito

Medical Corporation Tenjinkai Amekudai Hospital

1123 Ameku, Naha-city, Okinawa, 900-0005, Japan

Tel: +81 (0):98 868 2101

Fax: +81 (0):98 868 2680

E-mail: satona1027@yahoo.com

Fields: 1. general topics in psychiatry and related fields

2. social psychiatry and epidemiology

Approaches to Suicide Prevention: Ideas and Models Presented by Japanese and
International Early Career Psychiatrists

Each year since 2006, 12 early career psychiatrists from around the world are selected to participate in the Japanese Society of Psychiatry and Neurology (JSPN) fellowship award symposium to form friendships and stimulate academic collaborations. An early career psychiatrist is defined as younger than 40 years of age or having less than 10 years' experience in psychiatry. In 2016, a Fellowship award program strategic meeting was added to promote international collaborative research **not only** among the early career psychiatrists **but also among psychiatrists in general**.

During JSPN's 113th Annual Meeting in 2017, 'Approaches To Suicide Prevention' was discussed in three Fellowship Award Symposia. Twelve early career psychiatrists from 10 countries presented. The presentations are summarized and organized focusing on the suicide prevention roles or models associated with **development, lobbying,** education, training and research.

The presenter from Bangladesh took on the role of international affairs secretary for the Society for Suicide Prevention, which was founded in 2016. He also developed a suicide management protocol for the first tertiary suicide prevention clinic in the country in 2016. The presenter from the Philippines in collaboration with the Philippine Psychiatric Association has taken part in lobbying for the first Mental Health Act of the country. The presenter from Thailand designed a 120 minute lecture on suicide prevention for first year medical students. The aim of the lecture was to increase awareness of suicide-related problems and decrease stigma about seeking help.

Representing, Japan, the speaker was involved in the development and implementation of an educational program, Mental Health First Aid Japan (MHFA-J). The MHFA-J successfully improved the skills and confidence of the medical staff dealing with mental health crisis including suicide (Nakagami et al, 2018). From Slovenia, ~~the early career psychiatrist~~ the presenter has been working on suicide prevention within the addiction services. She acted as a trainer for developing services for drug users in the community and prison environments of Bosnia, Herzegovina, Montenegro and Kosovo. The

presenter from China is a member of the research team which carried out the first national survey on suicide risk and major affective disorders. Since patients with anxious depression show increased suicidal thoughts and behavior, she examined risk factors for anxiety in major depressive disorder patients. (Limin-Xin et al, 2015). Finally, the presenter from Bulgaria has taken part in designing a predicament questionnaire, which explores social attitudes to suicide.

Early career psychiatrists in their respective countries have been working actively towards suicide prevention. As a result of this symposium and the Fellowship award program strategic meeting, an international collaborative research on `Attitude towards Suicide` was started. At the 114th JSPN, there will be a symposium where preliminary results of the study will be presented.

Disclosure Statement

The authors declare no relevant conflicts of interest.

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