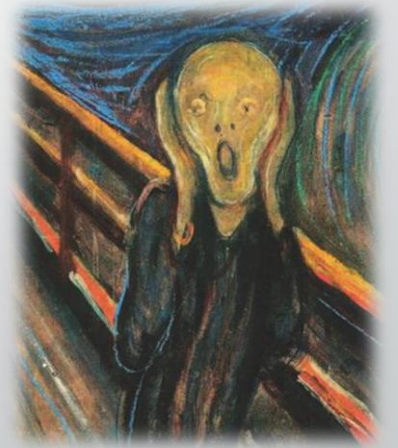


Suicide, suicidal ideation and interventions in
the Lesbian, Gay, Bisexual, Transgender +
community including the effect of the
COVID-19 lockdown



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Brief historical, cultural and social context

- sex between men was **partly decriminalised in 1967**, The Sexual Offences Act 1967
- homosexuality was only declassified as a mental illness in the UK in 1992 (ICD, 1992)
- an equal **age of consent for same sex relationships** was introduced by the Sexual Offences Amendment Act 2000
- civil partnerships were recognised in **2004 followed by marriage** when the Marriage (Same Sex Couples) Act 2013

Statistics

The following percentages refer to people in the UK who tried to take their own life or thought about it in the year preceding the survey (Bachmann & Gooch, 2018):

- **one in eight** LGBT+ people aged 18-24 (13%) tried to take their own lives
- **almost half** of transgender people (46%) considered suicide
- **31%** of Lesbian, Gay and Bisexual people (who were not transgender) considered suicide

Statistics (cont'd)

- 800,000 **people** take their own lives globally each year (Mental Health Foundation, 2019)
- in the UK in 2018, there were **6,507 suicides** (Statistics, 202)
- suicide is the **third-leading cause of death** among adolescents in the US making this phenomena a major public health concern (Liu & Mutanski, 2012)

Statistics (cont'd)

- **almost 38%** of participants in a gay youth American survey had experienced suicidal ideation. **That's almost 4 in 10** (Liu & Mutanski, 2021)
- suicidal ideation is **lower amongst the general population:**
 - **3.7% of US the adult population**, reported having suicidal thoughts (Crosby & Han, 2012)
 - in the UK, NHS Digital reported that **5% of people consider taking their own lives** (ONS, 2021).

Statistics (cont'd)

- in a YouGov, 2015 survey **of 5.5% identified as gay** in the UK **and 2.1% identified as bisexual** in the UK
- in 2008–09, approximately 8.3 million adults in the United States, or 3.7% of the adult population, reported having suicidal thoughts in the previous year (Crosby & Han, 2012)
- in the US, **24% of 12 to 14 year-olds who died by suicide were LGBT** in the period 2013 to 2015 (Ream, 2019)

A critical literature review

- “Literature reviews should ... give a picture of the state of knowledge and of major questions in your topic area” (Bell, 2010)
- the literature review will compare and contrast existing literature and explore its strengths and weakness
- the review will outline and synthesize that is, combines or blends, the existing scholarly research on a particular topic
- the review will also place the thesis in the context of other research

Aims and objectives

- the **aim or purpose** of the research is to explore the greater prevalence of suicide and suicidal ideation amongst gay people
- the **objective** of the thesis is to examine the contributory causes, for example, discrimination, homophobia, bullying and access to healthcare
- the research will **explore the effect** of the COVID-19 pandemic

Current academic context

- the topic of suicide and suicidal ideation and the effect of the pandemic/lockdown is already being written about
- Standish, 2021 predicts a wave of suicides as result of unemployment, isolation and mental health problems
- according to research published by University College London nearly one in five people had considered self-harm or suicide (Iob et al, 2020)
- there has been a seismic change in society which may have effected the rigour and validity of previous research into this topic
- a new critical literature review seems timely to me

Methodology

- the **orientation** will be Humanistic/Person-centred
- the aim of the **literature review** is a balanced appraisal of the topic
- the research will **compare and contrast** different studies and look for themes, trends and patterns
- the intention is to use existing literature to form **new knowledge** and create a better understanding of the topic through synthesis (Torraco, 2016, p. 13)

Psychotherapeutic Interventions

- Dialectic behaviour therapy and cognitive behavioural therapy are often used with suicidal clients (Turecki and Brent, 2016)
- Cognitive behavioural therapy was particularly effective with adolescents together with dialectic behaviour therapy, mentalization, and family therapy; positive interventions were more likely to have a family element and were multiple sessions (Ougurin et al, 2015)
- the thesis will look at other modalities efficacy including the person oriented approach. I very much want to look at people's stories and look at the human aspects of such tragic events

Pharmacological Interventions

- there is some evidence which indicates that selective serotonin reuptake inhibitors result in greater reduction of suicide ideation than other drugs (Turecki and Brent, 2016)
- small risk that anti depressants may increase suicidal behaviour and thoughts in clients under 25
- Lithium is also used to treat suicidal patients (Cipriani and Hawton, 2013)
- this is a controversial and complex area of research

Practical Interventions

The 2012 US National Strategy for Suicide Prevention endorsed a number of preventative measures including:

- groups led by trained individuals for support for suicide prevention.
- community-based suicide prevention programs
- introducing psychological resilience programs that promote connectedness and positivity
- educating and training relevant practitioners regarding risks and stigma

Practical Interventions (cont'd)

- tackling domestic violence and substance abuse
- making access to guns and poisons more difficult
- limiting the number of over the counter medicines that can be bought, for example, painkillers
- targeting high risk groups
- encouraging more sensitive reporting of suicidal behavior, mental illness and substance abuse in media

Ethical considerations

- **risk** to university: plagiarism, fabrication, falsification and reputational, organisational, legal, and health and safety
- **mitigation:** I will comply with UWTSD Research Ethics & Integrity Code of Practice, UWTSD Research Data Management Policy, the National Counselling Society Code of Ethical Practise and the laws of England and Wales
- **risk** to investigator: the topic being researched may cause distress and emotional issues
- **mitigation:** the writer will be in personal therapy and will discuss any emotional problems with the relevant university staff and my own support group

Facilities and resources necessary

- access to a librarian
- access to library
- online databases
- books
- journals
- Google Scholar

Outline plan of work

Tasks	Timeline									
	2021							2022		
	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
Submission proposal form										
Gathering data/research										
Abstract										
Introduction										
Critical Literature Review										
Methodology										
Limitations										
Conclusion										
Writeup										
Polish										

Conclusion

- suicide and suicidal ideation affects a significantly larger percentage of the LGBT+ population than the percentage of the general population
- the COVID-19 pandemic and lockdown is making the situation worse
- new publications and journal articles regarding the effect of suicide and suicidal ideation and the pandemic are regularly now appearing
- therefore, it seems to me to be an excellent time to produce, over the next year a new critical literature review

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