

Overcoming Stagnating Prevention: Expanding Suicide Prevention to Embrace Women's Silent Struggles

Invited lecture · Nina Krohne

For the past five years, Nina Krohne has dedicated herself to the field of suicidology and has been actively involved as a junior researcher at the UP IAM Slovene Centre for Suicide Research. Her main focus revolves around her doctoral thesis, in which she is researching suicide in women. In particular, she is examining how intimate partner violence correlates with suicidality and which factors promote resilience. Her curiosity also extends to researching suicide prevention strategies, particularly electronic interventions, exploring mental health literacy and addressing the impact of COVID-19 on mental health.

Abstract. The conventional approaches of suicide prevention strategies have long been centered on high-risk populations, with a particular focus on reducing mortality rates. Thus, suicidality among women, often manifested as ideation and non-fatal attempts, has historically been understudied, leading to gaps in prevention strategies. This lecture will argue that the undervaluation of suicidal ideation as a serious and immediate concern hinders the progress of suicide prevention. We will explore the underlying mechanism of suicidality in female survivors of intimate partner violence (IPV), illuminating the necessity to broaden the field of suicide prevention to include not only the professionals working with IPV survivors directly but the civil society to rethink the harmful stereotypes and prejudice preceding violence. By demonstrating the intricate interplay between IPV and suicidality, this lecture aims to present an innovative model, offering a nuanced perspective on risk and resilience factors affecting IPV survivors, enabling suggestions for interventions based on the individual needs of the survivors. By acknowledging the mental health distress and the burden on individuals and their loved ones, this lecture will emphasize the importance of understanding suicidality as a spectrum and suggest that ideation itself should be a call to action. We will argue that effective suicide prevention must broaden its scope to include those who suffer in silence, striving not just for the preservation of life but for the alleviation of suffering and the enhancement of mental well-being.