Data Around a Suicide Attempt and Parent’s experience

The following are some research papers and data you may find helpful.

- [Around parental identity after the attempt](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib23)

parents experience [psychological distress](https://www.sciencedirect.com/topics/psychology/psychological-distress) and low well-being ([Morgan et al., 2013](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib32)) and may experience suicidal thoughts themselves ([Hvidkjaer et al., 2020](https://www.sciencedirect.com/science/article/pii/S0277953623001284%22%20%5Cl%20%22bib23)).

[Qualitative studies](https://www.sciencedirect.com/topics/social-sciences/qualitative-research) have shown that parents react emotionally with [shock](https://www.sciencedirect.com/topics/medicine-and-dentistry/shock-circulatory), anger and confusion to their offspring's suicidal behaviour ([Ferrey et al., 2016](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib13); [Hughes et al., 2017](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib22)). They constantly fear for their offspring's life and safety ([Rose et al., 2011](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib39); [Buus et al., 2014a](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib7)). Although some parents initially react with denial, this is typically followed by sadness, grief and disappointment ([Daly, 2005](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib11); [Oldershaw et al., 2008](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib34)). Furthermore, parents may experience guilt and self-blame because they feel responsible for their offspring's behaviour ([McDonald et al., 2007](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib30); [Hughes et al., 2017](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib22)). Their feelings of helplessness and hopelessness may be intensified by professional caregivers' irreverent attitude towards their situation ([Lindgren et al., 2010](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib28); [Rose et al., 2011](https://www.sciencedirect.com/science/article/pii/S0277953623001284#bib39)). Therefore, the offspring's suicidal behaviour can set off a wave of different emotions in the parents.

- 48% of working parents say their children's mental health has impacted their performance at work (CMHA, 2023)

- This [study](https://onlinelibrary.wiley.com/doi/full/10.1111/jcap.12124?casa_token=-17g2NmAug8AAAAA%3ATlBTaVWGa9UbRSsy5T1Vv3jgcNT2PpYDLfjKcZbiq4MFXAACVlGF9-GGJIlT69DXgpGjXBB5nzq0no3y) is around a group of parents discussing the issues most important to them after their child's unsuccessful suicide attempt and this is what it concluded:

"most important to parents after their children's nonlethal suicide attempt: keeping their children safe; identifying what caused or triggered the suicide attempt; strategies to prevent another suicide attempt; and communication and building trust for the future."

- This [paper](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/) also explored parents' experiences when their child is either experiencing suicidal thoughts or has had an attempt:

"Overwhelmingly, parents reported psychological impacts, with 66.7% to 81% ([Kelada et al, 2016](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B30-ijerph-20-06227);[Townsend et al.,2017](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B37-ijerph-20-06227)) of parents reporting some negative psychological symptoms including anxiety, stress, depression, and grief ([Berk et al.,2022](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B20-ijerph-20-06227); [Ewell Foster et al., 2022](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B24-ijerph-20-06227);[Gillespie et al., 2019](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B27-ijerph-20-06227); [Kaufman et al., 2020](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B28-ijerph-20-06227); [Kelada et al., 2016](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B30-ijerph-20-06227),[Oldershaw et al., 2008](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B36-ijerph-20-06227); [Townsend et al., 2021](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B37-ijerph-20-06227)). Parents also reported experiencing rumination, intrusive thoughts ([Townsend et al., 2021](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B37-ijerph-20-06227)), and emotion dysregulation ([Berk et al., 2022](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10340647/#B20-ijerph-20-06227))."