



SURO & EVBH Continuing Education Series

Sleep Disturbance and Suicide: Risks and Opportunities for Intervention

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March 23, 2023 | 11:00-12:00 PM MST | Virtual-Zoom

Intermediate Audience | FREE- Register Today | One (1) CE

Abstract:

Sleep disturbance is a known risk factor for suicidal ideation, attempts and death by suicide. Evidence is also emerging that improvements in insomnia symptoms are connected to improvements in suicidal ideation. In this CEU presentation, we'll review: 1) what is currently known about the links between sleep disturbances and suicidality, 2) what are the theorized mechanisms linking sleep problems with suicide, 3) what interventions are available to clinicians to help reduce suicide risk in adults, and 4) what are some useful assessment tools for identifying sleep problems in clinical practice.

Learning Objectives:

By the end of the webinar, participants will be able to:

1. Recognize the types of sleep disturbances linked to suicidal ideation
2. Understand the links between sleep disturbance and suicide independent of the influence of psychiatric disorders
3. Describe some of the theorized mechanisms that link sleep problems to suicidality
4. Explain the effects of insomnia treatment on suicidal ideation
5. Identify assessment tools for evaluating sleep disturbance in clinical practice

Citations:

1. Bernert, R. A., Kim, J. S., Iwata, N. G., & Perlis, M. L. (2015). Sleep disturbances as an evidence-based suicide risk factor. *Current Psychiatry Reports*, 17(3), 1-9.
2. Pigeon, W. R., Bishop, T. M., & Titus, C. E. (2016). The relationship between sleep disturbance, suicidal ideation, suicide attempts, and suicide among adults: a systematic review. *Psychiatric Annals*, 46(3), 177-186.
3. Pigeon, W. R., Piquart, M., & Conner, K. (2012). Meta-analysis of sleep disturbance and suicidal thoughts and behaviors. *The Journal of Clinical Psychiatry*, 73(9), 11734.
4. Kalmbach, D. A., Cheng, P., Ahmedani, B. K., Peterson, E. L., Reffi, A. N., Sagong, C., ... & Drake, C. L. (2022). Cognitive-behavioral therapy for insomnia prevents and alleviates



GRADUATE SCHOOL OF PROFESSIONAL PSYCHOLOGY "This program includes 1.0 CE. The University of Denver, Graduate School of Professional Psychology (GSPP) is approved by the American Psychological Association to sponsor continuing education for psychologists. GSPP maintains responsibility for this program and its content."

suicidal ideation: insomnia remission is a suicidolytic mechanism. *Sleep*, 45(12), z5ac251.

5. Andrews, S., & Hanna, P. (2020). Investigating the psychological mechanisms underlying the relationship between nightmares, suicide and self-harm. *Sleep Medicine Reviews*, 54, 101352.

Agenda:

- 11:00 – 11:15 Overview of the sleep/suicide relationship
- 11:15 – 11:30 Theorized mechanisms of sleep and suicidality
- 11:30 – 11:45 Overview of the effects of sleep treatment on suicidal ideation and behavior
- 11:45 – 12:00 Assessment and treatment tools for clinical practice

Presenter Bio:

Dr. Boland is an Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania Perelman School of Medicine and a licensed clinical psychologist at the Cpl. Michael J. Crescenz VA Medical Center in Philadelphia. Her program of research focuses on the intersection of sleep and circadian disturbances and mood disorders, including how these disturbances may impact cognitive and reward processes. Currently, she is principal investigator of a Career Development Award funded by the Department of Veterans Affairs investigating the impact of insomnia symptoms on reward function in the context of mild to severe depression, and co-PI of a study funded by the National Institute of Mental Health examining the role of circadian rhythm disturbance in perimenopausal depression. Dr. Boland has been awarded the Diplomate in Behavioral Sleep Medicine and is highly involved in clinical training. She is a consultant for the national VA CBT-I EBP Training program and also serves as clinical supervisor for the Behavioral Sleep Medicine rotation at the Philadelphia VA Health Psychology Postdoctoral Fellowship program. (<https://grandchallengesforsocialwork.org/harness-technology-for-social-good/>), and member of CSWE's Technology Advisory Group. Dr. Singer is the founder and host of the award-winning Social Work Podcast (www.socialworkpodcast.com). Founded in January 2007, the Social Work Podcast is the first podcast by and for social workers, with over 40,000 followers on social media, listeners in 208 countries and territories, and a million podcast episode downloads per year. He lives in Evanston, IL with his wife and three children and can be found on Twitter as @socworkpodcast and Facebook at facebook.com/swpodcast.