



SURO & EVBH Continuing Education Series

Improving Teen Sleep to Prevent Suicide

Tina Goldstein, PhD

March 23, 2023 | 12:00-1:00 PM MST | Virtual-Zoom
Intermediate Audience | FREE- Register Today | One (1) CE

Abstract:

Most known suicide risk factors are distal (i.e., long-standing, static), identifying *who* is at risk, but not *when*. Thus, our ability to reliably predict, and ultimately prevent, suicide among vulnerable populations remains inadequate.

In this presentation, we discuss the promise of targeting sleep difficulties to decrease suicidality among young people at-risk. We will review studies that support an association between a range of sleep problems and suicidality among youth. We will then explore ways that sleep difficulties may affect suicide risk, and subsequently describe promising sleep-related assessment and treatment approaches that may aid in identification and treatment of suicidal youth.

Learning Objectives:

At the conclusion of this session, participants should be able to:

1. Describe research findings that support an association between sleep and suicidality in youth.
2. Delineate reasons why sleep health is a promising area for youth suicide prevention.
3. Understand ways in which sleep disturbance may contribute to suicide risk in youth.
4. Discuss approaches to assessing sleep patterns in youth that may aid in identification of youth with sleep difficulties.
5. Explain principles of evidence-based treatment of sleep difficulties for youth that show promise for at-risk youth.

Citations:

1. Goldstein TR, Bridge JA, Brent DA. Sleep disturbance preceding completed suicide in adolescents. *J Consult Clin Psychol*. 2008 Feb;76(1):84-91. PMID: PMC2823295
2. Goldstein TR, Franzen PL. A comprehensive review of the literature on sleep difficulties and suicidality in youth to inform an integrative developmental model and future directions. *Curr Sleep Med Rep*. 2022 Mar; 8:1-19.
3. Basch CE, Basch CH, Ruggles KV, Rajan S. Prevalence of sleep duration on an average school night among 4 nationally representative successive samples of



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American high school students, 2007–2013. *Prev Chronic Dis.* 2014 Dec 11;11:E216. PMID: PMC4264412.

4. Winsler A, Deutsch A, Vorona RD, Payne PA, Szklo-Coxe M. Sleepless in Fairfax: the difference one more hour of sleep can make for teen hopelessness, suicidal ideation, and substance use. *J Youth Adolesc.* 2015 Feb;44(2):362–78. PMID: 25178930.
5. Liu JW, Tu YK, Lai YF, Lee HC, Tsai PS, Chen TJ, Huang HC, Chen YT, Chiu HY. Associations between sleep disturbances and suicidal ideation, plans, and attempts in adolescents: a systematic review and meta-analysis. *Sleep.* 2019 Jun 11;42(6):zsz054. PMID: 30843072.

Agenda:

- 12:00–12:15 – Update on Adolescent Suicide
- 12:15–12:30 – Why Focus on Sleep Health for At-Risk Youth?
- 12:30–12:45 – Understanding the Sleep Health–Suicide Association in Youth
- 12:45 – 1:00 – Implications for:
 - Assessment of Sleep Health
 - Treatment to Improve Sleep Health

Presenter Bio:



Tina Goldstein, Ph.D is a licensed psychologist and the Pittsburgh Foundation Endowed Professor in Psychiatry Research at the University of Pittsburgh Medical Center. Dr. Goldstein's clinical and research interests focus on understanding the etiology and treatment for youth with, and at-risk for, mood disorders and suicide. Her research program is supported by grant funding from federal and private foundations and she is the author of over 150 manuscripts and book chapters. Her contributions to the field have been recognized with numerous awards, including the Klerman Young Investigator Award from the Depression and Bipolar Support Alliance (DBSA) and the Presidential Early Career Award for Scientists and Engineers (PECASE).