

# **Resilience as key factors in the prevention of youth suicide: Promising perspectives.**

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**With Special collaborations from  
Harvard University: Center on the developing Child**

**Pathways to Resilience III: Beyond Nature vs. Nurture!**

**Dalhousie University**

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# Context

Several clinical investigations show that some children / teenagers use defense mechanisms that allow them **not to** commit or attempt suicide despite very adverse situations.

(Garmezy, 1991; Masten, 1993; Luthar, 2007, 1998; Werner, 1993)

## **Context**

A number of children / teens manage to avoid mental disruption in contexts that truly prove destabilizing for others who commit or attempt suicide

(Anaut, 2002; Garmezy, 1991; Masten, 1993; Luthar, 2007, 1998; Werner, 1993)

## **Objectives:**

### **Systematic (integrative) Review:**

To identify, analyze resilience factors involved in the prevention of youth suicide.

**Objectives:**  
**Systematic (integrative) Review:**

Move away from the traditional paradigm of pathogenesis,

Converge / compare data to bring out the scientific relations on how resilience can lead to stop the suicidal gesture

# **Methodology**

Analysis of 100  
empirical and  
theoretical studies:

- produce a comprehensive understanding of the link between resilience and stopping the suicidal attempt.

The data sampling  
strategy:

Only studies of the past three decades (1985-2015).

Combination of  
three strategies for  
systematic  
identification:

- Computerized (data-based)
- manual;
- bibliographic

## **Methodology**

**Combination of three strategies for systematic identification:**

1. Computerized research;
2. Manual search in key books or important journals;
3. The exploration of any reference that seemed relevant, following the analysis of the bibliography.



# Methodology

## Databases used for computerized search

French Database	English Database
<p><b><u>FRANCIS</u></b>            Database that lists French-language articles in social sciences from the Scientific National Centre for Scientific Research in Paris.</p>	<p><b><u>Social Services Abstracts</u></b>            Database that specializes in the distribution of journals in the humanities and social sciences of the National Library of France and the National Book Centre.</p>
<p><b><u>ÉRUDIT</u></b>            Database which lists journal articles, digital books, book chapters, and theses, on the following areas: social work, psychology, social sciences.</p>	<p><b><u>Social Work Abstracts</u></b>            Database which lists journal articles in the field of social service. Includes the Register of Clinical Social Workers.</p>
<p><b><u>CAIRN</u></b>            Database that specializes in the distribution of journals in the humanities and social sciences of the National Library of France and the National Book Centre.</p>	<p><b><u>PsycINFO</u></b>            Database that lists journal articles, books, book chapters, dissertations and government reports from around the world and on the fields of psychology, psychiatry, management, social sciences, medicine and social service.</p>

# Methodology

## Descriptors used for information retrieval

<b>Langue Française</b>	<b>Langue anglaise</b>
Résilience* résilien*	Resilience* resilien* resiliency
Résilience chez les enfant*	Resilience* in children
Facteur* ou conditions* de résilience*	Factor* of resilience* or Condition* for resilience*
Résilience chez ados* Jeunes*	Resilience* Suicide prevention* Youth
Adversité* et résilience	Adversity* & resilience
Résilience* chez les enfant* maltraité* ou abusé* ou négligé*	Resilience in abuse* child* or childhood abuse* and neglect* or childhood maltreatment and resilience*
Suicide * Résilience* Jeunes* ados*	Resilience factor* suicide prevention among youth*
Impacte* ou rôle de la résilience dans le suicide*	Impact* of the family in resilience in child*
Facteurs de résilience* prévention suicide*	Impact of resilience suicide prevention* suicidal youth*
Résilience et protection de l'enfance, ou protection de l'enfance et résilience	Child protection and resilience or resilience and child protection
Résilience chez enfant* placé*	Resilience in foster child*
Résilience * Acte suicidaire*	
Déterminant* de la résilience	Determinant* of resilience
Résilience et intervention*	resilience and Intervention*
Intervention* et résilience*	Intervention* and resilience*
Promouvoir résilience*	Promoting resilience
Lien résilience* prévention suicide*	Role resilience* suicide prevention*

# Methodology

## Grey literature consulted

<b>Government Reports</b>	<b>Theses</b>
<p><u>Canada Research Index (Microlog), provincial and federal documents since 1982.</u></p>	<p><u>Theses Canada</u> Lists Canadian theses published since 1965; Contains the full text since 1998.</p>
<p><u>Canadian Government Website</u> <a href="http://canada.gc.ca/accueil.htm">http://canada.gc.ca/accueil.htm</a> Allows to search across government website; especially useful to find reports or programs within departments.</p>	<p><u>Dissertations and Theses</u> Lists doctoral and master's theses in the North American universities and doctoral theses in universities located around the world. It is possible to search in French.</p>
<p><u>Federal Publication Locator</u> <a href="http://www.collectionscanada.gc.ca/7/5/index-f.html">http://www.collectionscanada.gc.ca/7/5/index-f.html</a> Canadian federal publications listed in the catalog of the National Library of Canada (a subset of the Amicus database), including electronic publications from the Canadian federal government.</p>	<p><u>SUDOC (France) - Catalogue of the university documentation system.</u> The French union catalog is maintained by libraries and documentation centers of higher education and research. It contains more than 9 million bibliographic records including theses.</p>

# Methodology

## EBooks collections consulted

<b>Collections</b>	<b>Description</b>
<u>Annual Reviews</u>	Reviews of scientific papers in most disciplines. Available in print and online to individuals, institutions and consortia worldwide, ranks among the most cited in the scientific literature.
<u>Books @ Ovid</u>	Electronic books, references in nursing, health, psychology and medicine.
<u>Ebrary -Ebook Collection</u>	E-books in all disciplines. It is possible to search in French..
<u>Net Library</u>	E-books in all disciplines. It is possible to search in French..
<u>Springer E-book collection</u>	Electronic books, references in nursing, health, medicine, social sciences, and law. You can perform searches in a dozen languages, including French.

# **Methodology**

**Studies selection:  
Inclusion criteria**

Of the 100 targeted studies, 60 were selected for analysis according to five criteria for inclusion.

### The Studies should:

- ✓ Treat resilience among young people;
- ✓ Looking into the causes, conditions, and resilience factors favoring stopping the suicidal act;
- ✓ Exploring the role of socio emotional environment in the process of resilience;
- ✓ Analyze the links between resilience factors that really work in those who do not commit or attempt the suicide;
- ✓ Propose relevant interventions strategies in suicide prevention by mobilizing resilience.

Each text has been the subject of analysis.

Finally, a sample of approximately 60 relevant studies was selected.

## Example of a grid Summary information related to each of 60 selected studies.

Author / year	Objectives	Sample	Method	Results / conclusions
A n a u t (2002)	<p>Cette étude vise à comprendre le processus de résilience dans le développement psychosocial des enfants issus de familles dites en difficulté, vivant dans des milieux considérés comme « inadéquats » ou « carencés », ainsi que la place qu'occupe la résilience dans les pratiques cliniques en protection de l'enfance.</p>	<p>Deux adolescentes âgées chacune de 14 ans, ainsi que leurs familles d'accueil.</p>	<p>Qualitative. Observation participante/Entrevues individuelles.</p>	<p>La défaillance parentale et les liens familiaux pathogènes peuvent être compensés par des étayages externes à la famille (famille élargie, relations sociales extrafamiliales). Ces « tuteurs de résilience » peuvent s'incarner dans une ou plusieurs rencontres « fondatrices » agissant comme figures d'identification et d'étayage qui vont aider au renforcement de l'estime de soi du sujet. Dans le cadre de la protection de l'enfance, la résilience permet d'interroger différemment le développement des enfants qui ont connu des carences relationnelles graves et des contextes traumatiques.</p>



## **Results:**

What resilience factors actually works in the non-passage to the act?

What is the relationship between resilience factors and the stopping of the suicidal act?

## **Results:**

There is a common denominator ( a point of singularity)  
among those who do not commit or attempt suicide:

**A deep sense of existence**

## **Results:**

What do we mean by

**A deep sense of existence ?**

The constant, deep feeling of being loved, counted, recognized, valued by a sicio-emotional environment;

## **Results:**

Those who do not attempt or commit suicide live under the constant, deep feeling of being loved, counted, recognized, valued by their sicio-emotional environment;

**Socio emotional environment free of toxic stress.**

## **Unexpected result:**

### **In general:**

Some forms of Depression seem to be a protective factor more than a risk factor for suicide among teenagers.

Some forms of depression will slow down or even inhibit suicidal ideation.

## Conclusion

The central principle that emerges from this study is that the most significant factor of resilience contributing to the non-passage of the suicidal act is mainly solid relationships with significant others and a deep sense of existence.

# Conclusion / implications for intervention

Be ware of:

Fractures or damages in relationship / Attachment;

Sexual abuse in childhood;

Some forms of identity diseases (schizophrenia ...)

# Conclusion / implications for intervention

Important way to prevent suicide among teenagers:

By doing everything to give them a deep sense of existence;

The more we recognize the suicidal subject, the more we prevent suicide;

The more one ignores their dark thoughts, sense of Existence, the less we prevent suicide;

Transforming violence suffered by positive energies.



## Conclusion / implications for intervention

- ✓ Professional distance needs human proximity;
- ✓ The concept of failure???

# Collaborations

**Harvard University:** Center on the developing Child

<http://developingchild.harvard.edu>

# Contact Details

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