

**CENTRE FOR MENTAL HEALTH**

# Seminar Series

The University of Melbourne

## The ideation to action framework of suicide

**Presenter: Dr Becky Mars**

**Thursday 12th August 3.00pm-4.00pm**

**Via Zoom**

**[https://unimelb.zoom.us/j/82449256661?  
pwd=ZTJsQVFvcjFic3RaNEl3UUJyeUVpUT09](https://unimelb.zoom.us/j/82449256661?pwd=ZTJsQVFvcjFic3RaNEl3UUJyeUVpUT09)**

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Many risk factors for suicidal behaviour have been identified, however little is known about the factors that differentiate those most likely to attempt suicide from those who only think about suicide. This is a crucial issue, as only a third of young people will act on their suicidal thoughts.

Theoretical models of suicide, including the interpersonal theory, the integrated motivational-volitional model, and the three-step theory, are consistent with an ideation-to-action framework. This framework proposes that the factors involved in the development of suicidal thoughts are distinct from those involved in the transition from thoughts to attempts.

In this presentation, I will provide an overview of these suicide theories and present findings from my own work using data from the Avon Longitudinal Study of Parents and Children (ALSPAC); a population-based birth cohort in the UK which has tracked the health and development of over 14,000 families since the 90s. I will also discuss plans for my current fellowship, which will use an innovative digital diary-based method called 'Ecological Momentary Assessment' to identify proximal predictors and patterns of self-harm thoughts and behaviours (over hours/days/weeks).

Dr Becky Mars is a Research Fellow working within the suicide and self-harm (SASH) research group at the University of Bristol in the UK.

Her research interests focus on the epidemiology and course of self-harm and suicidal behaviours.

She is particularly interested in understanding the factors that predict the transition from self-harm thoughts into actions and was recently awarded a mid-career fellowship from the Medical Research Foundation to investigate this further.

These seminars are free. Visitors are welcome to attend.  
For more information contact the Centre for Mental Health +61 3 8344 0908