

Innovative Research Program on Suicide Countermeasures in FY2022: Report on Commissioned Research Results

Field 1: Suicide prevention for children and youth

Topic number : R4-1-6

Research topic:

Development of suicide prevention program for AYA generation focusing on social isolation and loneliness among college students and perinatal women.

Principal Researcher:

Department of Global Health Promotion, Tokyo Medical and Dental University, Professor, Takeo Fujiwara

Co-Researcher:

BANSO-CO Inc CEO Satomi Doi

Summary:

The AYA generation (Adolescent and Young Adult generation) from late teens to 30s is a high-risk group for suicidal ideation and suicide, but many college students and perinatal women, who are also considered AYA, are not connected to existing counseling services even if they have mental health problems. Since college students and perinatal women are of the same AYA generation and are thought to share the same mechanism of suicide, the purpose of this study is to understand the suicide risk of college students and perinatal women, and to develop a system that enables early intervention using online psychological counseling for those at risk of suicide. In FY2022, we utilized the scale developed by the principal investigator to identify socially high-risk pregnant and nursing mothers, and found that the same algorithm can be used to identify pregnant and nursing mothers at high risk of suicide.