Assessment and Treatment of Depression and Suicidal Behavior Associated with Military Service: An Overview

References

- American Association of Suicidology (2012). *Risk Factors for Suicide and Suicidal Behaviors*. American Association of Suicidology, Washington DC. Retrieved from: http://www.suicidology.org/c/document_library/get_file?folderId=262&name=DLFE-535.pdf
- American Foundation for Suicide Prevention (n.d.). *Facts and Figures*. Retrieved from: http://www.afsp.org/understanding-suicide/facts-and-figures
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, DC: American Psychiatric Association.
- Army Suicide Prevention Program. (2011). *Shoulder to Shoulder: Finding Hope and Strength Together*. Retrieved from: http://www.armyg1.army.mil/hr/suicide/media2asp.
- Beautrais, A. (2007). Suicide by jumping: a review of research and prevention strategies. *Crisis*, 28 (Suppl 1), 58-63.
- Beck, J.S. (2011). Cognitive behavior therapy: Basics and beyond (2nd ed.). NY: Guilford Press.
- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.
- Beck, A. T., Schuyler, D., & Herman, I. (1974a). Development of suicidal intent scales. In A. T. Beck, H. Resnik, & D. J. Lettieri (Eds.), *The prediction of suicide*. Bowie, MD: Charles Press.
- Beck, A.T., & Steer, R.A. (1991). *Manual for the Beck scale for suicide ideation*. San Antonio, TX: Psychological Corp.
- Beck, A.T., Steer, R.A. & Brown, G.K. (1996). *Manual for the Beck Depression Inventory-II*. San Antonio, TX: Psychological Corp.
- Beck, A. T., Weissman, A., Lester, D., & Trexler, L. (1974b). The measurement of pessimism: The Hopelessness Scale. *Journal of Consulting and Clinical Psychology*, 42(6), 861-865.
- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive therapy of depression*. New York: Guilford.
- Brenner, L.A., Breshears, R.E., Betthauser, L.M., Bellon, K.K., Holman, E., Harwood, JE.F., et al. (2011). Implementation of a suicide nomenclature within two VA healthcare settings. *Journal of Clinical Psychology in Medical Settings*, *18*(2), 116-128.

- Brown, G. K., Ten Have, T., Henriques, G. R., Xie, S. X., Hollander, J. E., & Beck, A. T. (2005). Cognitive therapy for the prevention of suicide attempts: A randomized controlled trial. *Journal of the American Medical Association*, 294(5), 563-570.
- Bryan, C. J., Stone, S. L., & Rudd, D. M. (2011). A practical, evidence-based approach for means-restriction counseling with suicidal patients. *Professional Psychology, Research and Practice*, 42(5), 339-346.
- Burns, D. D. (1980). Feeling good: The new mood therapy. New York: New American Library.
- Butler, A.C. & Beck, A.T. (1995). Cognitive therapy for depression. *The Clinical Psychologist*, 48(3), 3-5.
- Butler, A.C., Chapman, J.E., Forman, E.M., & Beck, A.T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26, 17-31.
- Carroll, B.J., Fielding, J.M., & Blashki, T.G. (1973). Depression rating scales. *Archives of General Psychiatry*, 28, 361-366.
- Centers for Disease Control and Prevention. (2012). *National Suicide Statistics at a Glance*. Retrieved from http://www.cdc.gov/violenceprevention/suicide/statistics/index.html.
- Cornette, M. (2013). Conceptual model of suicide risk.
- Cox, D. W., Ghahramanlou-Holloway, M., Greene, F., Bakalar, J., Schendel, C., Nademin, M. E., Jobes, D. A., Englert, D. R., & Kindt, M. (2011). Suicide in the United States Air Force: Risk factors communicated before and at death. *Journal of Affective Disorders*, 133, 398-405.
- Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (n.d.).

 Dispelling the Myths About Depression. Retreived from:

 http://www.dcoe.mil/content/navigation/documents/Dispelling%20the%20Myths%20Ab
 out%20Depression.pdf
- Fishbain, D.A., Bruns, D., Disorbio, J.M. &Lewis, J.E. (2009). Risk for five forms of suicidality in acute pain patients and chronic pain patients vs pain-free community controls. *Pain Medicine*, 10 (6), 1095-1105
- Gloaguen, V., Cottraux, J., Cucherat, M., & Blackburn, I. (1998). A meta-analysis of the effects of cognitive therapy in depressed patients. *Journal of Affective Disorders*, 49(1), 59-72.
- Gutierrez, P.M., Brenner, L.A., & Huggins, J.A. (2008). A preliminary investigation of suicidality in psychiatrically hospitalized veterans with traumatic brain injury. *Archives of Suicide Research*, 12, 336-343.
- Hamilton, M. (1980). Rating depressive patients. *Journal of Clinical Psychiatry*, 41, 21-24.

- Hawton, K. (2002). United Kingdom legislation on pack sizes of analgesics: background, rationale, and effects on suicide and deliberate self-harm. *Suicide and Life-Threatening Behavior*, 32, 223-229.
- Hollon, S.D. & Ponniah, K. (2010). A review of empirically supported psychological therapies for mood disorders in adults. *Depression and Anxiety*, 27 (10), 891-932.
- Ilgen, M.A., Zivin, K., McCammon, R.J., and Valenstein, M. (2008). Pain and suicidal thoughts, plans, and attempts in the United States. *General Hospital Psychiatry*, 30 (6), 521-527.
- Jacobson, N.S., Martell, C.R. & Dimidjian, S. (2001). Behavioral Activation for depression: Returning to contextual roots. *Clinical Psychology: Science and Practice*, 8, 255–270.
- Jobes, D.A. (2006). *Managing suicidal risk: a collaborative approach*. New York, NY: The Guilford Press.
- Joiner, T. (2005). Why people die by suicide. Cambridge, MA: Harvard University Press.
- Jones, D.E., Hourani, L.L., Rariden, M.B., Hammond, P.J., & Werbel, A.D. (2012). Suicide prevention in the military. In C.H. Kennedy & E. A. Zilmer (Eds). *Military psychology: Clinical and operational applications* (211-250). New York, NY: The Guilford Press.
- Juurlink, D.N., Herrmann, N., & Szalai, J.P. (2004). Medical illness and the risk of suicide in the elderly. *Archives of Internal Medicine*, *164*, 1170-1184.
- Kemp, J., & Bossarte, R. (2013). *Suicide Data Report: 2012*. Department of Veterans Affairs, Mental Health Services, Suicide Prevention Program.
- Kaplan, M.S., McFarland, B.H., & Huguet, N. (2009). Characteristics of adult male and female firearm suicide decendents: findings from the National Violent Death Reporting System. *Injury Prevention*, 15(5), 322-327.
- Klerman, G.L., Weissman, M.M., Rounsaville, B.J. & Chevron, E.S. (1984). *Interpersonal psychotherapy of depression*. Basic Books: New York, New York.
- Knox, K., Stanley, B., Currier, G., Brenner, L., Ghahramanlou-Holloway, M., & Brown, G. (2012). An emergency department-based brief intervention for Veterans at risk for suicide (SAFE VET). *American Journal of Public Health*, 102(S1), S33-S37.
- Kupfer D.J. (1991). Long-term treatment of depression. *Journal of Clinical Psychiatry*, 52, 28-34.
- Law, C.K., Yip, P.S.F., Wincy, S.C.C. et al (2009). Evaluating the effectiveness of barrier installation for preventing railway suicides in Hong Kong. *Journal of Affective Disorders*, 114, 254-262.
- Lewinsohn, P.M., Munoz, R.F., Youngren, M.A., & Zeiss, A.M. (1986). *Control your depression*. NY: Simon & Schuster.

- Lewinsohn, P.M., Sullivan, J.M., & Grosscup, S.J. (1980). Changing reinforcing events: An approach to the treatment of depression. *Psychotherapy: Theory, Research, & Practice*, 17(3), 322-334.
- Linehan, M.M. (1993). Cognitive-Behavioral Treatment of Borderline Personality Disorder. New York, NY: The Guilford Press.
- Linehan, M.M. (1996). Suicidal Behaviors Questionnaire (SBQ). University of Washington, Seattle.
- Luxton, D.D., Osenbach, J.E., Reger, M.A., Smolenski, D.J., Skopp, N.A., Bush, N.E., & Gahm, G.A. (2012). *Department of Defense Suicide Event Report Calendar Year 2011 Annual Report*. National Center for Telehealth & Technology.
- Management of Major Depressive Disorder Working Group (2009). VA/DoD Clinical Practice Guideline: Management of Major Depressive Disorder. Washington, DC, Department of Veteran's Affairs, Department of Defense. Retrieved from http://www.healthquality.va.gov/mdd
- Martell, C.R., Addis, M.E., & Jacobson, N.S. (2001). *Depression in context: Strategies for guided action*. New York: Norton.
- Martell, C.R., Dimidjian, S., and Herman-Dunn, R. (2010). *Behavioral activation for depression: A clinician's guide*. New York: Guilford Press.
- Martin, J., Ghahramanlou-Holloway, M., Lou, K., Tucciarone, P. (2009). A comparative review of U.S. military and implications for OEF/OIF suicide prevention efforts. *Journal of Mental Health Counseling*, 31(2), 101-118...
- Miles, D. (2010, April 23). VA strives to prevent veteran suicides. *American Forces Press Service*. Retrieved from: http://www.mirecc.va.gov/visn19/education/nomenclature.asp.
- Mott, J.A., Wolfe, M.I., Alverson, C.J. et al. (2002). National vehicle emissions policies and practices and declining U.S. carbon monoxide-related mortality. *Journal of the American Medical Association*, 288, 988-995.
- National Alliance on Mental Illness (2009). *Depression and Veterans Fact Sheet*. Retrieved from:

 http://www.nami.org/Template.cfm?Section=Depression&Template=/ContentManageme_nt/ContentDisplay.cfm&ContentID=87942
- Nezu, A.M. Nezu, C.M. and Perri, M.G. (1989). *Problem-solving therapy for depression:* theory, research, and clinical guidelines. New York: Wiley.
- Ohberg, A., Lonnqvist, J., Sarna, S. et al. (1995). Trends and availability of suicide methods in Finland: proposals for restrictive measures. *British Journal of Psychiatry*, 166, 35-43.

- Osman, A., Bagge, C.L., Guitierrez, P.M., Konic, L.C., Kooper, B.A., & Barrios, F.X. (2001). The Suicidal Behaviors Questionnaire-Revised (SBQ-R): Validation with clinical and nonclinical samples, *Assessment 8(4)*, 443-454.
- Radloff, L.S. (1977). The CES-D scale: A self-report depression scale for research in the general population. *Applied Psychological Measurement*, *1*, 385-401.
- Reza, A., Mercy, J.A., & Krug, E. (2001). Epidemiology of violent deaths in the world. *Injury Prevention*, 7, 104-111
- Ribeiro J. D., Pease J. L., Gutierrez P. M., Silva, C., Bernert, R. A., Rudd, M. D., & Joiner, T. E. (2012). Sleep problems outperform depression and hopelessness as cross-sectional and longitudinal predictors of suicidal ideation and behavior in young adults in the military. *Journal of Affective Disorders*, 136(3), 743-50.
- Rudd, D. (2006a). *The assessment and management of suicidality*. Sarasota, FL: Professional Resource Exchange.
- Rudd, M.D. (2006b). Fluid vulnerability theory: A cognitive approach to understanding the process of acute and chronic suicide risk. In T.E. Ellis' (Ed.) *Cognition and suicide: Theory, research, and therapy* (pp. 355-380). Washington, DC: American Psychological Association.
- Rudd, M.D., Berman, A.L., Joiner, T.E., Nock, M.K., Silverman, M.M., Mandrusiak, M., Van Orden, K., & Witte, T. (2006c). Warning signs for suicide: Theory, research, and clinical applications. *Suicide and Life-Threatening Behavior*, 36(3), 255-262.
- Rudd, M.D. & Bryan, C.J. (2011). *Brief cognitive behavioral therapy for suicidal soldiers*. Unpublished manual, 17-21.
- Rudd, M. D., Joiner, T.E., & Rajab, M.H. (2001). *Treating suicidal behavior: An effective, time-limited approach*. New York, NY: Guilford Press.
- Segal, Z.V., Williams, J.M.G., and Teasdale, J.D. (2013). *Mindfulness-based cognitive therapy for depression* (2nd edition). New York: The Guilford Press.
- Tanielian, T. L., & Jaycox, L. H. (Eds.). (2008). *Invisible wounds of war: Psychological and cognitive injuries, their consequences, and services to assist recovery.* Rand Corporation.
- Thomas, J.L., Wilk, J.E., Riviere, L.A., McGurk, D., Castro, C.A., & Hoge, C.W. (2010). Prevalence of mental health problems and functional impairment among active component and National Guard soldiers 3 and 12 months following combat in Iraq. *Archives of General Psychiatry*, 67(6), 614-623.
- Wells, T.S., LeardMann, C.A., Fortuna, S.O., Smith, B., Smith, T.C., Ryan, M.A.K, Blazer, D. (2010). A prospective study of depression following combat deployment in support of the wars in Iraq & Afghanistan. *American Journal of Public Health*, 10(1), 90-99.
- Wenzel, A., Brown, G. K., & Beck, A. T. (2009). Cognitive therapy for suicidal patients.

- Washington, DC: American Psychological Association.
- Wenzel, A., Brown, G.K., & Karlin, B.E. (2011). Cognitive behavioral therapy for depression in veterans and military servicememebers: Therapist manual. Washington, DC: U.S. Department of Veterans Affairs.
- Weidenmann, A. & Weyerer, S. (1993). The impact of availability, attraction and lethality of suicide methods on suicide rates in Germany. *Acta Psychiatrica Scandinavica*, 88, 364-368
- World Health Organization. (2013). *Suicide prevention*. Retrieved from: http://www.who.int/mental_health/prevention/suicide/suicideprevent/en/.
- Zung, W.W. (1965). A self-rating depression scale. Archives of General Psychiatry, 12, 63-70.