

A Qualitative Assessment of an Innovative Suicide Prevention and Treatment Model: Contextual-Conceptual Therapy Data Scientist study of Pharmacy Instituteaffiliated to Amravati University

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Abstract

Mental well-being is a critical aspect of understanding one's overall health. In India alone, mental illness affects one in six adults. Furthermore, 40% of those individuals who die of suicide have been diagnosed with a mental health condition. Yet, there is a paucity of research on innovative methods that help prevent suicide. The Contextual-Conceptual Therapy (CCT) model introduces an innovative way to treat suicide by working to uncover the strengths of the suicidal person and addressing a person's true self. The CCT model was developed over the course of 11 years of working with more than 16,000 suicidal students in India and is tailored specifically for primary and secondary prevention of suicide. While there has been anecdotal evidence of the effectiveness of the CCT program, the program has yet to be formally evaluated. This qualitative research study aims to understand the impact the CCT program has had on its clients. Eleven former CCT clients were recruited to participate in semi-structured interviews. Outcomes described by participants included an increase in curiosity and self-efficacy as a means through which to decrease suicide ideation and behavior and proved to be incredibly powerful in changing long-term outcomes. This qualitative study is a first step in providing critical insight on suicide prevention for wider dissemination. At a time when adverse mental health is impacting the lives of millions of people, the CCT program has the potential to address suicide and mental health, and foster mental well-being across diverse populations. Journal of Public Health International publishes peer-reviewed open access articles. We aim for quality content and strive hard to keep it up by making all necessary possible arrangements. In this process, we encountered a specific instance where we oblige support from you to handle a manuscript. This particular manuscript

seems closely related to your current research Mental health and mental illness are critical to a person's overall health. In the United States alone, mental illness affects one in six adults. Furthermore, 40% of those individuals who die of suicide have been diagnosed with a mental health condition or illness. Yet, there is a paucity of research on innovative methods that help prevent suicide. The Contextual-Conceptual Therapy (CCT) approach introduces an innovative way to treat suicide by working to uncover the strengths of the suicidal person and addressing a person's true self. The CCT approach was developed over the course of 25 years working with more than 16,000 suicidal patients in Seattle, Washington, and is tailored specifically for primary and secondary prevention of suicide. While there has been anecdotal evidence of the effectiveness of the CCT program, the program has yet to be formally evaluated. This qualitative research study aims to understand the impact the CCT approach has had on its clients. Eleven former CCT clients were recruited to participate in semi-structured interviews. Outcomes described by participants included an increase in curiosity and self-efficacy as a means through which to decrease suicide ideation and behavior, and proved to be incredibly powerful in changing long-term outcomes.

