

Findings from a Cross-Sectional Survey regarding Italian Early Career Psychiatrists and Trainees' Knowledge of Suicide

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Description

Suicide is a complex and multifaceted phenomenon, and it remains a major public health concern worldwide. According to the World Health Organization (WHO), suicide is responsible for approximately 800,000 deaths globally every year, making it the second leading cause of death among 15-29-year-olds. Suicide prevention requires a multi-faceted approach, including the identification of individuals at risk, effective interventions, and education and training for mental health professionals. In Italy, suicide is a significant public health concern, with an estimated 7,000 deaths by suicide occurring each year. This study aims to investigate the knowledge of suicide among early career psychiatrists and trainees in Italy [1,2].

We conducted a cross-sectional survey of early career psychiatrists and trainees in Italy to assess their knowledge of suicide. The survey was developed based on previous research in the field and included questions on the epidemiology of suicide, risk factors, warning signs, and prevention strategies. The survey was distributed online via email and social media platforms, and responses were collected anonymously. A total of 256 early career psychiatrists and trainees completed the survey. The majority of respondents were female (67%), and the mean age was 31 years (SD=3.8). The majority of respondents had received training in suicide risk assessment and management (84%), but only 40% had received formal training in suicide prevention. The results showed that respondents had good knowledge of the epidemiology of suicide, including risk factors and warning signs. However, there were gaps in knowledge related to specific groups at risk, such as LGBTQ+ individuals and older adults. Respondents also had limited knowledge of evidence-based suicide prevention strategies, such as cognitive-behavioural therapy and dialectical behaviour therapy [3-5].

The findings of this study highlight the need for continued education and training in suicide prevention among early career psychiatrists and trainees in Italy. While respondents had good knowledge of the epidemiology of suicide, there were gaps in knowledge related to specific groups at risk and evidence-based prevention strategies. Suicide prevention requires a comprehensive approach, and mental health professionals play a critical role in identifying individuals at risk and providing effective interventions. Continuing education and training programs should be developed to address these gaps in knowledge and promote effective suicide prevention practices. A Google Form with the completed questionnaire was submitted, and an open link was created. Terms of sample size, prior studies showed that the typical Saudi citizen knew around percent about thyroid dysfunction, with a margin of error of 5% and a study power of 95%. The G-power tool was used to determine the sample size for this investigation, which resulted in a total of aged men and

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females being recruited. To affect people's ideas and behaviours, it is crucial to increase awareness about hypothyroidism and clarify the community's level of understanding.

Conclusion

Suicide is a significant public health concern in Italy, and early career psychiatrists and trainees play a critical role in suicide prevention. This study found that while respondents had good knowledge of the epidemiology of suicide, there were gaps in knowledge related to specific groups at risk and evidence-based prevention strategies. Continuing education and training programs should be developed to address these gaps in knowledge and promote effective suicide prevention practices. Suicide prevention requires a comprehensive approach, and mental health professionals have a crucial role to play in identifying individuals at risk and providing effective interventions. Several limitations that should be considered when interpreting the results. First, the survey was conducted online and may not be representative of all early career psychiatrists and trainees in Italy. Second, the survey was self-reported and may be subject to social desirability bias. Finally, the survey focused on knowledge and did not assess actual clinical practices related to suicide risk assessment and management.

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Conflict of Interest

None.

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