Temporal Profiles of Suicidal Thoughts in Daily Life

Results from two mobile-based monitoring studies with high-risk adolescents

- 2 samples of high-risk adolescents

| Sample 1 | Completed 4 daily ecological momentary assessments (EMAs) during inpatient hospitalization | N=61
843 Observations |
| Sample 2 | Completed daily surveys for 4 weeks after discharge | N=78
1621 Observations |

- Examined temporal changes in near-term suicidal ideation (frequency and intensity of suicidal thoughts) in high-risk adolescents’ daily life, and whether these dynamic experiences follow distinct longitudinal trajectories

Three ideation trajectories:

- Low (Sample 1: 65.6%; Sample 2: 54%)
- Declining (Sample 1: 4.9%; Sample 2: 15%)
- Persistently High (Sample 1: 29.5%; Sample 2: 31%)

Persistent trajectory showed consistently high within-person variability.

Suicidal thoughts in everyday life, across two contexts and regardless of data resolution (EMA and daily surveys), are not homogeneous and instead follow distinct longitudinal profiles.

Conclusion: Findings point to the importance of closely monitoring suicidal ideation to identify patterns indicative of unrelenting suicidal thinking. Addressing high hopelessness and low self-efficacy may aid in reducing persistent ideation. Improving our understanding of how suicidal ideation unfolds in real-time may be critical to optimizing timely assessment and support.