



What do Swiss experts think?

Results from a survey on railway suicide prevention measures

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Rationale

- Evidence-based knowledge on interventions is sparse
- If you don't know much:
 - ask the experts
 - eminence based knowledge

Method: Expert groups

1. Suicide prevention activists

2. Clinicians (working close to hotspots)

3. Swiss railway experts

4. Police/Security

Experts: Interests

- Activists → optimistic: Believe in change
- Clinicians → want to help
- Railway → sceptic: money, image, loyalty
- Security → mixed interests

Method

- Part 1: Interview, open questions

- Part 2: Standardized questionnaire

Sample

Total: 56 data sets

- Activists: 17
- Clinicians: 10
- Railway: 17
- Security: 12

Method: Questionnaire

- Basic question:
***«Please rate effectiveness,
independent of costs»***
- 7-point Likert Scale from
very effective - no effect - contraproductive

Sources of items

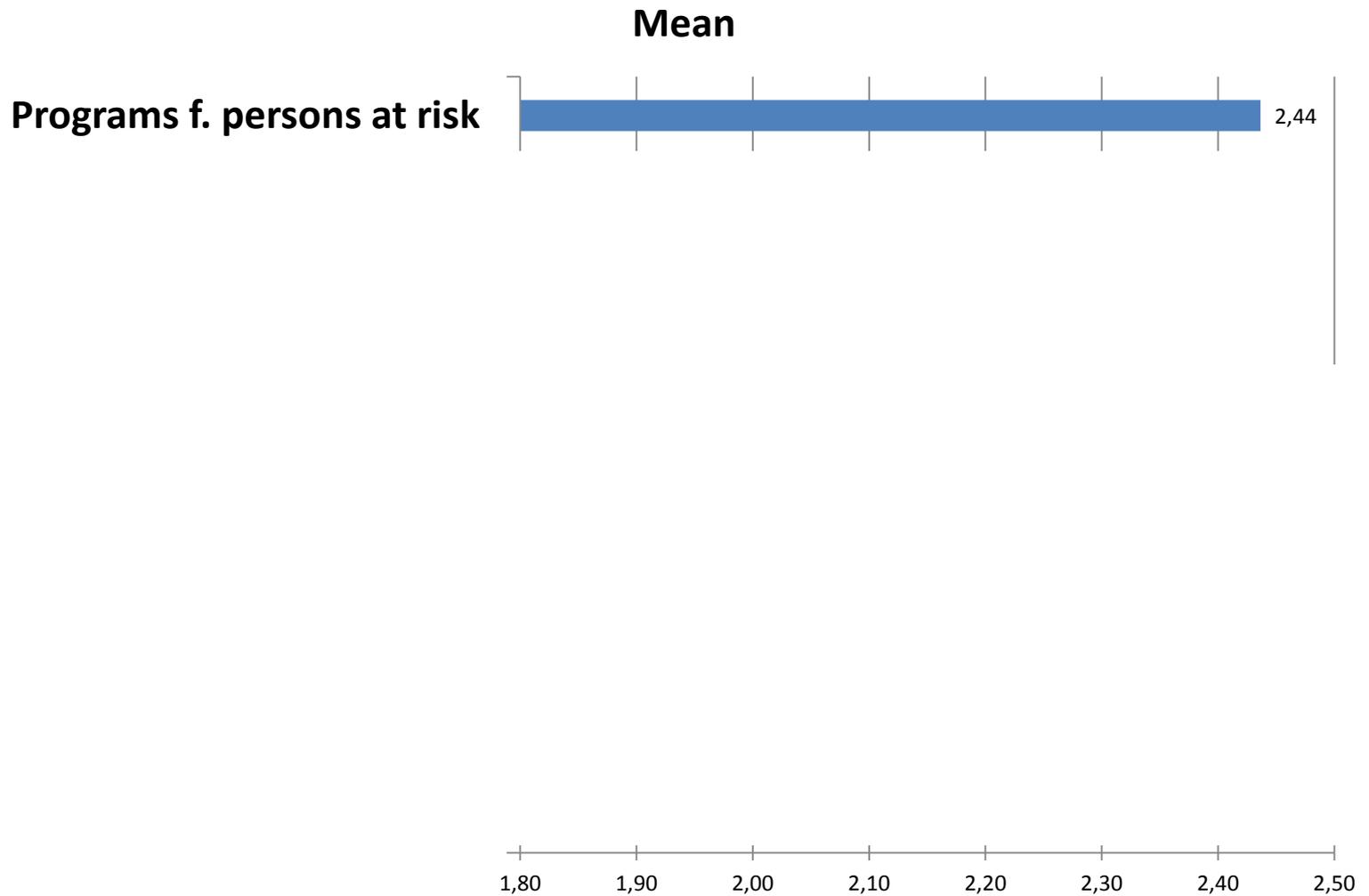
- Brainstorming
- Restrail items
- Literature

60 items

- Based in content:
 - Structural means (26 items)
 - Means focussing operation (9 items)
 - Alarm systems I (how to alarm?, 6 items)
 - Alarm systems II ((who should be alarmed?, 6 items)
 - Teaching professionals (6 items)
 - Public activities/campaigns (7 items)

Results

Results: Overall top ten





**Highly
controversial (1)
(highest SD)**

Removing vegetation
versus
Planting vegetation



Durch die Hölle... ...zum Leben:



Flu: Ich bekam eine zweite Chance

Stopp Suizid – frage nach.

**Highly
controversial
(2)**

Media reports
fokussing on
psychiatric suffering

AND

Media campaigns

AND

Shock campaigns

HKSAR GOVERNMENT WARNING



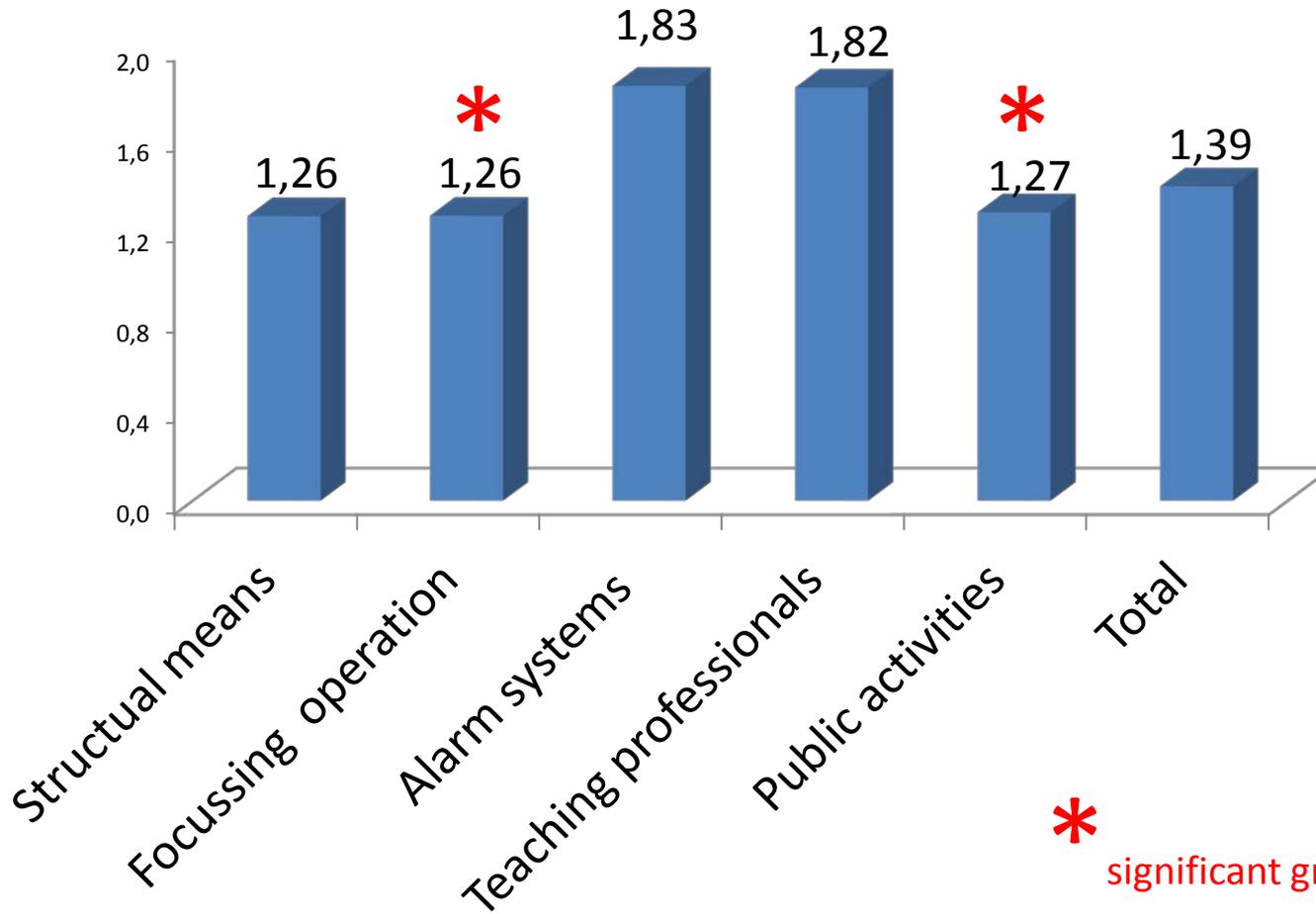
**SMOKING CAUSES
PERIPHERAL VASCULAR DISEASES**

TAR : mg NICOTINE : mg

Subscores

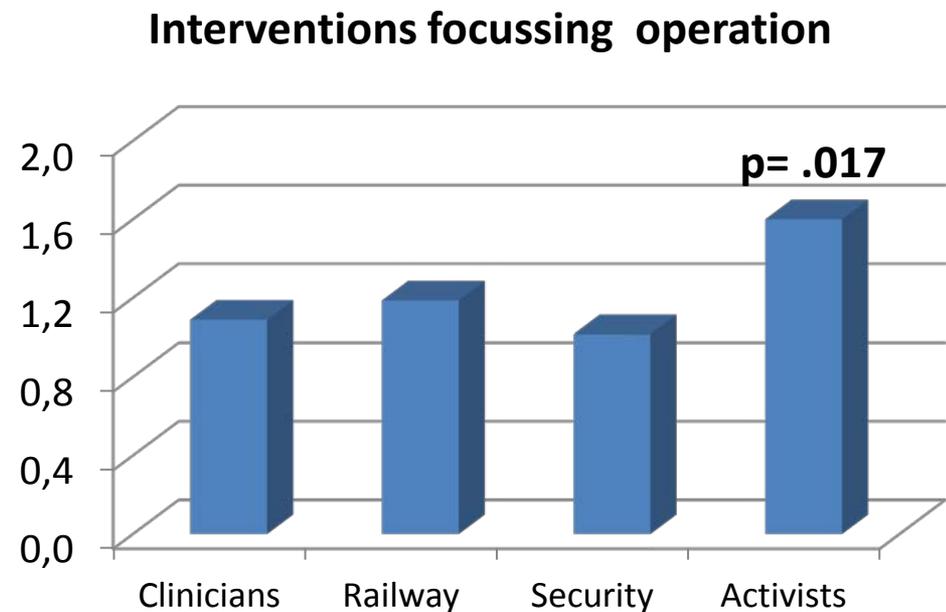
Fields of prevention on railway suicides (subscores)

Group Mean Rating



Group differences

Group differences

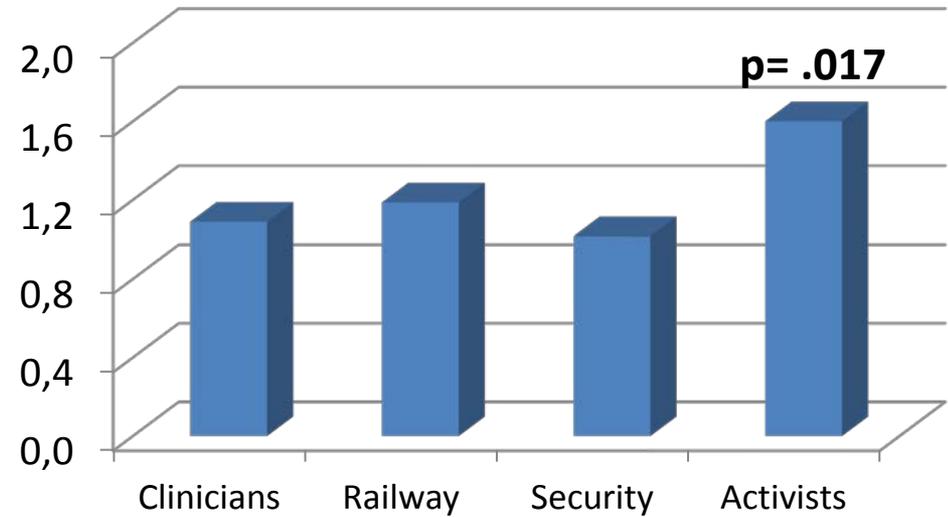


Interventions focussing «operation»:

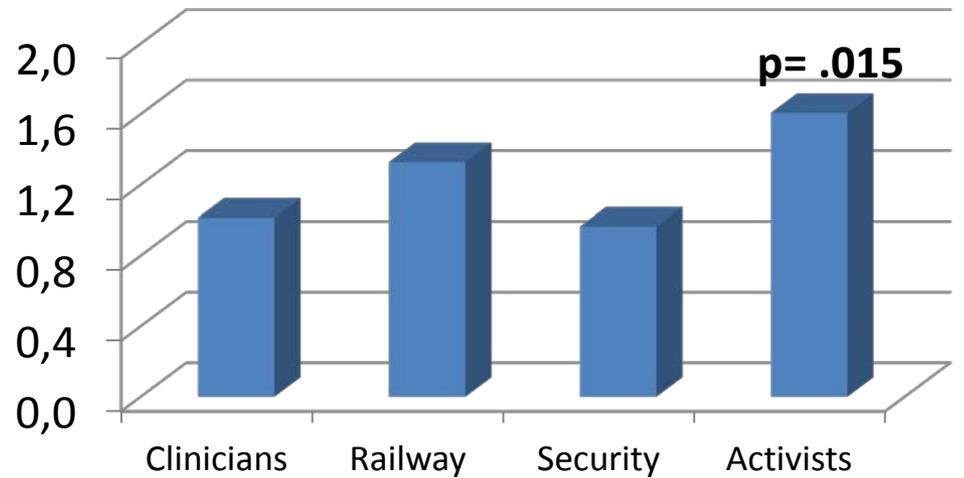
- Reduction of velocity of trains
- Airbags on trains
- Change of communications in trains after accidents
- Music at railway stations

Group differences

Interventions focussing operation



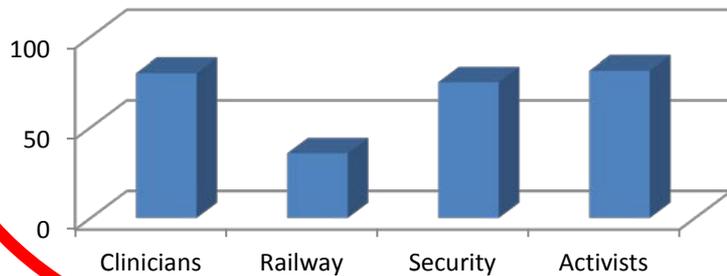
Interventions on public activities



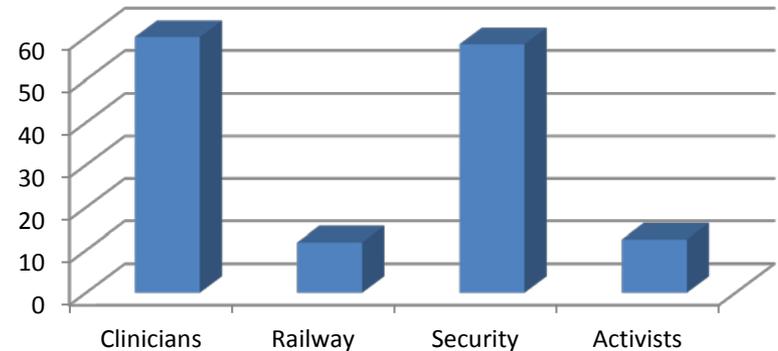
Contraproductive (Top 4)

(How many thought the intervention to be contraproductive)

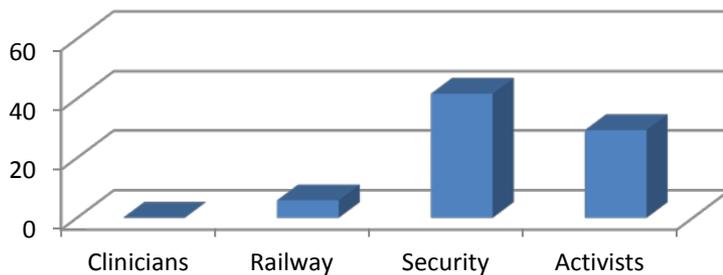
**Resentments against:
Shock campagne (%)**



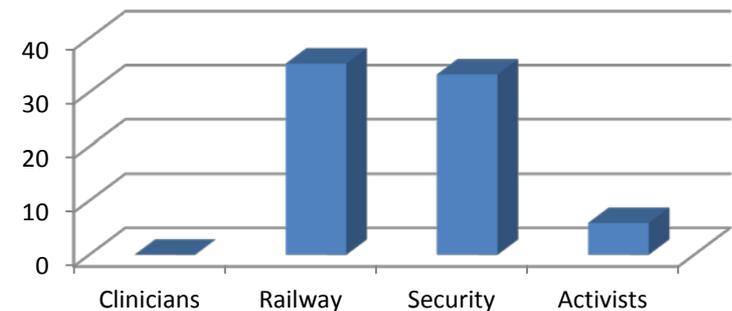
**Resentments against:
Media: "Psychiatric suffering" (%)**



**Resentments against:
Removing vegetation (%)**

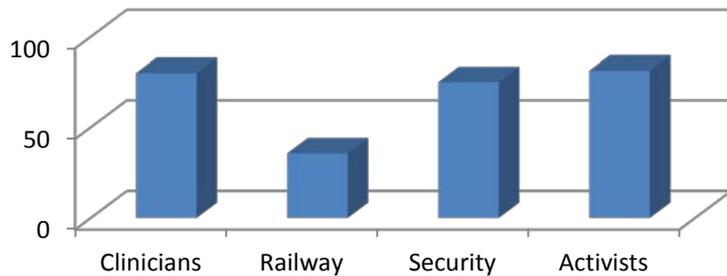


**Resentments against:
Camara dummy (%)**

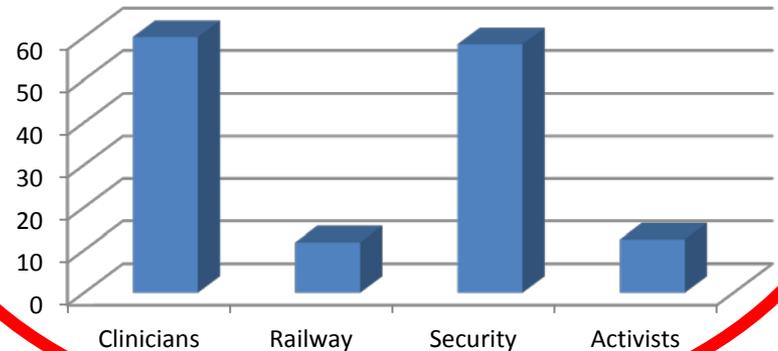


Contraproductive (Top 4)

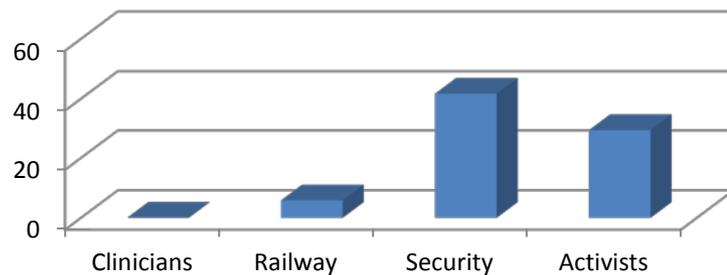
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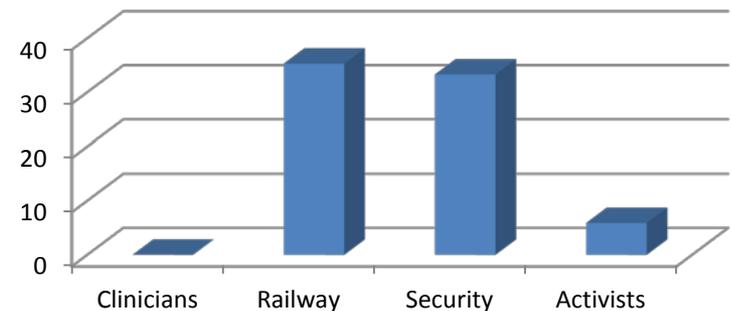
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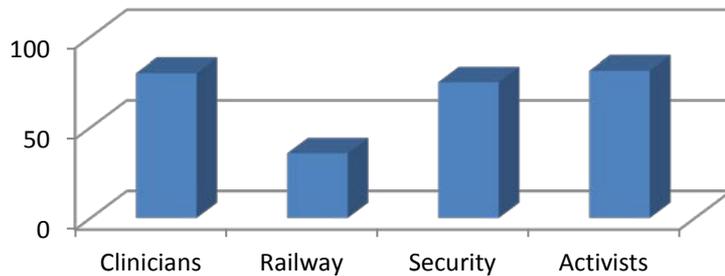


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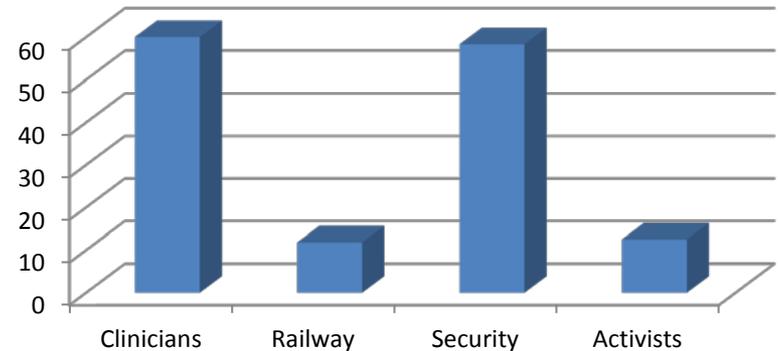


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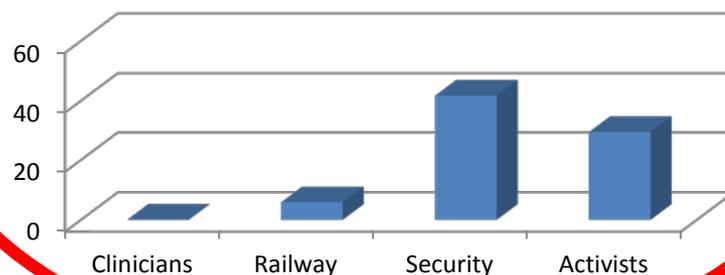
**Resentments against:
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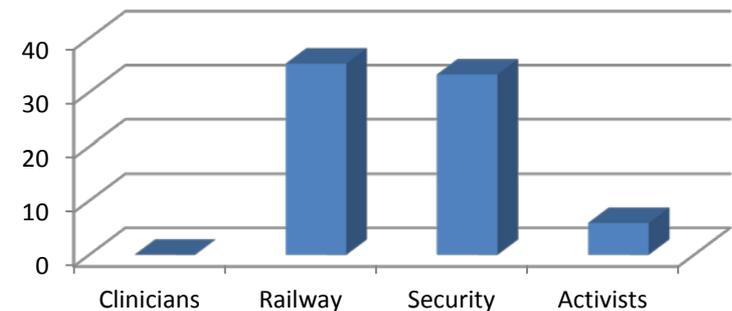
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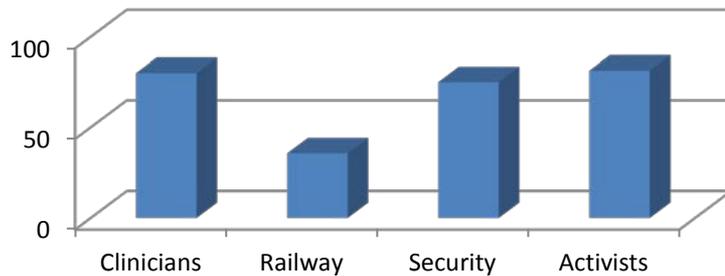


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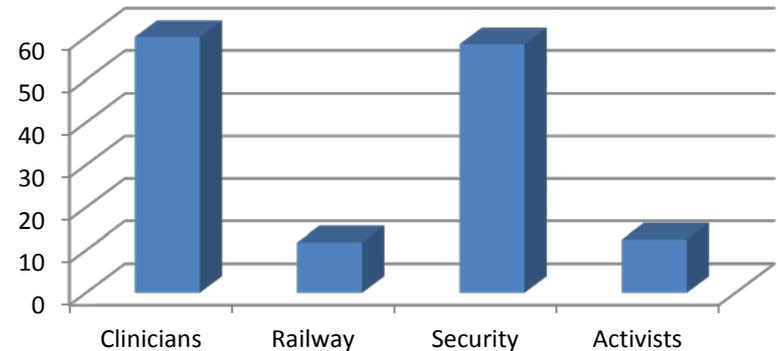


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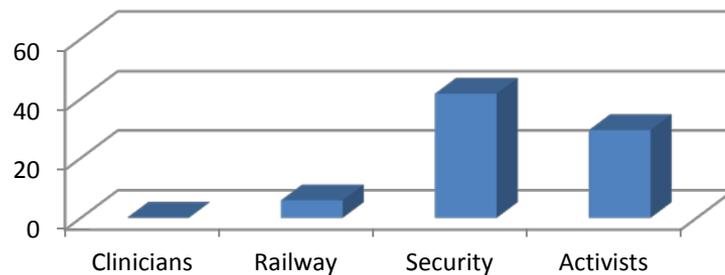
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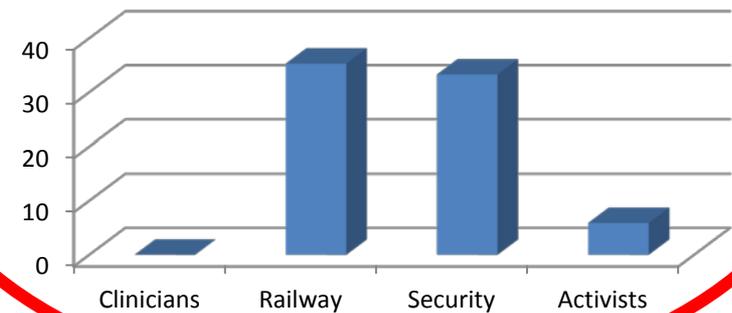
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**Resentments against:
Removing vegetation (%)**



**Resentments against:
Camara dummy (%)**



Limitations

- Limitations:
 1. Statistics: no Bonferoni correction
 2. In reality always combined measures are implemented
 3.



Limitation (2)

- **Persons opinion may not reflect reality (contraintuitive results stay invisible)**

Contraintuitive result

(experts did not
expect this)

515 Persons have been
hindered to jump

only 4.8% died by
suicide within the next
26 years

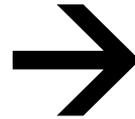
(Seiden et al., 1978)



Discussion/Conclusion

We know little what is effective
We know something have to be done
but

We all have (different) ideas



Exchange of different eminence based ideas is
needed

Research is needed
(do nothing without evaluation)

Thank you!

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