

u^b

Influence of the Brieftherapy ASSIP on Neuropsychological Correlates and Psychological Process Factors



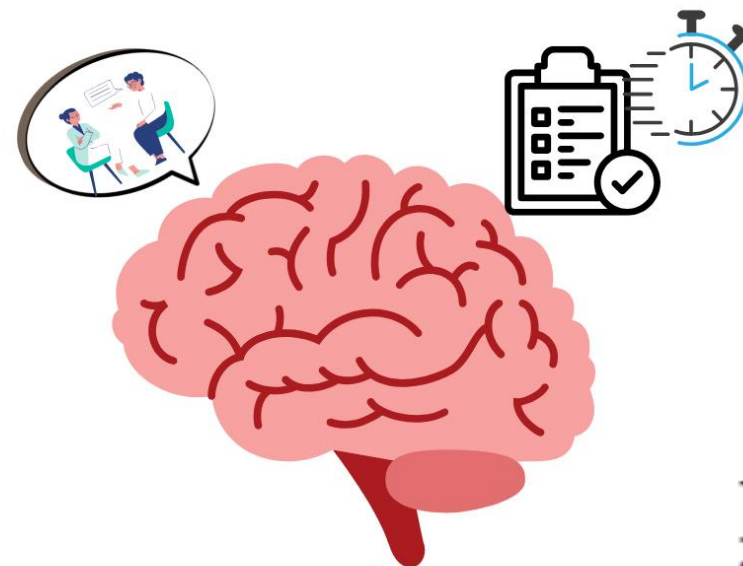
Anja Gysin-Maillart

ASSIP –
Kurztherapie nach
Suizidversuch

Project 2: KEK 2021-02504, University Hospital of Psychiatry and Psychotherapy Bern (UPD), University of Bern

Marie-Anna Sedlinská, MSc, PhD Student

Principal Investigator: PD Dr.phil. Anja-Gysin Maillart



UNIVERSITÄRE
PSYCHIATRISCHE
DIENSTE BERN

24th November, 2025

Ipsilon Meeting, UPD Bern

enter



Background

Project 2: KEK 2021-02504

720,000 people die by suicide every year (WHO, 2025)

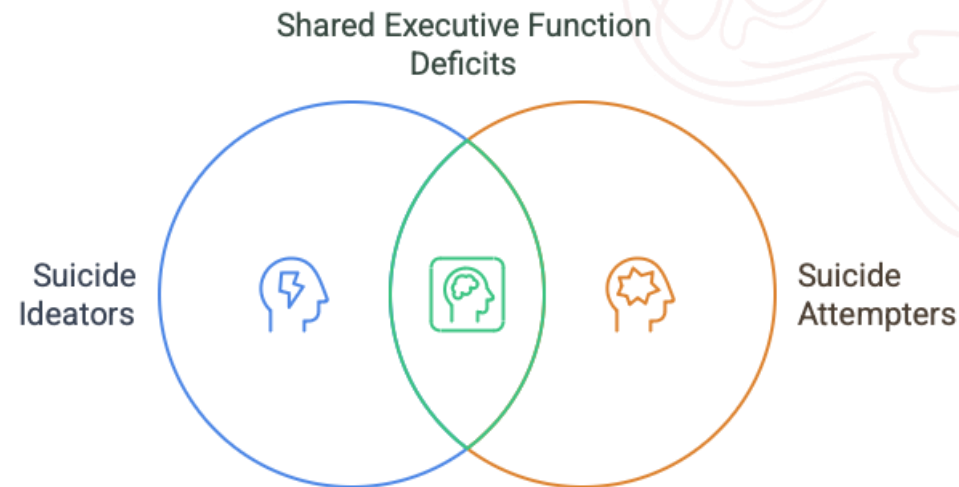
- □ In Switzerland, 3 people die by suicide every day; ~33,000 attempt suicide per year
- ⚠️ A **previous attempt** is the strongest risk factor for future suicidal behavior
- 🎯 There is a crucial need for **interventions that reduce the risk of re-attempts**

Rationale

Project 2: KEK 2021-02504

Suicide **ideators** and **attempters** show differences in **executive functions**, especially **inhibitory control** and **decision-making**.

- Impaired inhibition → higher impulsivity and poorer control over suicidal impulses.
- Frontal brain regions (prefrontal cortex) are key for **response inhibition** and **cognitive control**.

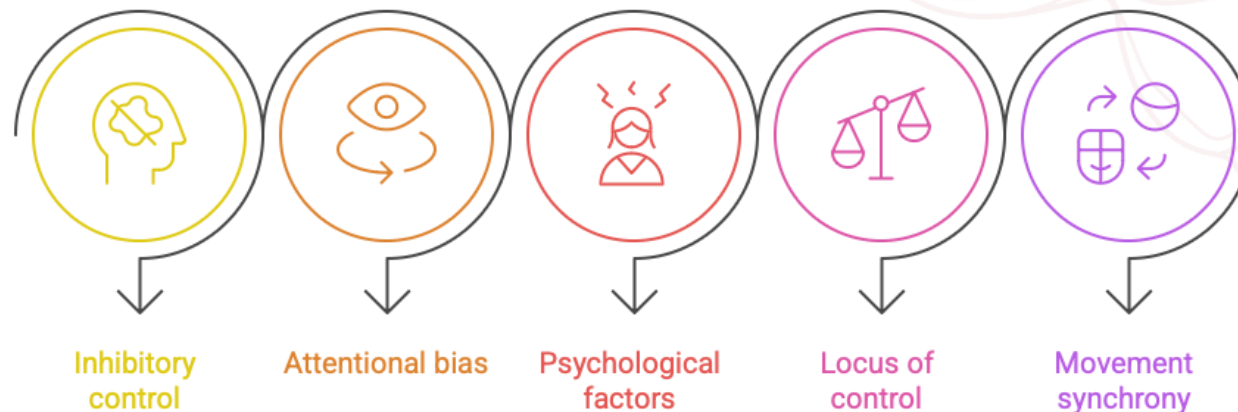


Goals, Hypotheses

Project 2: KEK 2021-02504

Examine how ASSIP affects neuropsychological and psychological process factors:

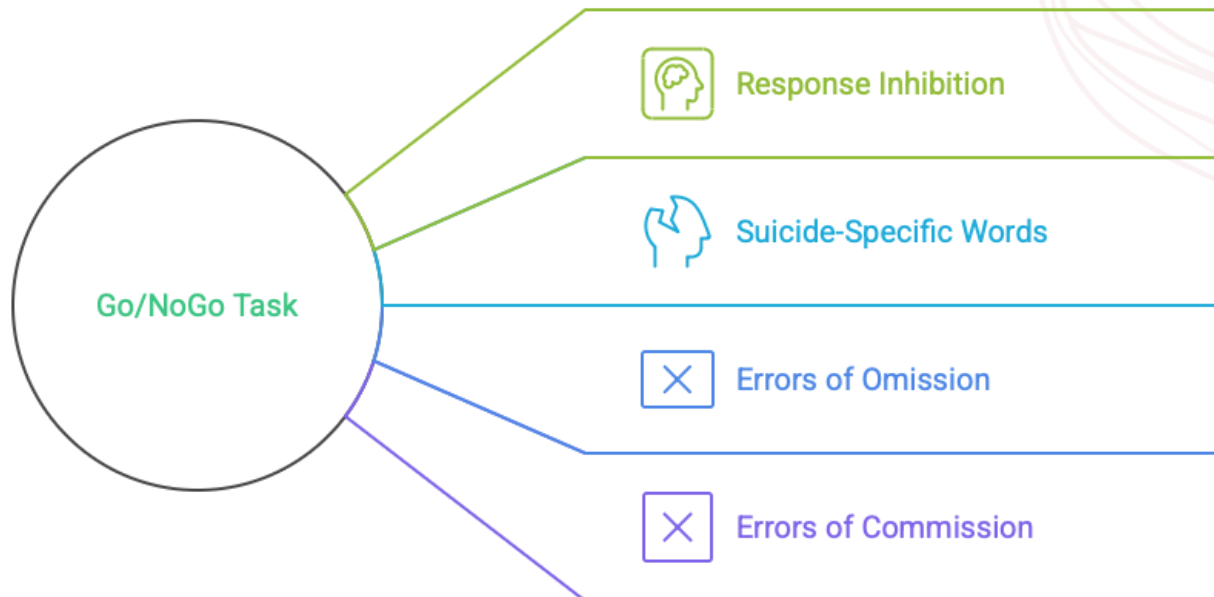
- **Inhibitory control** (Go/NoGo task)
- **Attentional bias** (Emotional Stroop task)
- **Self-efficacy, Psychological Pain, Depression levels**
- **Locus of control** (life & death)
- **Movement synchrony** (Motion Energy Analysis)



Goals, Hypotheses

Project 2: KEK 2021-02504

Go/NoGo Task ☐ ●



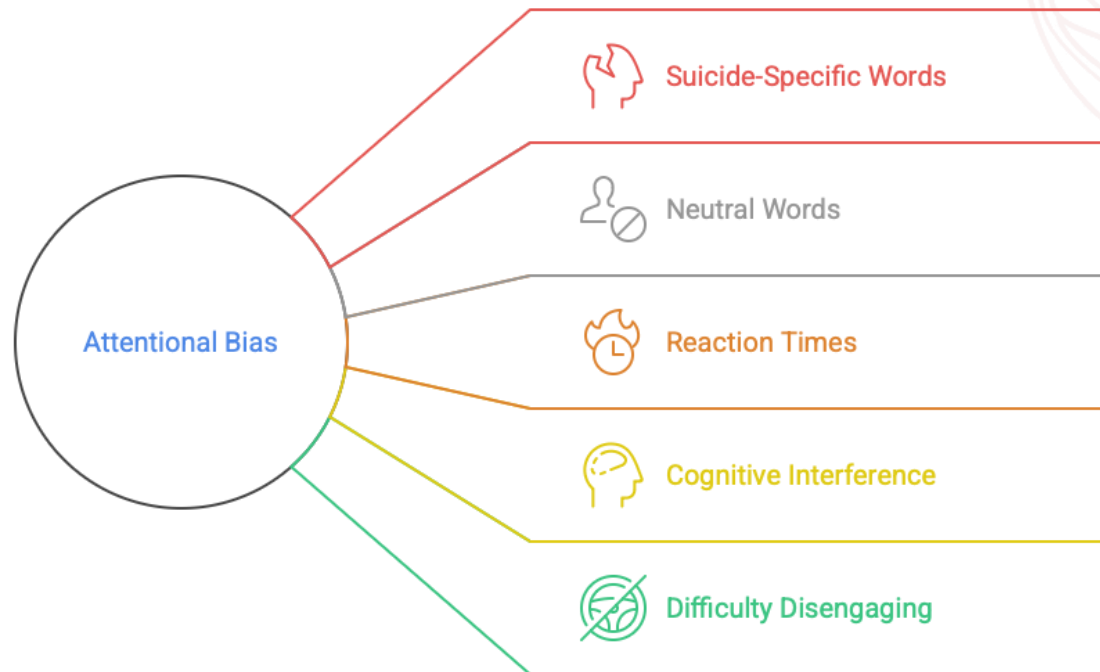
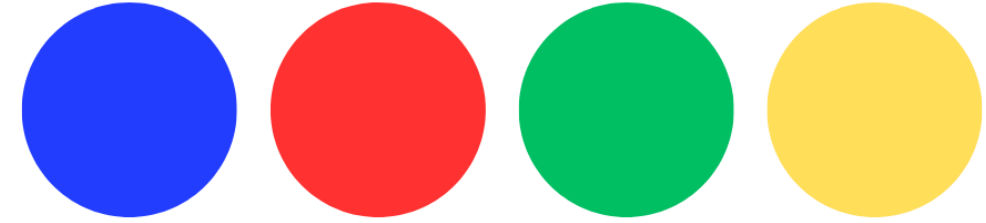
Made with Napkin

- Measures **response inhibition** – ability to withhold a reaction
- Includes **suicide-specific words** among the stimuli.
- Suicide attempters expected to show **slower inhibition** and **more errors** when exposed to suicide-related cues.

Goals, Hypotheses

Project 2: KEK 2021-02504

Emotional Stroop Task 🎨



Made with  Napkin

- Measures **attentional bias** toward suicide-related and emotional content
- Participants select colors of **suicide-specific and neutral words**
- Longer reaction times for suicide-related words = **stronger cognitive interference** and **difficulty disengaging** from suicidal thoughts

Procedure

Project 2: KEK 2021-02504

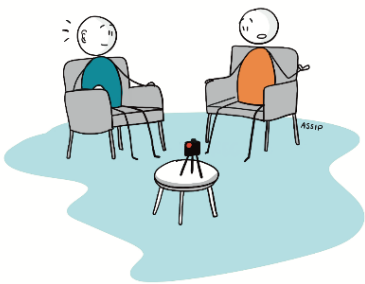


ASSIP Therapy

Project 2: KEK 2021-02504

- Brief, structured psychotherapy (3-4 sessions, 2-year follow-up letters)
- Focuses on personal triggers, warning signs, and safety strategies
- **Proven efficacy:** reduces risk of future suicide attempts by **~80%** over 2 years (Gysin-Maillart et al., 2016)

narratives interview



video playback



Fallkonzeption



Brieflicher Kontakt



u^b

Procedure

Project 2: KEK 2021-02504



Experiment Group

ASSIP Therapy



- Narrative Interview (Open Questions)
- Psychoeducation
- Video-Playback
- Case Conceptualization
- Letters over 2 years

STAR Therapy



- Suicide Risk Assessment (Closed Questions)
- Non-suicide-specific Exploration of Resources
- Social Resources
- Imitates customary practices within the field

Active Control Group

Ecological Momentary Assessment

Project 2: KEK 2021-02504

20:55 PF 33%

EMA ohne SV mit Schlaf

Im Moment wie intensiv ist Ihr psychischer Schmerz?

kein Schmerz 3 unerträglich

NÄCHSTE FRAGE

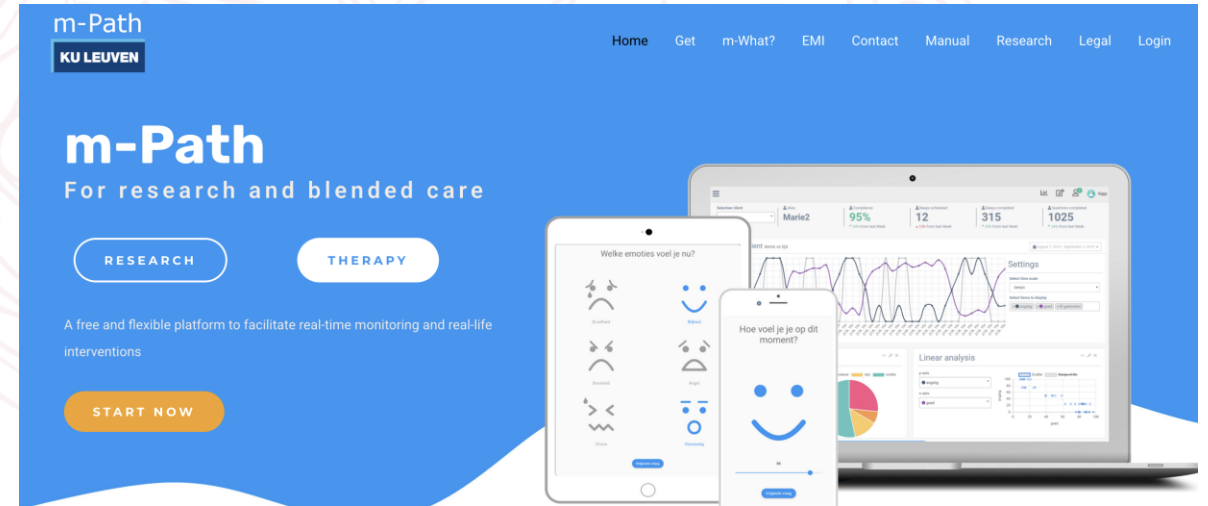
20:55 PF 33%

EMA ohne SV mit Schlaf

Im Moment fühle ich mich einsam

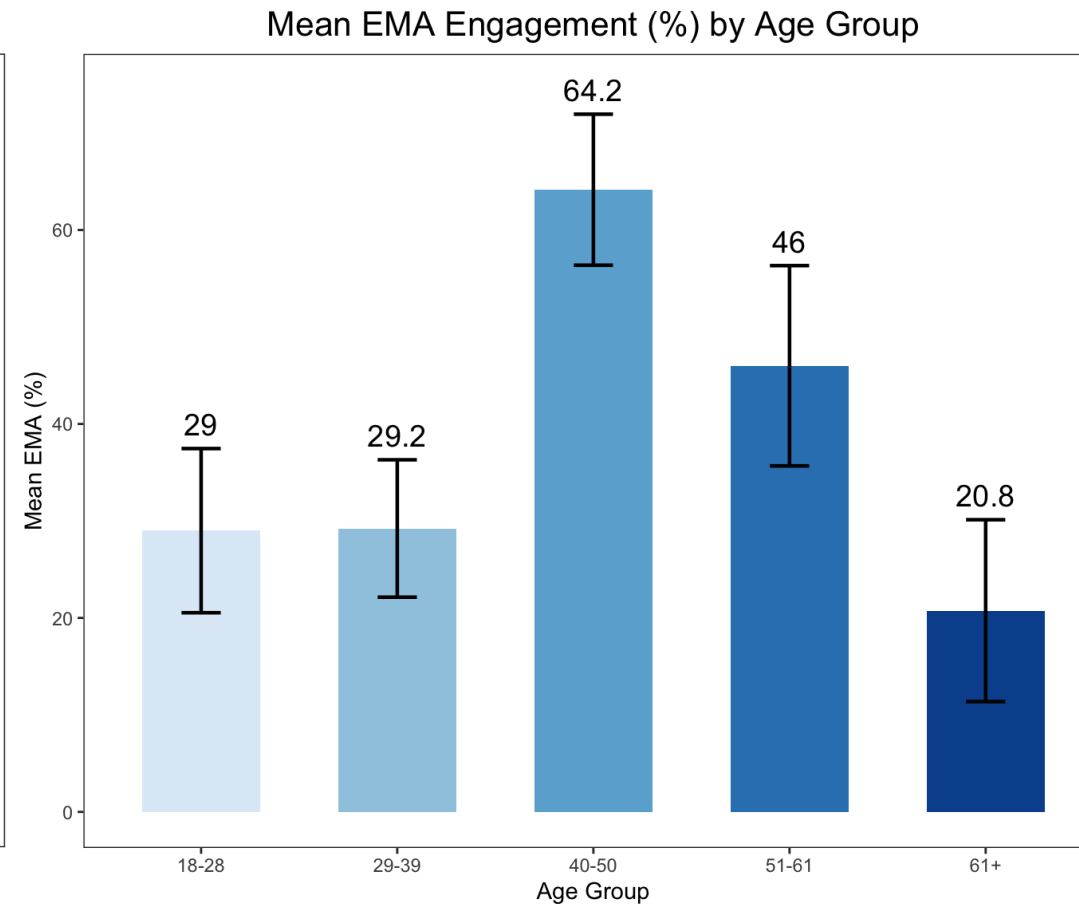
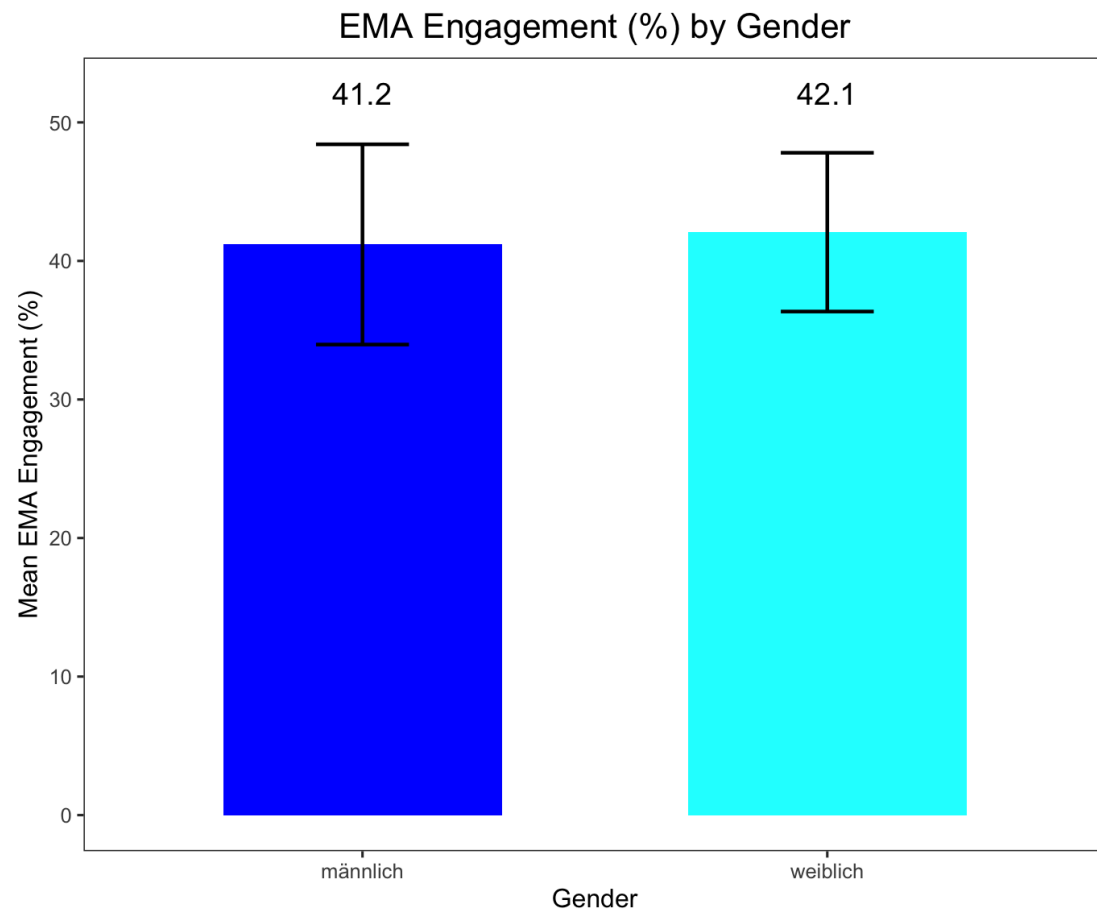
gar nicht 1 sehr stark

NÄCHSTE FRAGE



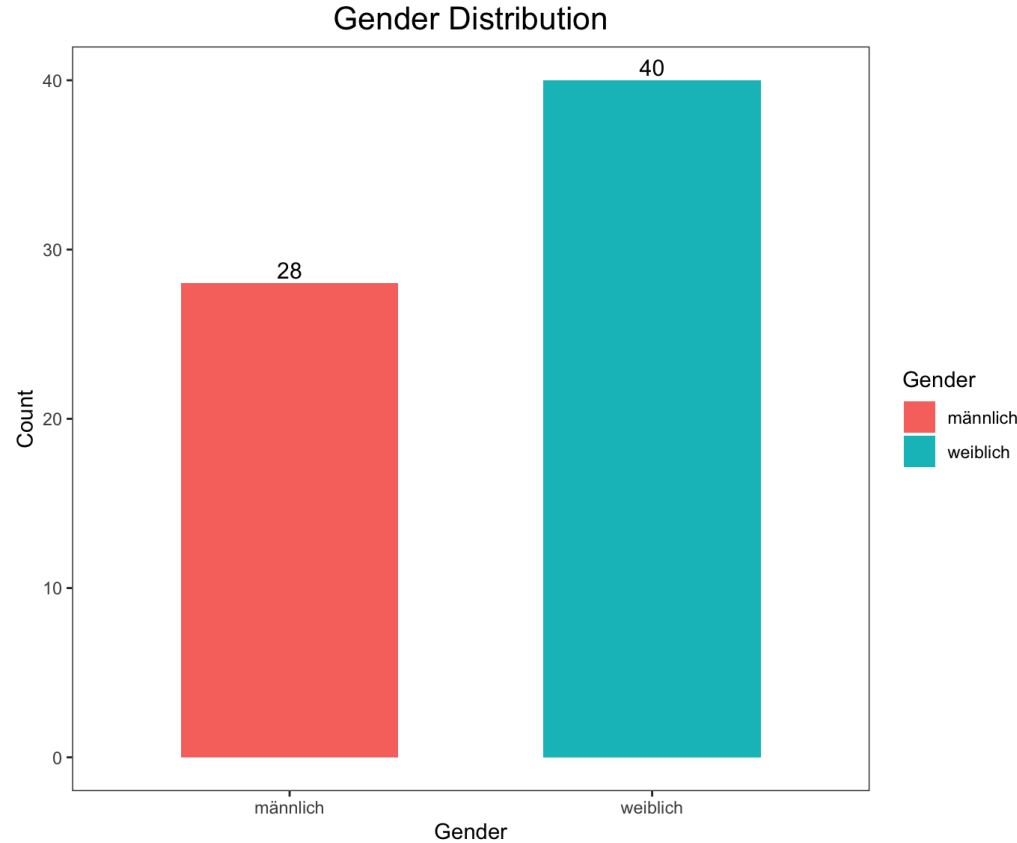
Ecological Momentary Assessment

Project 2: KEK 2021-02504

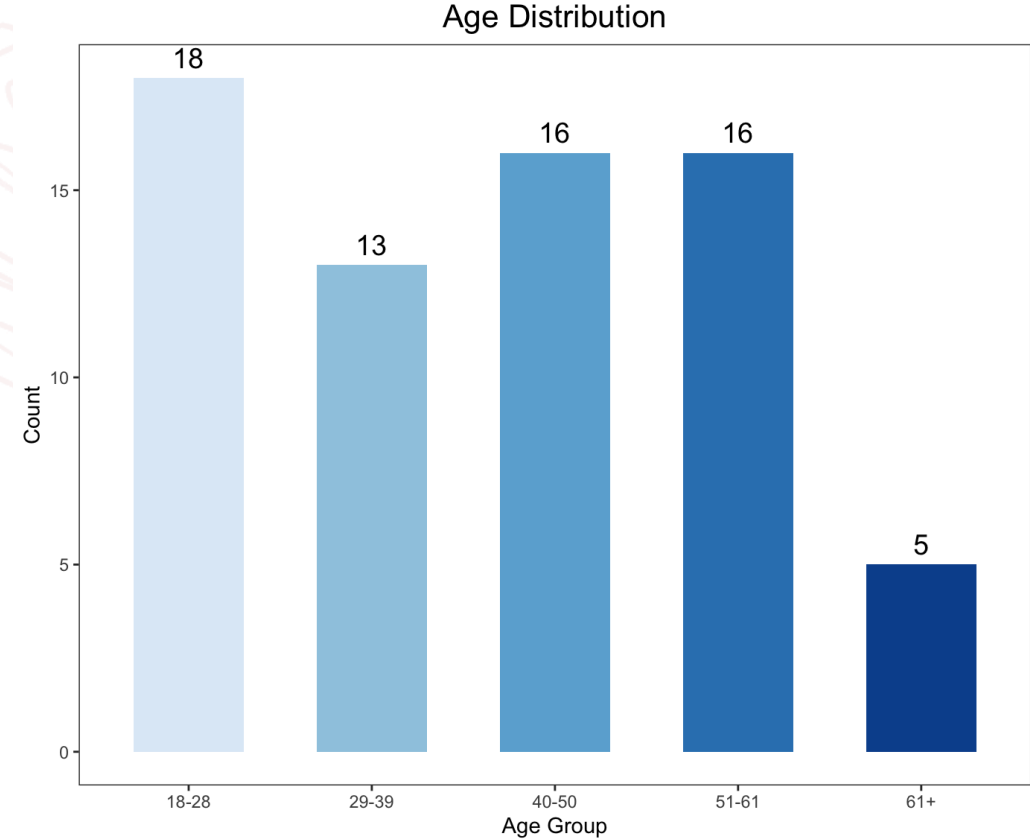


Outlook, Current numbers

Project 2: KEK 2021-02504



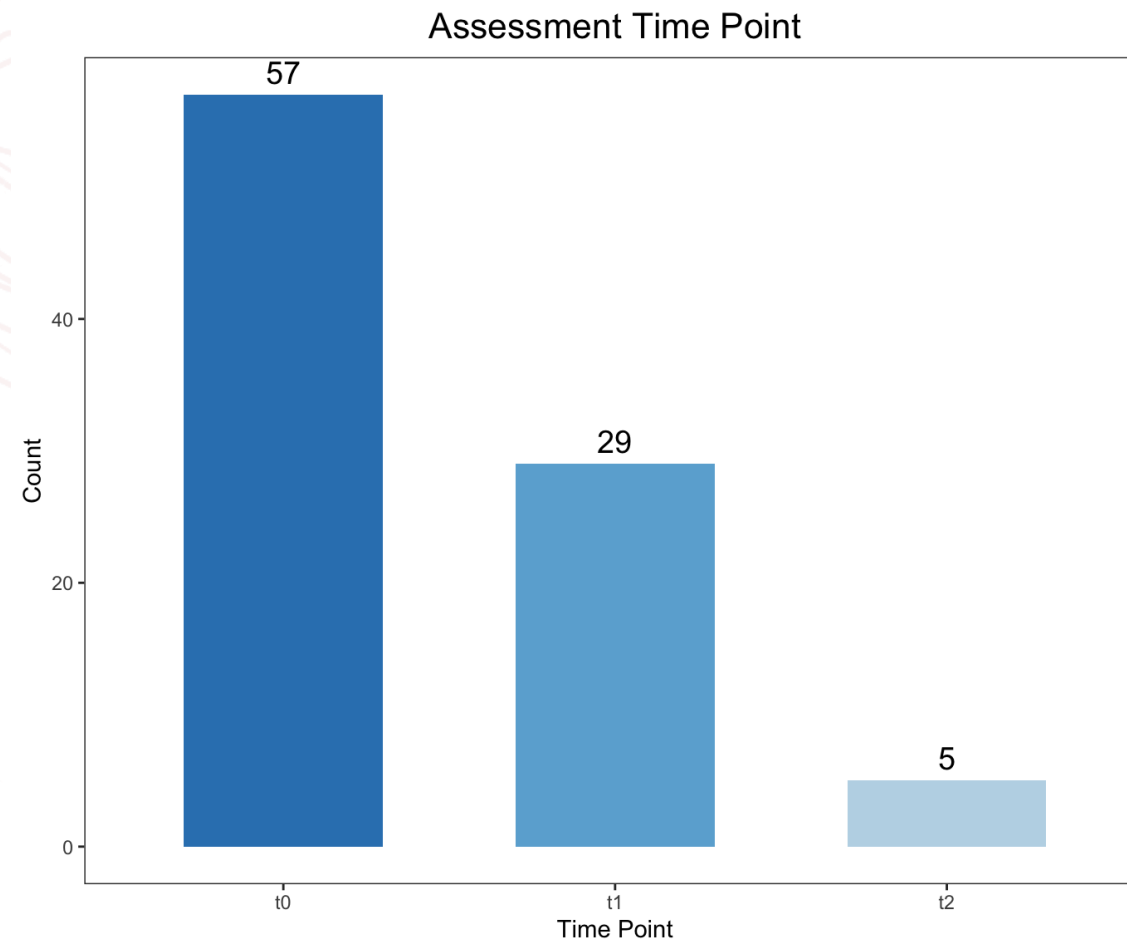
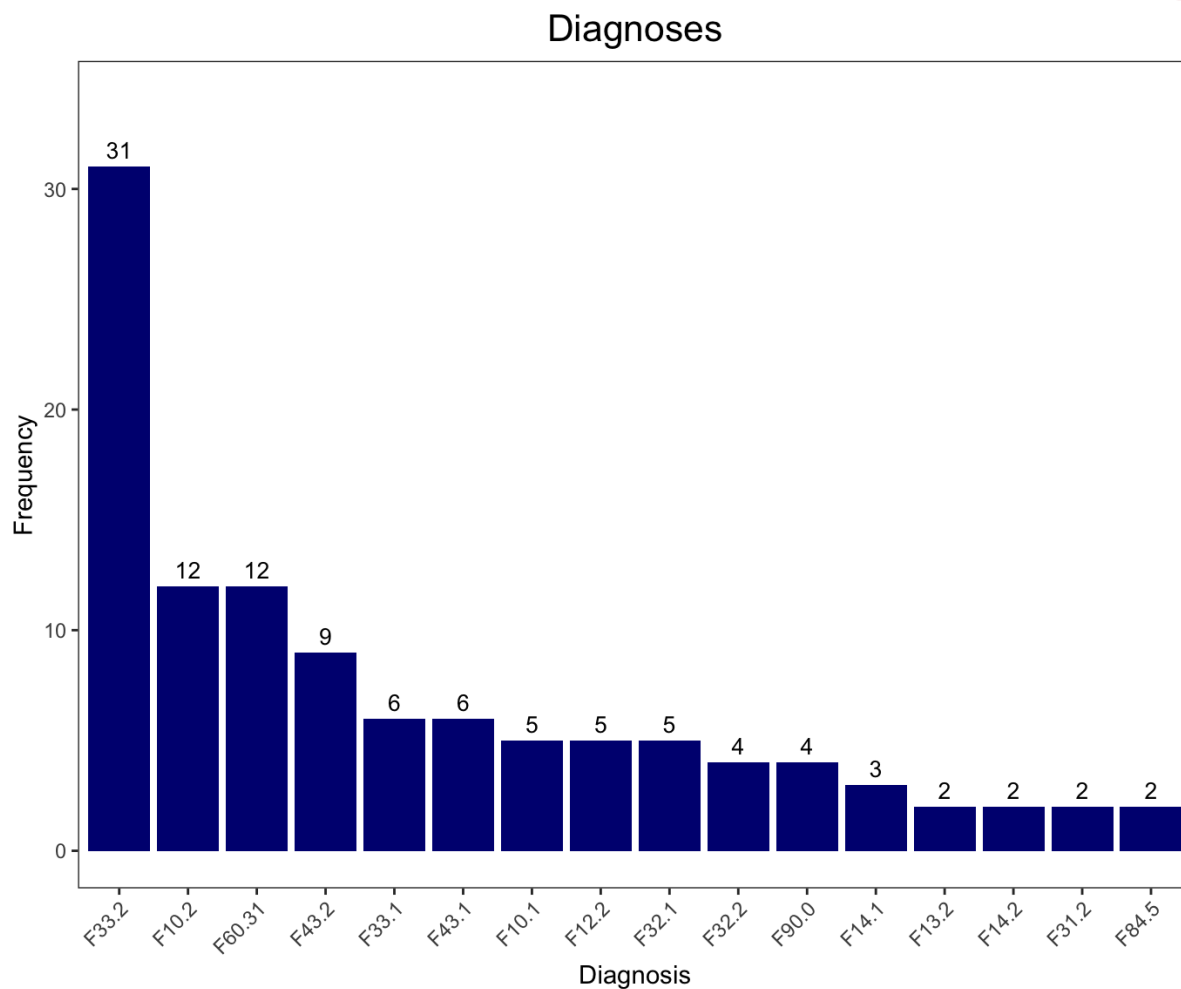
recruited: n = 68



age average = 41.0 years
age range = 18- 69 years

Outlook, Current numbers

Project 2: KEK 2021-02504



Association between Movement Synchrony and Psychological Pain in Therapies with Suicide Attempters

Synchrony in Therapies with Suicide Attempters

Synchrony in Therapies with Suicide Attempters



Psychotherapy Research

Association between Movement Synchrony and Psychological Pain in Therapies with Suicide Attempters

Submission ID	256621816
Article Type	Research Article
Keywords	Nonverbal Synchrony, Psychological Pain
Authors	Marie-Anna Sedlinská, Fabian Tobias Ramseyer, Lara Marie Aschenbrenner, Aysha Elena Scheidegger, Adriana Frei, Sebastian Walther, Kristina Adorjan, Anja Gysin-Maillart

For any queries please contact:

journalshelpdesk@taylorandfrancis.com

Note for Reviewers:

To submit your review please visit <https://mc.manuscriptcentral.com/TPSR>

Association between Movement Synchrony and Psychological Pain in Therapies with Suicide Attempters

Sedlinská, Marie-Anna^{1,2,3}, Ramseyer, Fabian Tobias², Aschenbrenner, Lara Marie^{1,2,3}, Scheidegger, Aysha Elena², Frei, Adriana^{1,2,3}, Walther, Sebastian⁴, Adorjan, Kristina^{1,2} & Gysin-Maillart, Anja^{1,2,5,6}

¹ Translational Research Centre, University Hospital of Psychiatry and Psychotherapy, University of Bern, Switzerland

² University of Bern, Switzerland

³ Graduate School for Health Sciences, University of Bern, Switzerland

⁴ Department of Psychiatry, Psychosomatics and Psychotherapy, Center of Mental Health, University Hospital of Würzburg, Germany

⁵ Unit for Clinical Suicide Research, Department of Clinical Sciences, Psychiatry, Faculty of Medicine, Lund University, Sweden

⁶ Department of Medical Psychology and Medical Sociology, University of Leipzig, Germany

Authors Information:

Corresponding Author: Marie-Anna Sedlinská, MSc (ORCID: 0009-0000-4178-927X), University of Bern, Translational Research Center, University Hospital of Psychiatry and Psychotherapy, Bolligenstrasse 111, 3000 Bern, Switzerland.

Email: marie-anna.sedlinska@unibe.ch

Co-Authors:

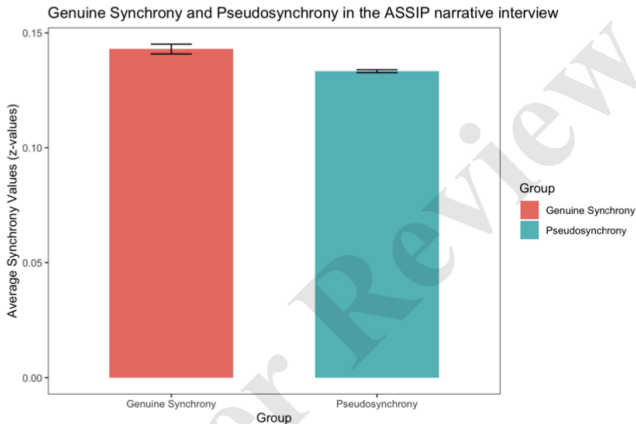
PD Dr. phil. Fabian Tobias Ramseyer (ORCID: 0000-0001-6878-724X),

fabian.ramseyer@unibe.ch

Lara Marie Aschenbrenner. MSc. (ORCID: 0000-0001-5847-0281).

Figure 2

Genuine Synchrony in ASSIP Narrative Interview and Pseudosynchrony

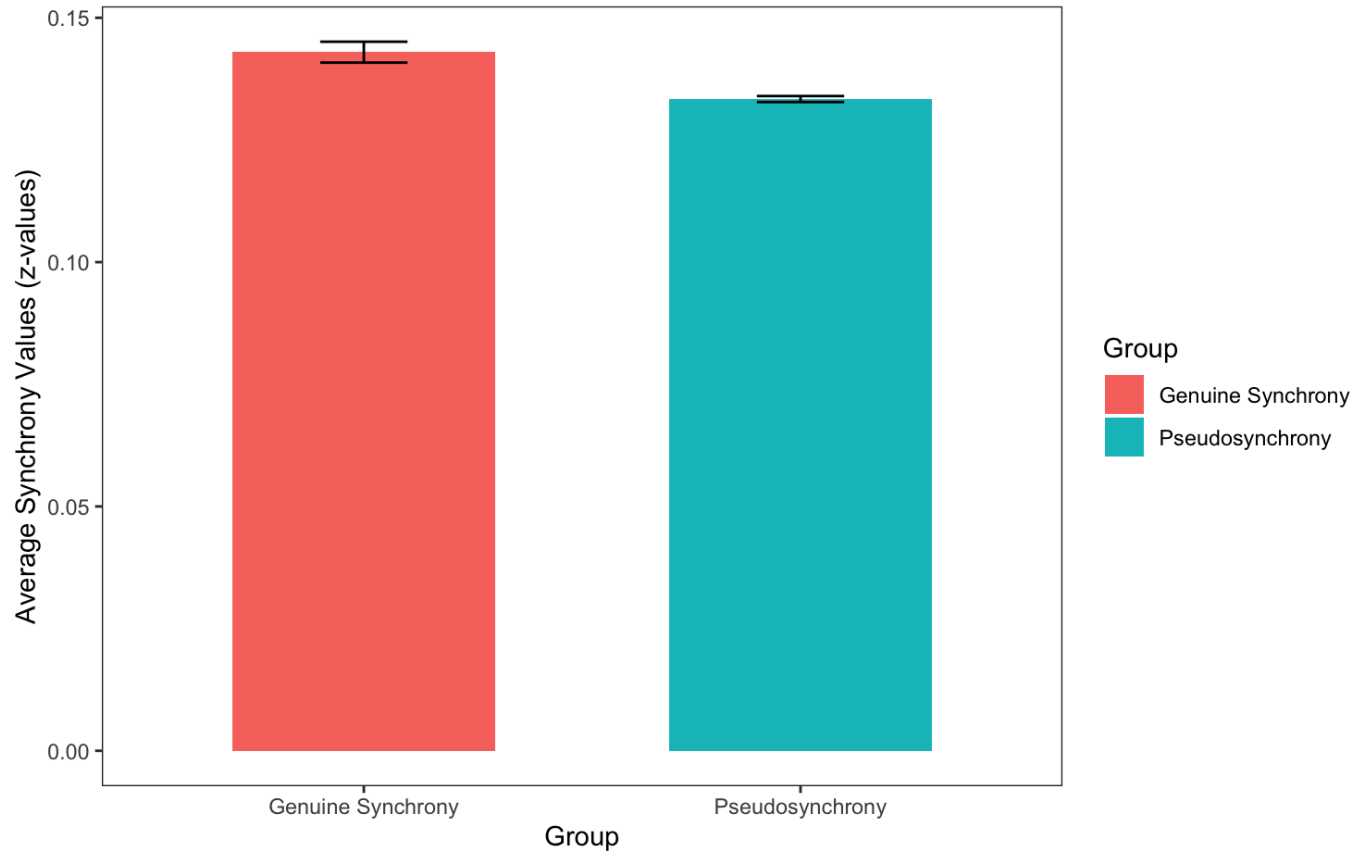


Note. A significant difference between genuine synchrony in the narrative interviews and pseudosynchrony.

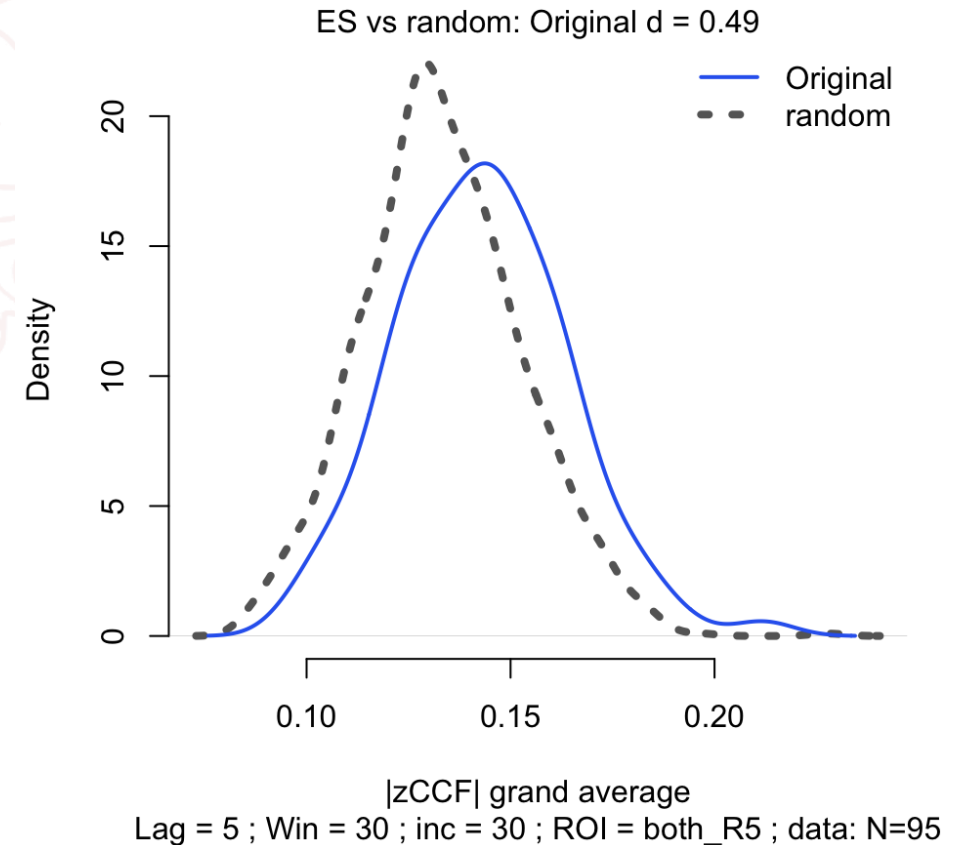
Movement Synchrony and Psychological Pain

Project 2: KEK 2021-02504

Genuine Synchrony and Pseudosynchrony in the ASSIP narrative interview



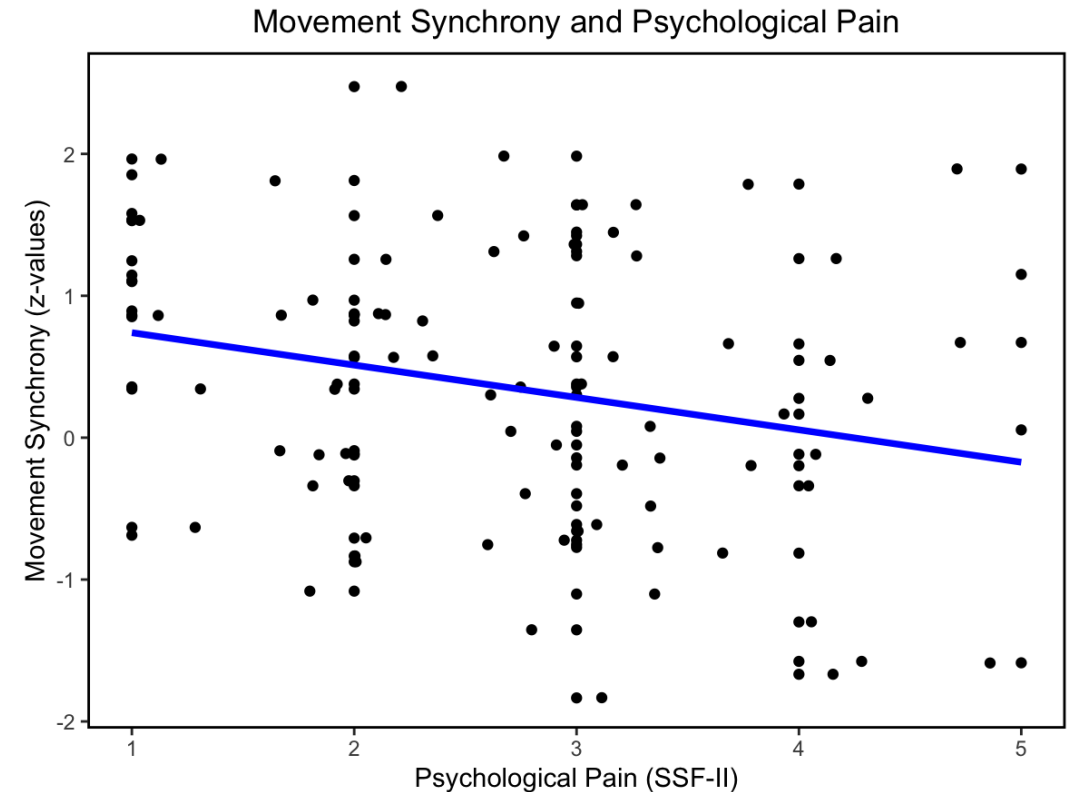
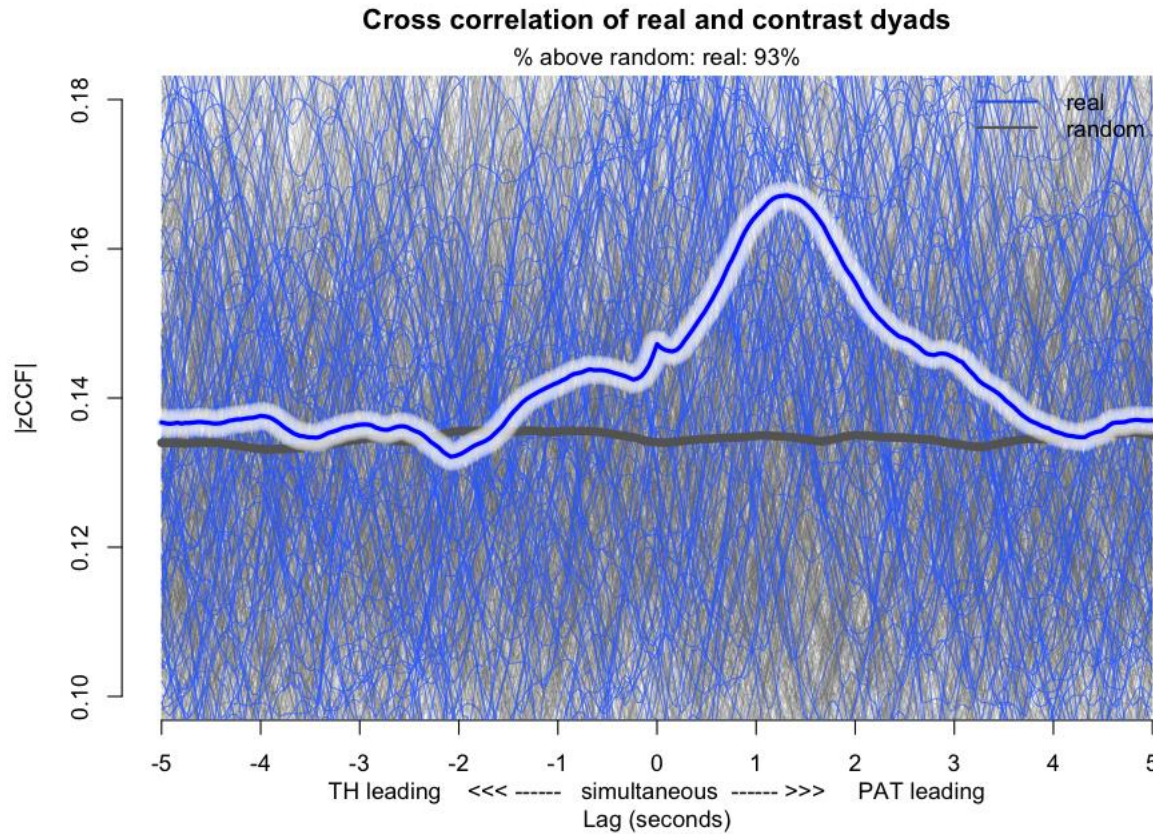
Density of MEA average cross-correlations



- Genuine Synchrony exceeded randomly occurring synchrony: $t(110.16) = 4.314$, $p < .001$, $d = 0.49$, 95% CI [0.005, 0.014]

Movement Synchrony and Psychological Pain

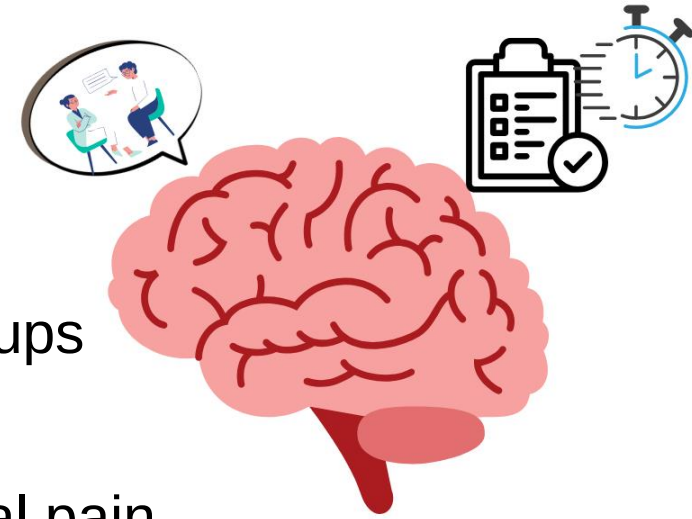
Project 2: KEK 2021-02504



- Association between nonverbal synchrony and psychological pain: $r(84) = -.319, p = .003$

Take-Home Message

Project 2: KEK 2021-02504



- **Neuropsychological differences** between intervention groups (ASSIP x STAR) in 4 weeks and 12 months
- **Psychological factors** in the therapy process (psychological pain, self-efficacy, depression, suicidal ideation, locus of control etc.)
- Assessment of **effectiveness** of the ASSIP therapy
- **Movement Synchrony differences** throughout the therapeutic process and group differences (ASSIP x STAR)
- **Real-time data** (psychological factors, suicidal thoughts)
- Process factors: **Therapeutic alliance** in the therapy process (ASSIP x STAR)

References

Project 2: KEK 2021-02504

- Aichert, D. S., Wöstmann, N. M., Costa, A., Macare, C., Wenig, J. R., Möller, H. J., Rubia, K. & Ettinger, U. (2012). Associations between trait impulsivity and prepotent response inhibition. *Journal of clinical and experimental neuropsychology*, 34(10), 1016-1032. <https://doi.org/10.1080/13803395.2012.706261>
- Becker, E. S., Strohbach, D., & Rinck, M. (1999). A specific attentional bias in suicide attempters. *The Journal of nervous and mental disease*, 187(12), 730-735. <https://doi.org/10.1097/00005053-199912000-00004>
- Bredemeier, K., & Miller, I. W. (2015). Executive function and suicidality: A systematic qualitative review. *Clinical Psychology Review*, 40, 170-183. <https://doi.org/10.1016/j.cpr.2015.06.005>
- Cha, C. B., Najmi, S., Park, J. M., Finn, C. T., & Nock, M. K. (2010). Attentional bias toward suicide-related stimuli predicts suicidal behavior. *Journal of abnormal psychology*, 119(3), 616. <https://doi.org/10.1037/a0019710>
- Cha, C. B., Wilson, K. M., Tezanos, K. M., DiVasto, K. A., & Tolchin, G. K. (2019). Cognition and self-injurious thoughts and behaviors: A systematic review of longitudinal studies. *Clinical Psychology Review*, 69, 97-111. <https://doi.org/10.1016/j.cpr.2018.07.002>
- Forkmann, T., Spangenberg, L., Rath, D., Hallensleben, N., Hegerl, U., Kersting, A., & Glaesmer, H. (2018). Assessing suicidality in real time: A psychometric evaluation of self-report items for the assessment of suicidal ideation and its proximal risk factors using ecological momentary assessments. *Journal of abnormal psychology*, 127(8), 758.
- Gysin-Maillart, A., Schwab, S., Soravia, L., Megert, M., & Michel, K. (2016). A novel brief therapy for patients who attempt suicide: A 24-months follow-up randomized controlled study of the attempted suicide short intervention program (ASSIP). *PLoS medicine*, 13(3), e1001968.
- Gysin-Maillart, A., & Michel, K. (2021). ASSIP-Kurztherapie nach Suizidversuch: Attempted Suicide Short Intervention Program. Hogrefe AG.

References

Project 2: KEK 2021-02504

- Kim, M., Lee, Y. J., Hwang, J., Woo, S. I., & Hahn, S. W. (2023). Impulsivity in major depressive disorder patients with suicidal ideation: event-related potentials in a GoNogo task. *Clinical psychopharmacology and neuroscience*, 21(4), 787. <https://doi.org/10.9758/cpn.23.1064>
- Klonsky, E. D., & May, A. M. (2014). Differentiating suicide attempters from suicide ideators: A critical frontier for suicidology research. *Suicide and Life-Threatening Behavior*, 1, 1–5.
- May, A. M., & Klonsky, E. D. (2016). What distinguishes suicide attempters from suicide ideators? A meta-analysis of potential factors. *Clinical Psychology: Science and Practice*, 23(1), 5–20. <https://doi.org/10.1111/cpsp.12136>
- Peter, C., & Tuch, A. (2019). Suizidgedanken und Suizidversuche in der Schweizer Bevölkerung. *Obsan Bulletin*, 7. Neuchâtel, Switzerland: Obsan.
- Saffer, B. Y., & Klonsky, E. D. (2018). Do neurocognitive abilities distinguish suicide attempters from suicide ideators? A systematic review of an emerging research area. *Clinical Psychology: Science and Practice*, 25(1), 50. <https://doi.org/10.1111/cpsp.12227>
- Spangenberg, L., Glaesmer, H., Hallensleben, N., Rath, D., & Forkmann, T. (2019). (In) stability of capability for suicide in psychiatric inpatients: longitudinal assessment using ecological momentary assessments. *Suicide and Life-Threatening Behavior*, 49(6), 1560-1572.
- Tavakoli, P., Jerome, E., Boafu, A., & Campbell, K. (2021). Attentional bias deficits in adolescent suicide attempters during an emotional Stroop task: an ERP study. *Frontiers in psychiatry*, 12, 694147. <https://doi.org/10.3389/fpsy.2021.694147>
- Thompson, C., & Ong, E. L. C. (2018). The association between suicidal behavior, attentional control, and frontal asymmetry. *Frontiers in Psychiatry*, 9, 79. <https://doi.org/10.3389/fpsy.2018.00079>
- Verbruggen, F., & Logan, G. D. (2008). Response inhibition in the stop-signal paradigm. *Trends in cognitive sciences*, 12(11), 418-424. <https://doi.org/10.1016/j.tics.2008.07.005>

References

Project 2: KEK 2021-02504

