

## Evidence-Based Practices Implemented in Jaspr Health

Jaspr Function	Reference
<b>Preliminary Risk Stratification</b>	Boudreaux, E.D. & Horowitz, L.M. (2014). Suicide Risk Screening and Assessment: Designing Instruments with Dissemination in Mind. <i>American Journal of Prevention Medicine</i> , 47(3), S163-S169. <a href="https://doi.org/10.1016/j.amepre.2014.06.005">https://doi.org/10.1016/j.amepre.2014.06.005</a>
	Boudreaux, E.D., Larkin, C., Camargo, C.A., & Miller, I.W. (2020). Validation of a secondary screener for suicide risk: Results from the Emergency Department Safety Assessment and Follow-up Evaluation (ED-SAFE). <i>The Joint Commission Journal on Quality and Patient Safety</i> , 46(6), 342-352. <a href="https://doi.org/10.1016/j.jcjq.2020.03.008">https://doi.org/10.1016/j.jcjq.2020.03.008</a>
	Desjardins, I., Cats-Baril, W., Maruti, S., Freeman, K., & Althoff, R. (2016). Suicide Risk Assessment in Hospitals. <i>The Journal of Clinical Psychiatry</i> , 77(7), 874-882. <a href="http://dx.doi.org/10.4088/jcp.15m09881">http://dx.doi.org/10.4088/jcp.15m09881</a>
	Jobes, D. A. (2017). Clinical assessment and treatment of suicidal risk: A critique of contemporary care and CAMS as a possible remedy. <i>Practice Innovations</i> , 2(4), 207-220. <a href="http://dx.doi.org/10.1037/pri0000054">http://dx.doi.org/10.1037/pri0000054</a>
<b>Crisis Response/Stability Planning</b> A patient-generated plan that includes: patient’s suicide crisis warning signs; behavioral skills the patient finds helpful; list of loved ones and professionals with contact information; and ways the patient has identified to make their environment more safe.	Andreasson, K., Krogh, J., Bech, P., Frandsen, H., Buus, N., Stanley, B., . . . Erlangsen, A. (2017). MYPLAN –mobile phone application to manage crisis of persons at risk of suicide: Study protocol for a randomized controlled trial. <i>Trials</i> , 18(1), 171. <a href="http://dx.doi.org/10.1186/s13063-017-1876-9">http://dx.doi.org/10.1186/s13063-017-1876-9</a>
	Bryan, C.J. (N.D.). Crisis response planning for suicidal patients: An introduction [Webinar]. Retrieved from: <a href="http://hope4utah.com/wp-content/uploads/2016/12/Craig-Bryan.pdf">http://hope4utah.com/wp-content/uploads/2016/12/Craig-Bryan.pdf</a>
	Jobes, D. A. (2017). Clinical assessment and treatment of suicidal risk: A critique of contemporary care and CAMS as a possible remedy. <i>Practice Innovations</i> , 2(4), 207-220. <a href="http://dx.doi.org/10.1037/pri0000054">http://dx.doi.org/10.1037/pri0000054</a>
	Stanley, B., & Brown, G. K. (2012). Safety planning intervention: A brief intervention to mitigate suicide risk. <i>Cognitive and Behavioral Practice</i> , 19(2), 256–264. <a href="https://doi.org/10.1016/j.cbpra.2011.01.001">https://doi.org/10.1016/j.cbpra.2011.01.001</a>
<b>Lethal Means Counseling</b> The patient reports whether or not they have access to a firearm or other lethal means (yes/no) and provides a short written description of their access. The patient is provided education on helpful methods to reduce access to lethal means and considers what works for their situation. This information is presented verbatim in the <i>Shared Summary</i> .	Betz, M. E., Kautzman, M., Segal, D. L., Miller, I., Camargo, C. A., Jr, Boudreaux, E. D., & Arias, S. A. (2018). Frequency of lethal means assessment among emergency department patients with a positive suicide risk screen. <i>Psychiatry Research</i> , 260, 30–35. <a href="http://dx.doi.org/10.1016/j.psychres.2017.11.038">http://dx.doi.org/10.1016/j.psychres.2017.11.038</a>
	Bryan, C. J., Stone, S. L., & Rudd, M. D. (2011). A practical, evidence-based approach for means-restriction counseling with suicidal patients. <i>Professional Psychology: Research and Practice</i> , 42(5), 339-346. <a href="http://dx.doi.org/10.1037/a0025051">http://dx.doi.org/10.1037/a0025051</a>
	Mann, J. J., & Michel, C. A. (2016). Prevention of Firearm Suicide in the United States: What Works and What Is Possible. <i>American Journal of Psychiatry</i> , 173(10), 969-979. <a href="http://dx.doi.org/10.1176/appi.ajp.2016.16010069">http://dx.doi.org/10.1176/appi.ajp.2016.16010069</a>

## Behavioral Skills and Research Literature Supporting the Comfort and Skills Activities Implemented in Jaspr

Jaspr Content	Reference
<b>Overarching Support</b>	Bush, N. E., Dobscha, S. K., Crumpton, R., Denneson, L. M., Hoffman, J. E., Crain, A., . . . Kinn, J. T. (2014). A virtual hope box smartphone app as an accessory to therapy: Proof-of-concept in a clinical sample of veterans. <i>Suicide and Life-Threatening Behavior</i> , 45(1), 1-9. <a href="http://dx.doi.org/10.1111/sltb.12103">http://dx.doi.org/10.1111/sltb.12103</a>
	Jaroszewski, A.C., Morris, R.R., Nock, M.K. (2019). Randomized controlled trial of an online machine learning-driven risk assessment and intervention platform for increasing the use of crisis services. <i>Journal of Consulting and Clinical Psychology</i> , 87(4), 370-379. <a href="https://doi.org/10.1037/ccp0000389">https://doi.org/10.1037/ccp0000389</a>
	Luxton, D.D, June, J.D., & Chalker, S.A. (2015). Mobile Health Technologies for Suicide Prevention: Feature Review and Recommendations for Use in Clinical Care. <i>Current Treatment Options in Psychiatry</i> , 2(4), 349-362. <a href="http://dx.doi.org/10.1007/s40501-015-0057-2">http://dx.doi.org/10.1007/s40501-015-0057-2</a>
<b>Distraction:</b> activities intended to take the patient’s mind off of the distressing situation <i>in the moment</i> .	Winter, D., Niedtfeld, I., Schmitt, R., Bohus, M., Schmahl, C., & Herpertz, S. C. (2017). Neural correlates of distraction in borderline personality disorder before and after dialectical behavior therapy. <i>European Archives of Psychiatry and Clinical Neuroscience</i> , 267(1), 51–62. <a href="https://doi.org/10.1007/s00406-016-0689-2">https://doi.org/10.1007/s00406-016-0689-2</a>
<b>Self-Soothing:</b> activities intended to provide the patient with a state of comfort and relaxation by soothing their senses.	Zeifman, R. J., Boritz, T., Barnhart, R., Labrish, C., & McMain, S. F. (2020). The independent roles of mindfulness and distress tolerance in treatment outcomes in dialectical behavior therapy skills training. <i>Personality Disorders: Theory, Research, and Treatment</i> , 11(3), 181–190. <a href="https://doi.org/10.1037/per0000368">https://doi.org/10.1037/per0000368</a>
<b>Paced Breathing:</b> diaphragmatic breathing activity intended to activate the patient’s parasympathetic nervous system resulting in physiological relaxation.	McCaul, K. D., Solomon, S., & Holmes, D. S. (1979). Effects of paced respiration and expectations on physiological and psychological responses to threat. <i>Journal of Personality and Social Psychology</i> , 37(4), 564–571. <a href="https://doi.org/10.1037/0022-3514.37.4.564">https://doi.org/10.1037/0022-3514.37.4.564</a>
	Steffen, P. R., Austin, T., DeBarros, A., Brown, T. (2017). The Impact of Resonance Frequency Breathing on Measures of Heart Rate Variability, Blood Pressure, and Mood. <i>Frontiers in Public Health</i> , 5, 222. <a href="https://doi.org/10.3389/fpubh.2017.00222">https://doi.org/10.3389/fpubh.2017.00222</a> .
<b>Opposite Action:</b> video coaching to help the patient change negative emotions they may wish to change.	Cuijpers, P., van Straten, A., & Warmerdam, L. (2007). Behavioral activation treatments of depression: A meta-analysis. <i>Clinical Psychology Review</i> , 27(3), 318–326. <a href="https://doi.org/10.1016/j.cpr.2006.11.001">https://doi.org/10.1016/j.cpr.2006.11.001</a>
	Waltz, J.A., Dimeff, L. A., Koerner, K., Linehan, M. M. Taylor, L., & Miller, C. (2009). Feasibility of using video to teach a dialectical behavior therapy skill to clients with borderline personality disorder. <i>Cognitive and Behavioral Practice</i> , 16(2), 214-222. <a href="https://doi.org/10.1016/j.cbpra.2008.08.004">https://doi.org/10.1016/j.cbpra.2008.08.004</a>
<b>Mindfulness:</b> videos describing the core mindfulness skills within DBT to the patient.	Hofmann, S. G. & Gómez, A.F. (2017). Mindfulness-based interventions for anxiety and depression. <i>Psychiatric clinics</i> , 40(4), 739-749. <a href="https://doi.org/10.1016/j.psc.2017.08.008">https://doi.org/10.1016/j.psc.2017.08.008</a>

Zeifman, R. J., Boritz, T., Barnhart, R., Labrish, C., & McMain, S. F. (2020). The independent roles of mindfulness and distress tolerance in treatment outcomes in dialectical behavior therapy skills training. *Personality Disorders: Theory, Research, and Treatment, 11*(3), 181–190. <https://doi.org/10.1037/per0000368>

## Literature Supporting Jaspr’s Shared Stories

Jaspr Content	Reference
<b>Use of a mobile device to deliver shared stories.</b>	Naslund, J. A., Grande, S. W., Aschbrenner, K. A., & Elwyn, G. (2014). Naturally occurring peer support through social media: the experiences of individuals with severe mental illness using YouTube. <i>PLoS ONE, 9</i> (10): e110171. <a href="https://doi.org/10.1371/journal.pone.0110171">https://doi.org/10.1371/journal.pone.0110171</a>
	Pisani, A. R., Wyman, P. A., Gurditta, K., Schmeelk-Cone, K., Anderson, C. L., & Judd, E. (2018). Mobile Phone Intervention to Reduce Youth Suicide in Rural Communities: Field Test. <i>JMIR Mental Health, 5</i> (2), e10425. <a href="https://doi.org/10.2196/10425">https://doi.org/10.2196/10425</a>
<b>Use of peer support from people with lived experience to help patients cope.</b>	Gay, B. (2015, August 25) <i>Engaging Suicide Attempt Survivors</i> [Video]. Suicide Prevention Resource Center. <a href="https://www.sprc.org/video/attempt-survivors">https://www.sprc.org/video/attempt-survivors</a>