

# UNIVERSITY CAN BE CHALLENGING



Mental health is an important issue, suicidal ideation is a particular concern.



Mental Imagery  
for Suicidality in  
Students Trial

MISST is a trial of a new talking therapy for students at risk of suicide

The therapy in MISST is called the Broad-Minded Affective Coping (BMAC) intervention.

It uses mental imagery to help people to reimagine and reconnect with positive memories and reduce negative thinking patterns that are linked to suicide.

We recruited 65 university students who had recently thought about suicide or made a suicide attempt from student mental health services

## THE TRIAL & OUTCOME

89%

Low rates of students leaving early, with 89% attending an assessment at 24 weeks

91%

91% attended two or more BMAC sessions



Participants described the BMAC as being helpful



## NEXT STEPS

The trial showed that the BMAC is acceptable to students and is feasible to study in a trial, but further research is needed to tell us if it is effective.

“ Before the therapy I would turn to quite harmful things like self-harm, and since the therapy, that’s stopped ”

“ I got comfortable doing the BMAC... by the end of it, it is something that I can do by myself ”

“ I’m using it [BMAC], you know, almost daily because I’m just like this really works, I’m enjoying it ”



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This infographic depicts the Mental Imagery for Suicidality in Students Trial (MISST).

The first section of the infographic is headlined with the words 'university can be challenging.' There is an image of a person sitting with their arms holding their legs up to their chest, appearing sad; they have books on the floor around them. There are faint images in the background of mobile phones, stationary and sad faces.

The next section provides information on the trial itself and the recruitment process. It states that mental health is an important issue, with suicidal ideation being of particular concern. Because of this, MISST is a trial introducing a new talking therapy for students at risk of suicide. This talking therapy is called the Broad-Minded Affective Coping (BMAC) intervention, which uses mental imagery to help people to disrupt negative thinking patterns that are linked to suicide. In the trial, 65 university students were recruited from student mental health services. All participants in the trial had recently thought about suicide or had made a suicide attempt.

The next section is then headed 'The Trial and Outcome' and shares information on the results of the trial. There is an image of a person being helped to climb a ladder of books, by another person at the top of the books. The text states that there was a low rate of students leaving the trial early, with 89% attending an assessment at 24 weeks. 91% of students attended two or more BMAC sessions and the participants described the BMAC as helpful.

The final section, titled Next Steps, is headed with the statement 'The trial showed that the BMAC is acceptable to students and is feasible to study in a trial, but further research is needed to tell us if it is effective.' The image in this section is colourful. It depicts a hopeful, cheerful and relaxed person walking through the countryside with a smile on their face, listening to music through their earphones. This image is surrounded by quotes from participants in the trial who had received the BMAC intervention. These quotes read:

"Before the therapy, I would turn to quite harmful things like self-harm and since the therapy, that's stopped."

"I got comfortable doing the BMAC...by the end of it, it is something that I can do by myself."

"I'm using it [BMAC], you know, almost daily because I'm just like this really works, I'm enjoying it."

In the footnote there are logos for the National Institute for Health and Care Research (NIHR) and NHS Greater Manchester Mental Health Foundation Trust (GMMH), who funded and sponsored the trial respectively.