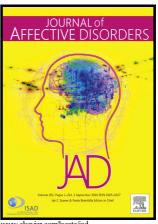
## Author's Accepted Manuscript

Are suicidal thoughts reinforcing? A preliminary real-time monitoring study on the potential affect regulation function of suicidal thinking

Evan M. Kleiman, Daniel D.L. Coppersmith, Alexander J. Millner, Peter J. Franz, Kathryn R. Fox, Matthew K. Nock



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Are suicidal thoughts reinforcing?

Are suicidal thoughts reinforcing? A preliminary real-time monitoring study on the

potential affect regulation function of suicidal thinking

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Abstract

**Background:** Theoretical work and clinical observation suggest that many patients experience

relief from negative affect after thinking about suicide, which may increase the likelihood of

future suicidal thoughts. Accordingly, our objective was to examine whether the occurrence of

suicidal thinking was followed by decreased negative affect and increased positive affect.

**Methods:** Participants were 43 adults who attempted suicide at least once in the past year (78%)

female, 78% White, M age = 23.28 years, SD age = 4.38 years) who completed 28 days of

smartphone-based real-time monitoring, where they were signaled four times/day to report on

current affect and whether they were having suicidal thoughts. Participants could initiate a

survey whenever they had a suicidal thought.

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