

# 自殺しない誓約は有効か？

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## Is a no-suicide contract valid?

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### Abstract

**Background** : Although “no-suicide contract” (NSC) has been widely used all over the world including Japan for decades, its effectiveness has not been established.

**Purpose** : To verify the effectiveness of NSC-related suicide prevention strategies (NSC-related strategies).

**Methods** : A narrative non-systematic review concerning the effectiveness of NSC-related strategies was performed.

**Results and Discussion** : Five empirical studies on the effectiveness of NSC were found. All five studies could not demonstrate the effectiveness of NSC on suicide prevention. On the contrary, three out of the five studies were suggestive of harm by NSC. Although there are mainly two obstacles (difficulty in masking intervention and psychological resistance of healthcare professionals to refrain from NSC) to perform randomized controlled trials (RCTs) with NSC-related strategies, cluster RCTs might overcome these problems.

**Conclusion** : NSC-related strategies lack convincing evidence of their effectiveness. Because of the possibility of the detrimental effects on suicidal patients, these customary practices in suicide prevention should be abolished.

### Key words

Suicide prevention, adverse effects, clinical pearl, clinical evaluation

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