

P-1423 - NOCOMIT-J: A COMMUNITY INTERVENTION TRIAL OF MULTI-MODAL SUICIDE PREVENTION PROGRAM IN JAPAN

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Objective: The primary goal of this study is to examine the effectiveness of a community-based multimodal intervention program for suicide prevention in regions where the suicide rate was relatively high compared to control regions. The secondary goal was to explore the effectiveness of a community-based multimodal intervention program for suicide prevention in highly populated regions.

Methods/design: NOCOMIT-J is a community-based large-scale non-randomized controlled trial, involving seven intervention regions with accompanying control regions, all with populations of statistically sufficient size. The program consists of

- 1) establishing social support networks in the public health system for suicide prevention and mental health promotion;
- 2) a primary prevention measures of awareness campaign for the public and key personnel;
- 3) secondary prevention measures for screening, counseling and outreach services for high-risk individuals;
- 4) after-care for individuals bereaved by suicide;
- 5) suicide prevention measures especially for individuals with mental illness and work-related problems.

This study protocol was reviewed and approved by the Central Ethics Committee of the J-MISP. Additionally, the regional leaders obtained written authorization from the local governors.

Results/progress: The intervention started in July 2006, and continued for 3.5 years. Participants are Japanese and foreign residents living in the intervention and control regions, a total of population of 2,120,000 individuals.

Discussion: Because treatment and prevention of suicide are complex and encompass many factors, success will need multi-sector collaboration. We hope that the results of NOCOMIT-J will help to develop effective strategies to reduce future suicide rate. (ClinicalTrials.gov: NCT00737165)