# Virtual Reality and Suicide: Assessing Risks for Researchers Ava DeMaio, Dr. Thomas Joiner, Sara Prostko | Florida State University, Department of Psychology

## INTRODUCTION

#### **Previous Research**

- The Interpersonal Theory of Suicide states that individuals act on suicidal desire when they have the capability to do so
- Suicide is one of the highest leading causes of death in the United States
- Previous studies have used VR to examine suicide, and the findings suggest no negative psychological effects
- It is under researched that researchers working in the field of psychology experience risk
- It is under researched that working in the field of suicide acts as a protective factor

#### **Our Study**

- Study aims to test the idea that prolonged exposure to death by suicide may have an impact on those who work in the field of suicide research
- Study poses the question of if suicide research acts as a protective factor

#### References

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## METHODS

#### **Participants**

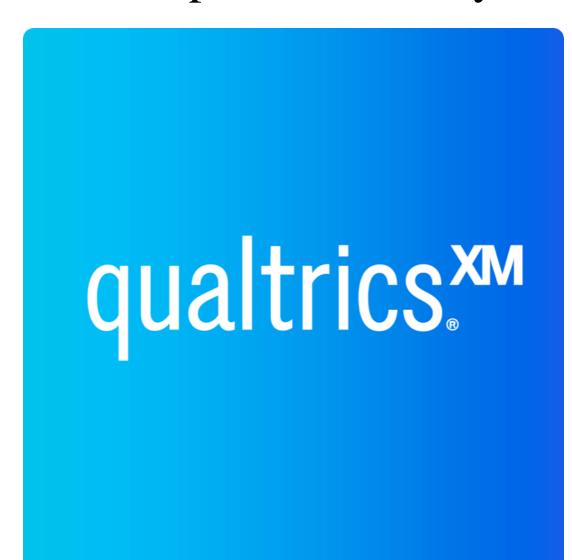
• 20 current FSU graduate students studying clinical psychology, specifically in the field of suicide

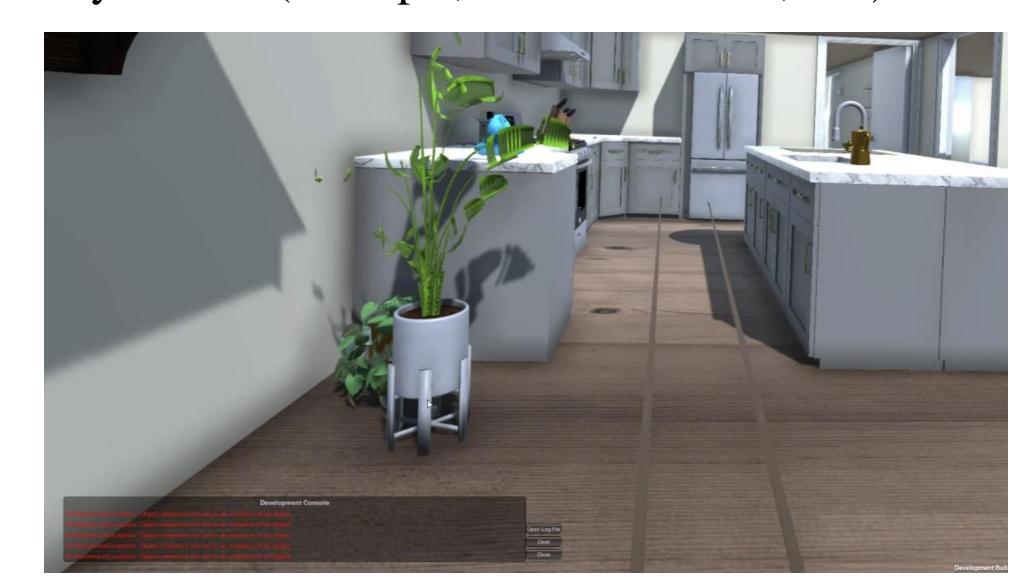
#### Limitations:

- Ability to read/speak English
- Less than three experiences with death by suicide via virtual reality
- Can not be legally blind

#### **Pre-VR Surveys**

- Pre- exposure questionnaires via Qualtrics
- Assesses fearlessness about suicide and death
- Assesses personal history with death by suicide (attempts, current ideation, etc.).





## **Balanced Latin Square Design**

	Scenario 1	Scenario 2	Scenario 3	Scenario 4
Participant 1	Overdosing	Shooting	Cutting	Jumping
Participant 2	Shooting	Jumping	Overdosing	Cutting
Participant 3	Jumping	Cutting	Shooting	Overdosing
Participant 4	Shooting	Jumping	Overdosing	Cutting

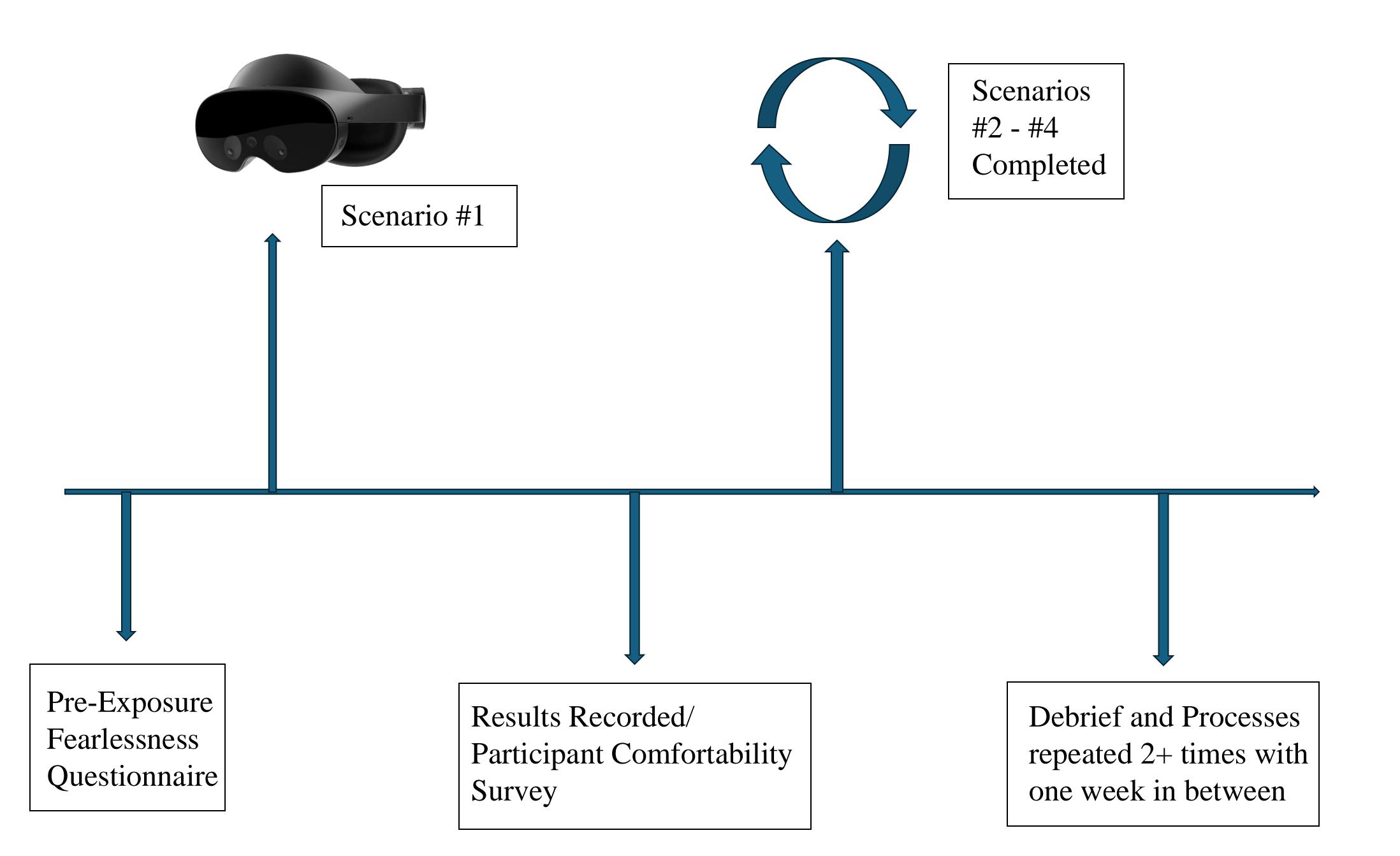
### **Data Analytic Strategy**



VR Suicide Engagement

Did Not Engage with VR Suicide

Results will be analyzed using t-test test\*



## Discussion

Our study examines whether repeated VR suicide exposure affects suicide researchers' psychological wellbeing and choices regarding suicide. Previous findings suggest that VR causes no significant increase in suicide capability, aligning with prior research (Huang et al., 2020; 2021). However, some participants reported distress, highlighting ethical considerations. Limitations of this study include a small sample size (N =

20), as well as self-report measures. Future research should explore long-term effects and individual differences between participants. Additionally, future studies can broaden the scope of crisis workers (therapists, hospital workers, etc.).

Through these studies, it is important that researcher wellbeing through mental health monitoring and ethical safeguards remains essential while using VR suicide.

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