



Out of Options: A Cognitive Model of Adolescent Suicide and Risk-Taking (Cambridge Studies on Child and Adolescent Health)

Kate Sofronoff, Len Dalglish, Robert Kosky

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This book tackles an area of adolescent behavior that presents a significant challenge for parents, teachers and professionals the world over. Whilst much has been written on the topic of adolescent suicide we see continued high rates throughout industrialized nations. The overlap between suicidal behaviors and other forms of serious risk-taking is a relatively new avenue of research and gives insight into the motivations of some adolescents. The cognitive model developed and evaluated in this book provides further insight into the progression from early problems faced by young people to the serious outcomes of suicide and risk-taking. The model allows us to suggest points of intervention for young people and to demonstrate that whilst there are overlapping features, attempts to intervene would target different problem areas for suicidal adolescents than for risk-taking adolescents.

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