



# Lessons Learned from Conducting a Randomized Controlled Trial in Patients with High Risk for Suicide: The CBT ENDURE Trial

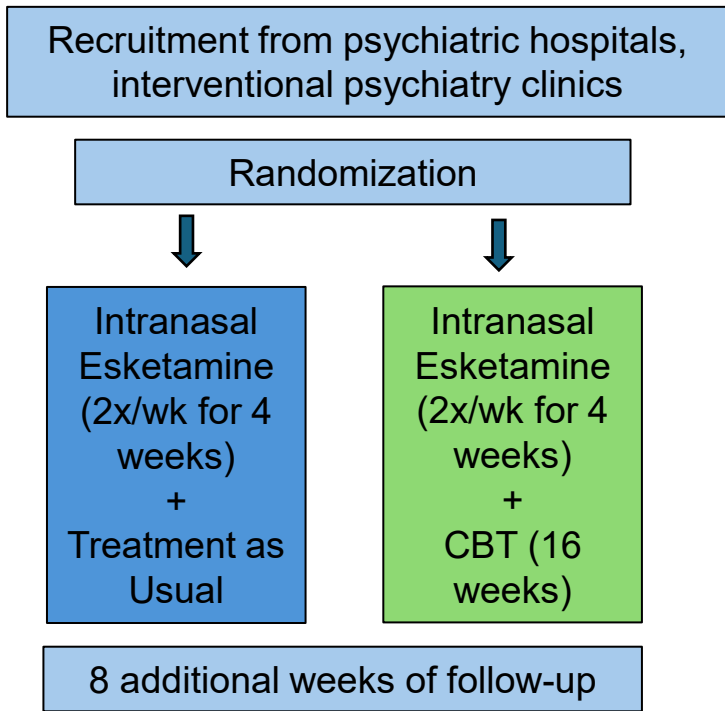
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YALE DEPRESSION RESEARCH PROGRAM



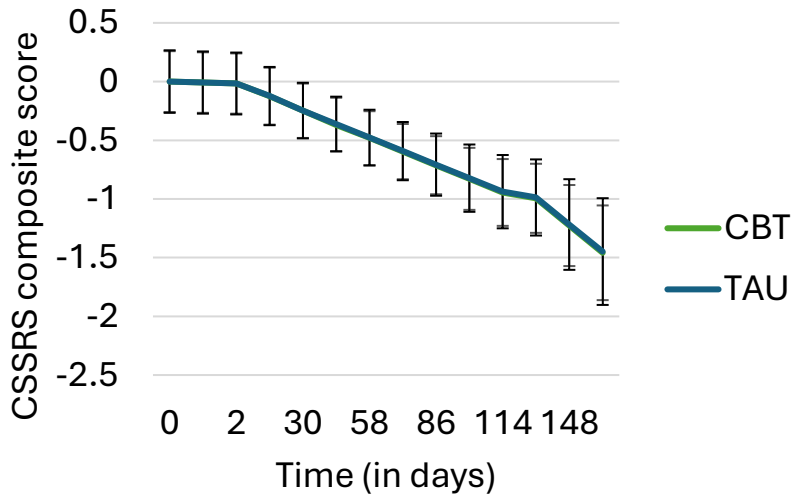
Yale University  
School of Medicine

## Trial Design

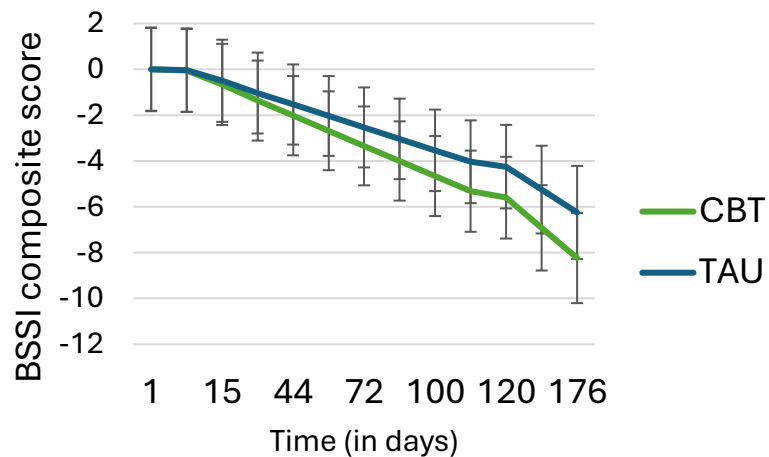


- ### Study Population
- 61% inpatient
  - 58% had ever been hospitalized
  - Mean number of hospitalizations: 3.6
  - 44% had at least 1 prior suicide attempt
  - 41% were severely suicidal at time of enrollment

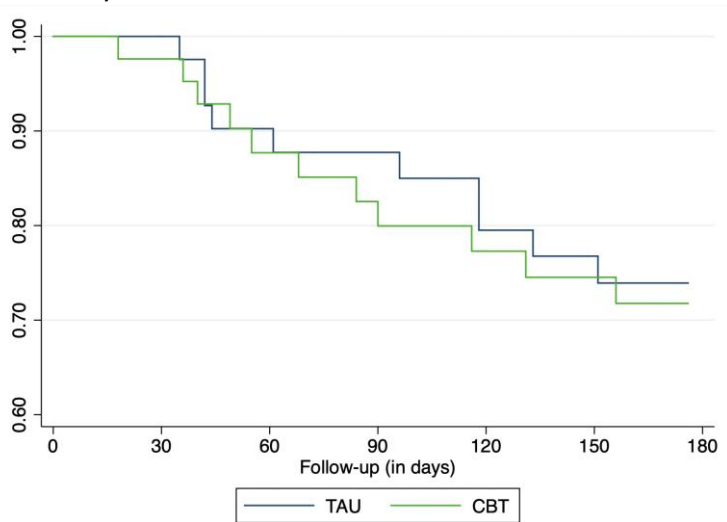
Columbia Suicide Severity Rating Scale (CSSRS)



Beck Scale for Suicidal Ideation (BSSI)



Suicide Event-based\* Survival Analysis (Kaplan-Meier)



\*Suicide-related events included including suicide death, attempted suicide, psychiatric hospitalization, or an increase to 75% or worse of baseline in the Beck Scale for Suicidal Ideation. p=0.790

## Conclusions

- Conducting a successful study in a high-risk patient population with MDSI is feasible
- Esketamine + CBT, relative to esketamine alone, reduced some, but not all, measures of suicidality in patients with MDSI
- Study was under-powered to detect suicide-related events between groups