Contents

Chapter 1 General Introduction 1

Chapter 2 Disability Weighs for Suicidal Thoughts and Non-Fatal Suicide Attempts 17

Chapter 3 Worry and Rumination as Proximal Risk Factors for Suicidal Behaviour 37

Chapter 4 The Quality of Online Suicide Prevention in the Netherlands and Flanders in 2007 53

Chapter 5 The Effectiveness of a Web-Based Self-Help Intervention to Reduce Suicidal Thoughts: A Randomised Controlled Trial 63

Chapter 6 Effectiveness of Online Self-Help for Suicidal Thoughts: Results of a Randomised Controlled Trial 85

Chapter 7 Online Self-Help for Suicidal Thoughts: 3-Month Follow-Up Results and Participant Evaluation 107

Chapter 8 Reducing Suicidal Ideation via the Internet: Cost-Effectiveness Analysis Alongside a Randomised Trial into Unguided Self-Help 127

Chapter 9 General Discussion 157

Summary 173
Samenvatting 179
Dankwoord 185