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## **Dynamics of despair: examining suicidal ideation using real-time methodologies**

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## Propositions

1. Suicidal ideation exhibits substantial within-day fluctuations that are not captured by traditional instruments.
2. Ecological momentary assessment (EMA) is a useful tool for examining suicidal ideation fluctuations (Chapter 2).
3. Real-time assessments of suicidal ideation do not result in affect reactivity for most individuals, but for some, may lead to either symptom worsening *or* relief (Chapter 3).
4. Different risk factors are associated with the emergence of passive vs. active suicidal ideation.
5. Shame specifically may drive the transition from passive to active ideation, and acquired capability for suicide. (Chapter 4)
6. Disturbed sleep during the night can have immediate, night-to-day effects by increasing suicidal ideation the following day (Chapter 5).
7. Individuals differ in their real-time suicidal ideation characteristics, and this associates with different risks of future suicidal behavior (Chapter 6).
8. Optimizing safety procedures when using EMA to measure suicidal ideation requires further research.
9. Real-time symptom monitoring of suicidal ideation may represent a fruitful add-on intervention in the clinical care of patients with suicidal ideation.
10. In an increasingly digital world, fostering real human connections remains crucial for our mental health and resilience.
11. *“We die only once, and for such a long time.”* – Molière, *Lovers’ Quarrels* (1656). While suicidal thoughts may fluctuate, behavior can be definite.