

# Brite™ and the As Safe As Possible Study

**Brite** is a smartphone app designed to reduce suicidality in hospitalized youth.

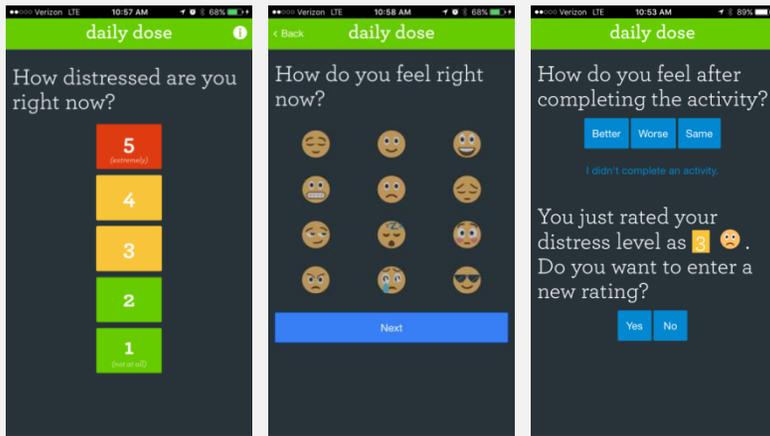
**ASAP** is a brief inpatient intervention paired with Brite.

**Usability:** 72.7% of youth used Brite during our follow-up period.

**Satisfaction:** On a scale from 10-70 (10 being the most satisfied) youth rated their satisfaction as 17.6-18.6 during follow-up.

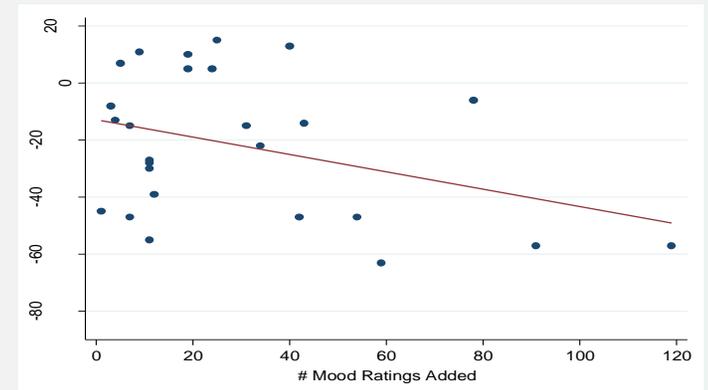
## Participants' Comments

"I found the app to be really helpful, because I could check in with my mood. I also liked the reasons for living and looking back at memories."  
 "What I really liked about it was that if you're in a certain mood to do something you can use it on that app. There's a lot of diversity in the app, which is helpful, because people's moods fluctuate!"  
 "[Brite] was helpful, because it reminded you when you're in the moment you don't really think of that stuff. You can look on there, and remind yourself that you can still be here."



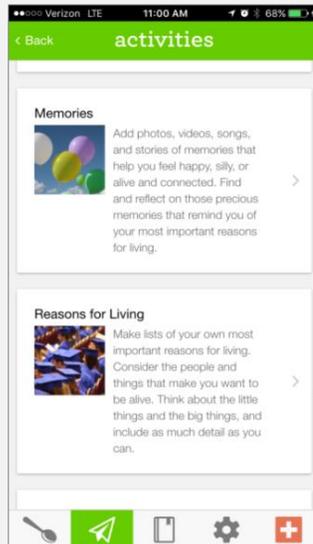
**Brite** offers *personalized daily reminders to rate distress levels* & evaluates post-use distress. The number of mood ratings entered in Brite is associated with a decrease in suicidal thoughts.

## Mood Ratings & Suicidal Thinking (SIQ)

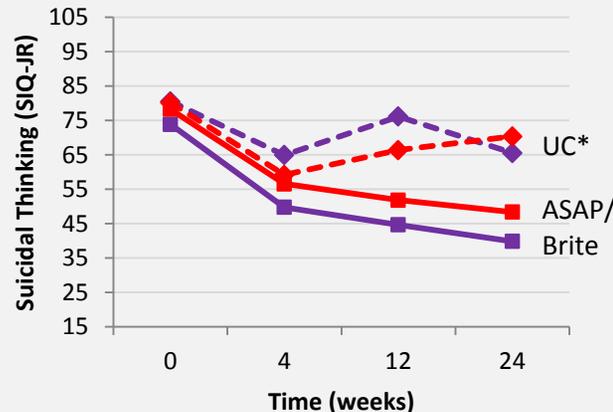


**Brite/ASAP** use interventions that are *customizable and personalized*.

Interventions aimed to 1) improve youth's ability to identify *reasons for living* and 2) reduce *dysfunctional emotional regulation* moderated suicidal thinking over time.



## Reasons for Living, Emotion Dysregulation, and Suicidal Thinking (SIQ)



\*UC = Usual Care

Condition\*time:  $\beta = -.67$ , 95% CI = [-1.25, -.09],  $z = -2.26$   $p = .02$

Condition\*time:  $\beta = -.46$ , 95% CI = [-1.06, .13],  $z = -1.53$ ,  $p = .13$

