

IMV Model Worker Resource Pack

This worker resource pack contains materials which we hope will support you to utilise the Integrated Motivational-Volitional Model of Suicidal Behaviour¹ (the IMV model) within your work. This resource is part of the Fundamentals of Suicidality eLearning hosted by Insight: Centre for Alcohol and Other Drug Training and Workforce Development.

We invite you to access this free resource for more information. You can access the eLearning by searching “suicide” on the Insight website (<https://insight.qld.edu.au/>).

This pack contains 3 resources:

PAGE 2

IMV Model Diagram

A diagram of the IMV model can be found on page 2 of this booklet. This has been adapted from the original model¹. You may find it useful to keep a physical copy of this model in your workspace to refer to when trying to understand the suicidality of a person you are working with.

PAGE 3

Example Prompts

On page 3 of this booklet, a modified version of the IMV model has been provided. For each section of the IMV model, example worker observations and client statements are provided which may indicate a client is experiencing difficulties relevant to that part of the model. Example questions designed to elicit information relevant to specific sections of the IMV model are also provided. All of the information provided on page 3 are examples only, and readers should not feel limited to this. There are many correct ways to identify and gather information relevant to the IMV model.

PAGE 4

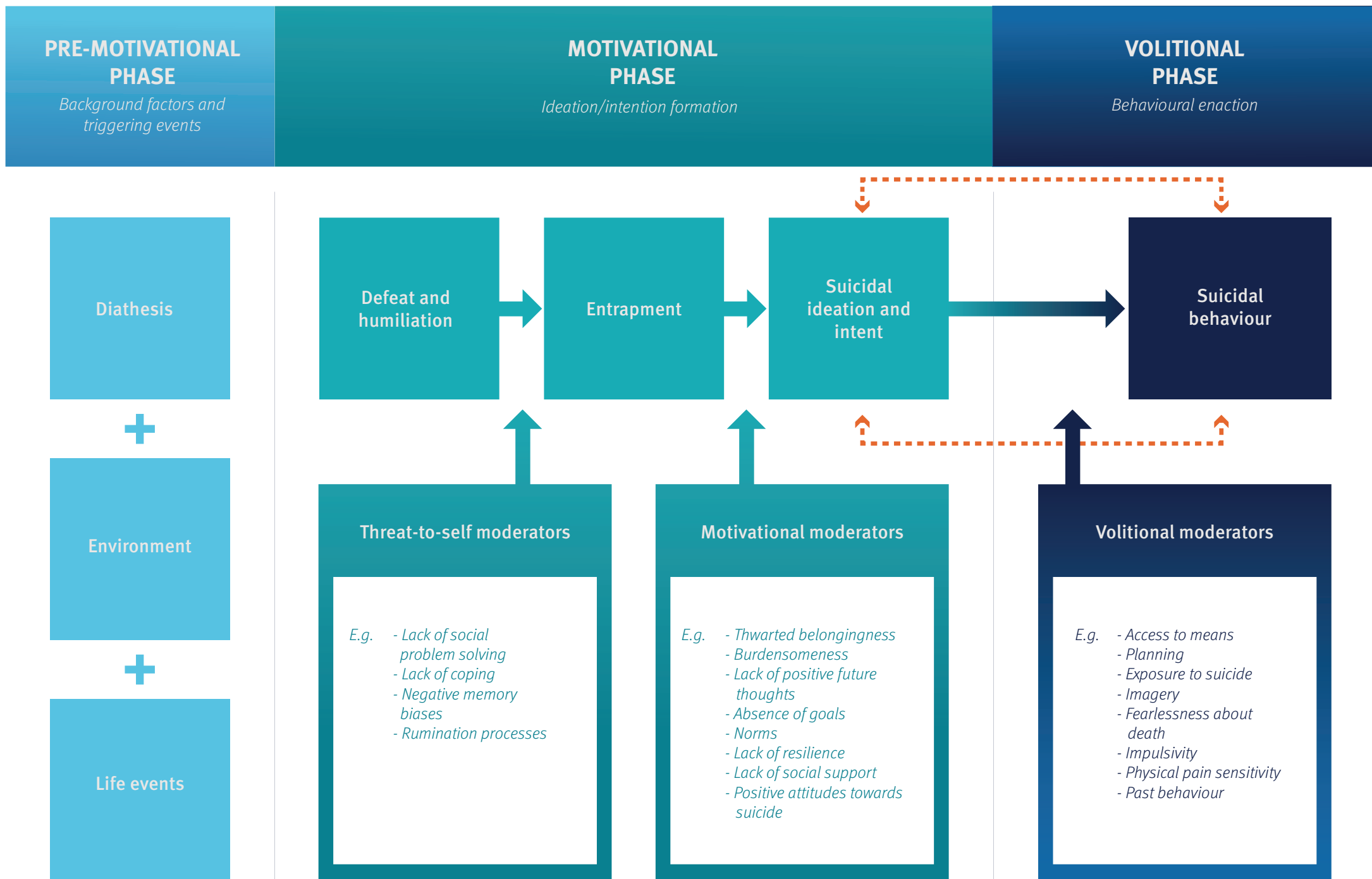
Worksheet

Page 4 of this booklet contains a blank version of the IMV model. This has been designed for you to print out and use as a tool to assist in applying the IMV model to a person you are working with. If you are using an electronic version of this booklet, you can also type into the form. If the box you are typing into gets full, the text will shrink, so keep this in mind if you are planning you print it (otherwise you may need a magnifying glass!).

We recommend that you print pages 2 and 3 double-sided on a single sheet of paper, and keep this handy. You can refer to this either before a session (as a prompt to remember what to look out for and what kinds of questions to ask), or after a session (when trying to understand a person’s level of suicidality). We also recommend printing several copies of page 4 to assist you in applying the IMV model to a client, outside of a session.

We hope that this resource is beneficial to workers and the clients they support. If you would like more information, please visit <https://insight.qld.edu.au/>. If you would like to contact Insight about these resources, or any other relevant training, please feel free to email us on insight@health.qld.gov.au.

¹ O'Connor RC, Kirtley OJ. The integrated motivational-volitional model of suicidal behaviour. *Philosophical Transactions of the Royal Society B: Biological Sciences*. 2018;373(1754).doi: 10.1098/rstb.2017.0268



PRE-MOTIVATIONAL PHASE

Background factors and triggering events

MOTIVATIONAL PHASE

Ideation/intention formation

VOLITIONAL PHASE

Behavioural enactment

*Observations and questions listed here are examples only. There are many correct ways to gather information about how the IMV model is applicable to a person's life experience.

Diathesis

- Tendency towards perfectionism and self-criticism
(Worker observation)
- Hereditary vulnerability based on family history of low mood and suicidality
(Worker observation)

Environment

- Living in unsafe, high crime neighbourhood
(Worker observation)
- Lack of access to community participation
(Worker observation)

Life events

- Consistent low-level bullying
(Worker observation)
- Traumatic experiences
(Worker observation)

Defeat and humiliation

- "Everything in my life is bad, there's nothing good."
(Client self-report)
- "How do you feel about yourself at the moment?"
(Worker question)

Entrapment

- "No matter what I do, things are always the same."
(Client self-report)
- "When you think about some of your current struggles, do you feel like they could change for the better?"
(Worker question)

Suicidal ideation/intent

- "When things get really bad, I sometimes think about just ending it all."
(Client self-report)
- "Have you had thoughts about killing yourself?"
(Worker question)

Suicidal behaviour

- "Yesterday I put a noose around my neck and started looking for places to hang myself."
(Client self-report)
- "What's the closest you have come to ending your life?"
(Worker question)

Threat-to-self moderators

- The person expresses anger towards their loved ones instead of asking for help
(Worker observation - Lack of social problem solving)
- "What are some of the ways you manage when you're feeling low?"
(Worker question - Lack of coping)
- The person can't recall happy memories when they are feeling low
(Worker observation - Negative memory bias)
- "Do you tend to think about things over and over, or can you let thoughts go pretty easily?"
(Worker question - Rumination)

Motivational moderators

- The person believes that, no matter how hard they try, they will never fit in with other people
(Worker observation - Thwarted belongingness)
- "Nobody would care if I died"/ "My family would be better off if I was dead."
(Client self-report - Burdensomeness)
- "Is there anything that you want to do in the future?"
(Worker question - Absence of goals)
- "Is there anyone in your life you can turn to for support?"
(Worker question - Lack of social support)

Volitional moderators

- The person has a clear idea of how they would attempt suicide, and has easy access to this method/s
(Worker observation - Access to means)
- The person spends time picturing an anticipated suicide attempt and/or how people would react to their death
(Worker observation - Imagery)
- "What plans have you made to end your life?"
(Worker question - Planning)
- "Have you come close to attempting to end your life before?"
(Worker question - Past behaviour)



Adapted from O'Connor RC, Kirtley OJ. The integrated motivational-volitional model of suicidal behaviour. Philosophical Transactions of the Royal Society B: Biological Sciences. 2018;373(1754).doi: 10.1098/rstb.2017.0268

A worked example of the IMV model is provided in the 'Understanding Suicidality' eLearning module on the Insight website.