

Psychological Flexibility Processes and Suicidal Ideation in Clinical and Nonclinical Samples: A Network Analysis

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KEY QUESTION

Do the network structures of psychological (in)flexibility processes and their specific relationships with suicidal ideation differ between nonclinical and help-seeking people?

WHO AND WHERE



223 nonclinical participants
(mean age = 34.26 ± 13.70 years; 67.70% females)
213 help-seeking participants at outpatient clinic
(mean age = 36.04 ± 11.60 years; 54.46% females)

MEASURES



ACT Processes
Multidimensional Psychological Flexibility Inventory-24
Suicidal Ideation
Symptom Checklist-90-Revised (outpatients)
Patient Health Questionnaire-9 (nonclinical sample)

METHOD: Cross-Sectional Network Analysis

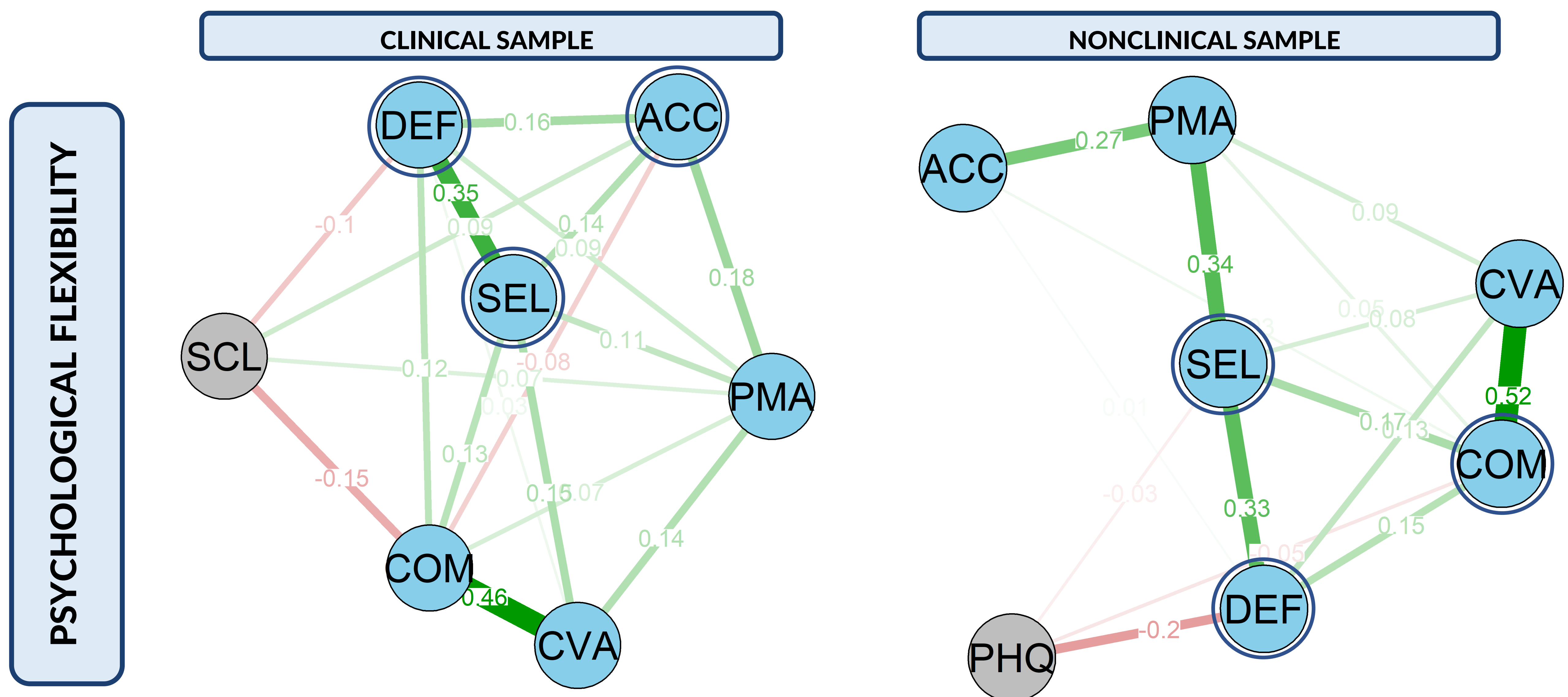


- EBIC gLASSO
- 1000 bootstrapping samples

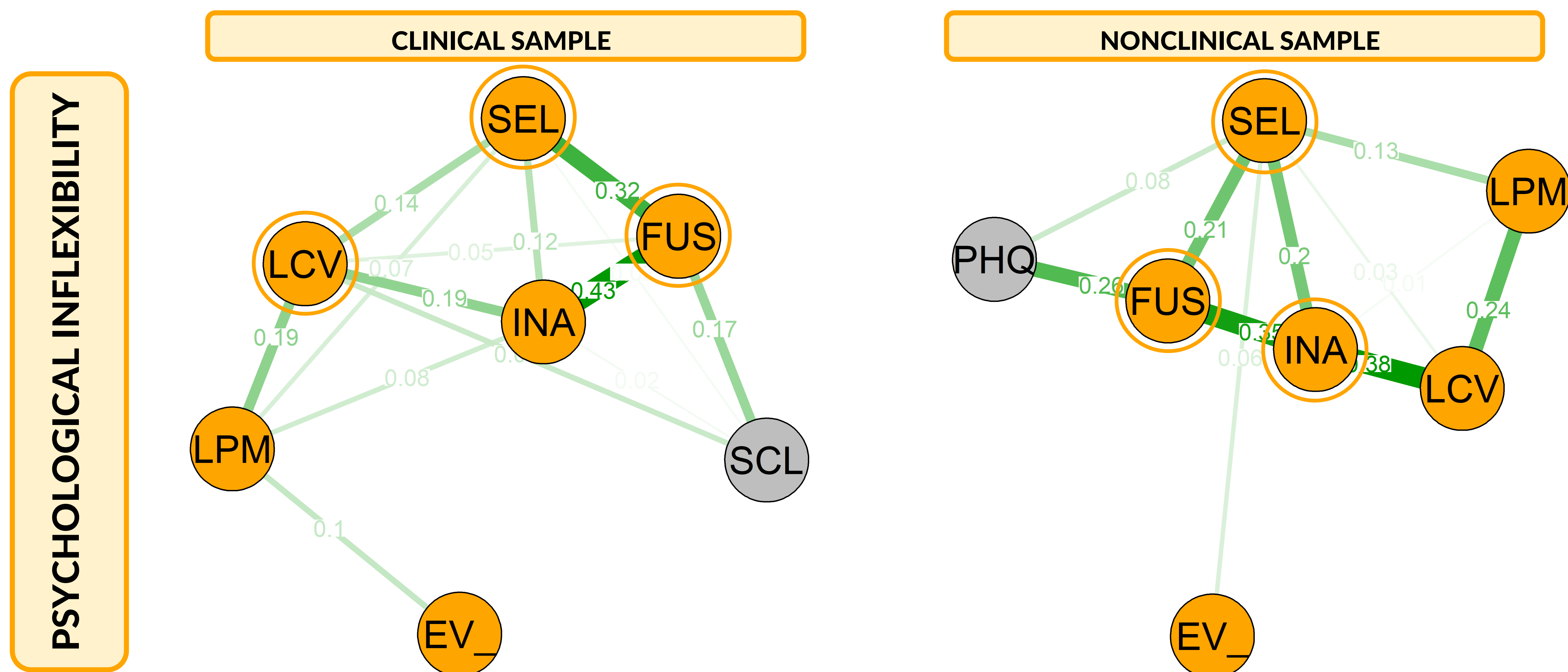
Epskamp et al., 2018

RESULTS AND CLINICAL SIGNIFICANCE

Coherence-related processes are always directly linked to suicidal ideation and, along with flexible perspective-taking and engagement in values-consistent actions, are central in individuals reporting suicidal ideation, regardless of clinical status. Defusion techniques could be prioritized, as they seem effective in addressing self-referential negative thoughts (Oppo et al., 2026).



Note. ACC: Acceptance; DEF: Defusion; COM: Committed Action; CVA: Contact with Values; PHQ: Patient Health Questionnaire, item on suicidal ideation; PMA: Present Moment Awareness; SCL: Symptom Checklist-90, item on suicidal ideation; SEL: Self-as-Context. Sparsity = .143 and .238, respectively. Circled nodes represent the most central processes.



Note. EV_: Experiential Avoidance; FUS: Cognitive Fusion; INA: Inaction; LCV: Lack of Contact with Values; LPM: Lack of Present Moment Awareness; PHQ: Patient Health Questionnaire-9, item on suicidal ideation; SCL: Symptom Checklist-90, item on suicidal ideation; SEL: Self-as-Content. Sparsity = .333 and .381, respectively. Circled nodes represent the most central processes.

REFERENCES

Epskamp, S., Borsboom, D., & Freid, E. I. (2018). Estimating psychological networks and their accuracy: A tutorial paper. *Behavior Research Methods*, 50, 195-212. <https://doi.org/10.3758/s13428-017-0862-1>
Oppo, A., Pasquini, L., Misitano, A., Savoia, A., & Presti, G. (2026). Defusion techniques on self-referential thought in laboratory-based experimental research: A meta-analysis of believability and discomfort outcomes. *Journal of Contextual Behavioral Science*, 40, 100999. <https://doi.org/10.1016/j.jcbs.2026.100999>

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