

<https://doi.org/10.15388/ESSSB21.2026>

**21st European Symposium on
Suicide and Suicidal Behaviour - ESSSB21**

Rethinking Suicide Research & Prevention

**August 26–29, 2026
Vilnius, Lithuania**

Organizing Committee

- **Chair:** Paulius Skruibis
- Austėja Agnietė Čepulienė
- Said Dadašev
- Danutė Gailienė
- Dovilė Grigienė
- Jokūbas Gužas
- Miglė Marcinkevičiūtė
- Eglė Mažulytė-Rašytinė
- Jurgita Rimkevičienė

All members of the Organizing Committee are from the Suicide Research Centre at Vilnius University. More details: <https://www.fsf.vu.lt/en/institute-of-psychology/centre-for-suicidology>

Scientific Committee

- | | |
|-------------------------------------|-----------------------------|
| • Co-chair: Paulius Skruibis | • Nav Kapur |
| • Co-chair: Danutė Gailienė | • Vaiva Klimaitė |
| • Ayesha Ahmad | • Birthe Loa Knizek |
| • Marion Aichberger | • Vitalii Klymchuk |
| • Johnny Andoh-Arthur | • Karolina Krysinska |
| • Karl Andriessen | • Matthew Large |
| • Judit Balazs | • Ian Marsh |
| • Diana van Bergen | • Miglė Marcinkevičiūtė |
| • Silvia Sara Canetto | • Trine Madsen |
| • Amy Chandler | • Konrad Michel |
| • Austėja Čepulienė | • China Mills |
| • Erminia Colucci | • Thomas Niederkrotenthaler |
| • Said Dadašev | • Merete Nordentoft |
| • Derek de Beurs | • Rory O'Connor |
| • Annette Erlangsen | • John Oliffe |
| • Dovilė Grigienė | • Alexis Palfreyman |
| • Eve Griffin | • Vita Poštuvan |
| • Jokūbas Gužas | • Martin Plöderl |
| • Simon Hatcher | • Jurgita Rimkevičienė |
| • Keith Hawton | • Merike Sisask |
| • Michael P Hengartner | • Ellen Townsend |
| • Heidi Hjelmeland | • Nida Žemaitienė |
| • Erkki Isometsa | • Przemysław Waszak |

Autonomy support and competence thwarting in interpersonal relationships: significant factors for suicidality in young adults

Grigienė, Dovilė; Marcinkevičiūtė, Miglė; Rupšys, Giedrius; Rimkevičienė, Jurgita

Suicide Research Centre, Institute of Psychology, Faculty of Philosophy, Vilnius University

Introduction: In most countries, suicide is one of the leading cause of death among young adults aged up to 29 (WHO, 2021). Much research investigate adolescent suicide risk factors, but the life stage of emerging adulthood is not much analyzed in suicide context. As this developmental stage has its own unique features, this research focuses on investigating interpersonal factors that could be related to suicidal behaviour.

Methods: Data was collected via the online survey. The sample consists of 242 young adults from 18 to 30 years ($M = 25.52$, $SD = 3.44$). 69% were women, 76% lived in cities. We used Interpersonal Behavior Questionnaire (Rocchi et al., 2016), which represent different psychological needs that evolve in interpersonal relationships: autonomy, competence, and relatedness. Suicidality was estimated with SBQ-R scale (Osman et al., 2001), stress level was estimated with Perceived Stress Scale (Cohen et al., 1983), anxiety and depression symptoms were estimated with Patient Health Questionnaire-4 (Kroenke et al., 2003). The project was funded by the Lithuanian Research Council (LMTLT), grant No P-MIP-24-77.

Results: Moderation analysis indicates that the association between perceived stress and suicidality is weaker if young adults feel that their competence is supported. If they feel that their autonomy is thwarted, the association between perceived stress and suicidality is stronger. The moderating effects were significant only for the association between stress and suicidality, but not for the association with depression and anxiety, which indicates a specific suicide-related factor.

Conclusions: The findings reflect the need for identity formation during the emerging adulthood developmental stage and its connection to suicidality. Practical implications for therapeutic interventions include identifying the need for autonomy and competence, and encouraging its fulfilment. Considering the interpersonal experiences of young adults emphasises the significance of sociocultural and community-related factors in the process of suicide.