



Exploring Suicide bereavement Experiences and Support Needs among Muslims and Individuals with an Islamic Cultural Background living in Australia

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The loss of a loved one to suicide has profound consequences, including mental health struggles and increased risk of suicidal behaviour. The literature is scarce regarding how suicide bereavement is experienced among Muslims and in Islamic countries. Similarly, data is lacking on the specific support needs of this population. Available support services are designed for general population and are insensitive to individual's culture and background. Therefore, our primary focus in this descriptive phenomenological study is to explore suicide bereavement experiences and support needs of Muslim suicide loss survivors or individuals with an Islamic cultural background. The outcomes will inform subsequent work aimed at modifying existing interventions to better aid them process grief and to support their mental health.

Research Questions:

- How is suicide bereavement experienced among Muslims and individuals with an Islamic cultural background living in Australia?
- What are the support needs of Muslim suicide loss survivors and individuals with an Islamic cultural background living in Australia?

Individuals who are (18+), have lost a close person (family member or friend) to suicide at least 6 months ago, identify themselves as a Muslim or with an Islamic cultural background, and are currently living in Australia, can participate in this study.

An interview guide with leading and probe questions will be used and participants will be asked to share their bereavement experiences of losing a close person to suicide. Afterwards, participants will be asked about their coping strategies, support needs, and preferred services. Each interview approximately will last 45 to 90 minutes, and they will take place in-person or via zoom at a time and place convenient for participants. Data from these interviews will be analysed using inductive thematic analysis. NVivo, a computer-assisted qualitative data analysis software, will be used as a tool to organize, explore, and investigate the interviews.

After completing the interviews, participants will receive a \$30 gift card via email. The collected email addresses will be maintained separate from other data in a password-protected folder on University of Melbourne servers.