IMV applied to Charlie

Pre-motivational phase

Personal vulnerabilities (Diathesis)

- Untreated depression and anxiety
- Male gender
- Poor sleep and low energy.

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Environment

- Limited emotional connection with his parents
- Trauma from childhood (bullying)
- Pressure to achieve high standards (from his parents)
- Some social isolation.

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Life events

- Failed university assignment
- Struggling with the demands of his university studies
- Frequent tense arguments with his parents.

Motivational phase

Defeat and humiliation → Entrapment → Suicidal ideation and intent → Suicidal behaviour

Threat to self

- Ineffective problem solving (e.g. arguing with parents)
- Ineffective coping (skipping, lectures, using alcohol, online gaming)
- Memory biases (bullying at school)
- Rumination (difficulties with uni, bullying at school, his parents not understanding him).

Motivational

- Lack of belonging (Charlie feels distant from his parents)
- Burdensomeness (Charlie feels he's a disappointment to hi parents
- Lack of future thinking
- Unable to re-establish new goals (can't see beyond failed studies)
- Lack of belief in his own abilities
- Lack of meaningful connection with others.

Volitional phase

Volitional

- Plan to die (by overdose or hanging
- 'If-then' plan (e,g, 'If I fail the next assignment, I'll kill myself')
- Access to methods (e.g. belt, alcohol, tablets)
- Repeated death imagery (of his parents finding him dead).

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Version 1.0: 20260805