



**Dr Becky Mars**  
**BSc, PhD**

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**Summary**

I am a Research Fellow in Epidemiology at the dept of Population Health Sceinces, University of Bristol, and an American Foundation for Suicide Prevention post-doctoral fellow. My research interests include the epidemiology and course of self-harm and suicidal behaviours. My current research is exploring transitions between suicidal thoughts/non-suicidal self-harm and suicide attempts using data from the ALSPAC birth cohort.

**Activities / Findings**

**CURRENT FUNDING**

Transitions between suicidal ideation/non-suicidal self-harm and suicide attempts: A longitudinal study. American Foundation for Suicide Prevention Post-doctoral Fellowship. January 2016-December 2017

Mars B, Ford T, Gunnell D, Hemani G, Heron J, Joinson C, Moran P, Relton C, Suderman M. Pathways to self-harm: Biological mechanisms and genetic contribution. Medical Research Council/Medical Research Foundation. £223,400.

Gunnell D, Mars B. Suicide Amongst Paramedics. The Association of Ambulance Chief Executives (AACE). July 2016-Dec 2017. £14,320.

Boyd A, Goldstein H, Davies A, Cornish, R, Northstone K, Mars B, Molloy L, Gunnell D, Burton P, Macleod J. Assessing the extent to which disclosure control techniques impact on data utility: an exemplar research project using Self-Harm data from the Hospital Episode Statistics Database and, separately, breast feeding and attainment data collected directly from study participants and the National Pupil Database. CLOSER. £45,000.

**PREVIOUS FUNDING**

Evans R, Janssens A, Gunnell D, Kidger J, Mars B, Biddle L, Jacob N, Scourfield J, Gavin J, Stallard P, Ford T. Children and Young People's Suicide and Self-Harm Research Collaboration. GW4 Building Communities: Accelerator Fund. February 2015. £57,000.

Evans R, Janssens A, Gunnell D, Kidger J, Mars B, Biddle L, Jacob N, Scourfield J, Gavin J, Stallard P, Ford T. Children and Young People's Suicide and Self-Harm Research Collaboration. GW4 Building Communities: Initiator Fund. September 2014. £3,998.

Elizabeth Blackwell Institute Early Career Fellowship, funded by a Wellcome Trust strategic support fund. August 2014 – February 2015. £26,613.

**PREVIOUS PROJECTS**

- An investigation into trends and patterns of antidepressant prescribing amongst patients in the CPRD database
- Exploring the use of the Internet in relation to suicidal behaviour: identifying priorities for prevention
- Self-harm with and without suicidal intent in adolescence: causes and consequences

## Teaching

I am the course organiser for the Introduction to Stata short course at the School of Social and Community Medicine. This two-day course runs three times a year and provides a basic introduction to the statistical software package Stata 14, focusing on its use for data management and data exploration.

<http://www.bristol.ac.uk/social-community-medicine/shortcourse/introduction-to-stata/>

I teach clinical epidemiology to undergraduate students as part of the Human Basis of Medicine curriculum

## Keywords

- Epidemiology
- Self-harm and Suicide
- ALSPAC
- Mental health

## Methodologies

- Cohort Studies

## Expertise

I am a Research Fellow working within the suicide and self-harm (SASH) research group. My research interests focus on the epidemiology and course of self-harm and suicidal behaviours. I am particularly interested in understanding the factors that predict not only who will develop suicidal thoughts, but which individuals will go on to act on these thoughts (i.e. make a suicide attempt or die by suicide).

- self-harm
- suicide

## Memberships

### Organisations

[Bristol Medical School \(PHS\)](#)

### Centres, collaborations and units

- [Centre for Academic Mental Health](#)

### Research groups

- [Medical Statistics in the School of Social and Community Medicine](#)

## Recent publications

- Bould, H, Mars, B, Moran, P, Biddle, LA & Gunnell, D, 2019, '[Rising suicide rates among adolescents in England and Wales](#)'. *Lancet*, vol 394., pp. 116-117
- Russell, A, Heron, J, Gunnell, D, Ford, T, Hemani, G, Joinson, C, Moran, P, Relton, C, Suderman, M & Mars, B, 2019, '[Pathways between early life adversity and adolescent self-harm: the mediating role of inflammation in the Avon Longitudinal Study of Parents and Children \(ALSPAC\)](#)'. *Journal of Child Psychology and Psychiatry*, vol 60., pp. 1094 - 1103
- Mars, B, Heron, J, Klonsky, ED, Moran, P, O'Connor, RC, Tilling, K, Wilkinson, P & Gunnell, D, 2019, '[What distinguishes adolescents with suicidal thoughts from those who have attempted suicide? A population-based birth cohort study](#)'. *Journal of Child Psychology and Psychiatry*, vol 60., pp. 91-99
- Mars, B, Heron, J, Klonsky, ED, Moran, P, O'Connor, RC, Tilling, K, Wilkinson, P & Gunnell, D, 2019, '[Predictors of future suicide attempt among adolescents with suicidal thoughts or non-suicidal self-harm: a population-based birth cohort study](#)'. *The Lancet Psychiatry*, vol 6., pp. 327-337
- Irish, M, Solmi, F, Mars, B, King, M, Lewis, GH, Pearson, R, Pitman, A, Rowe, S, Srinivasan, R & , GL, 2019, '[Depression and self-harm from adolescence to young adulthood in sexual minorities compared with heterosexuals in the UK: a population-based cohort study](#)'. *Lancet Child and Adolescent Health*, vol 3., pp. 91-98
- Roberts, E, Fraser, A, Gunnell, D, Joinson, C & Mars, B, 2019, '[Timing of menarche and self-harm in adolescence and adulthood: a population-based cohort study](#)'. *Psychological Medicine*.
- Easey, K, Mars, B, Pearson, R, Heron, J & Gunnell, D, 2019, '[Association of birth order with adolescent mental health and suicide attempts: a population-based longitudinal study](#)'. *European Child and Adolescent Psychiatry*, vol 28., pp. 1079-1086
- Culpin, I, Mars, B, Pearson, RM, Golding, J, Heron, J, Bubak, I, Carpenter, P, Magnusson, C, Gunnell, D & Rai, D, 2018, '[Autistic Traits and Suicidal Thoughts, Plans, and Self-Harm in Late Adolescence: Population-Based Cohort Study](#)'. *Journal of the American Academy of Child and Adolescent Psychiatry*, vol 57., pp. 313-320.e6
- Pearson, RM, Campbell, A, Howard, LM, Bornstein, MH, O'Mahen, H, Mars, B & Moran, P, 2018, '[Impact of dysfunctional maternal personality traits on risk of offspring depression, anxiety and self-harm at age 18 years: a population-based longitudinal study](#)'. *Psychological Medicine*, vol 48., pp. 50-60

- Jones, RB, Thapar, A, Rice, F, Beeching, H, Cichosz, R, Mars, B, Smith, DJ, Merry, S, Stallard, P, Jones, I, Thapar, AK & Simpson, SA, 2018, '[A Web-Based Psychoeducational Intervention for Adolescent Depression: Design and Development of MoodHwb](#)'. *JMIR Mental Health*, vol 5.

[View complete publications list](#) in the University of Bristol publications system

## **Projects**

- [Avon Longitudinal Study of Parents and Children \(ALSPAC\)](#)