

Suicide

**Teaching and Research office of
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Question?

- Have you ever known anybody around you commit suicide?



What is suicide ?

- No single unanimously accepted definition
- Considered as a fatal act of self-injury (self-harm)
- Continuum ranging from

suicidal ideation  suicide attempt 
completed suicide

Epidemiology

- More than 100,000 people commit suicide every year
- Total global mortality : 1—2%
- Completed suicide : 16/100,000 (1/6000)

WHO (1995)

- Male suicide is 2-4 times higher than female
- China is only exception with a very high female suicide rate

Suicide in USA

- The tenth leading cause of death
- Second leading cause of death on college campuses
- Leading cause of death among medical students
- 25,000 suicides each year
- 25,000*10 attempting suicide

Why do people kill themselves?

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- **95% people who commit or attempt suicide have a diagnosed mental disorder.**

depression 80%

schizophrenia 10%

dementia, substance abuse 5%

**What is the relationship
between suicide and me as
a doctor?**

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-
- 80% saw their physicians in 6 months before their suicide
 - 50% saw their physicians in 1 month
 - 50% had obtained the means to kill themselves in a single prescription from their doctors.

The myths about suicide

True or false

- People who talk about suicide won't try it.
- Asking about suicide may put a dangerous idea into person's head
- People who try suicide and fail are not serious about it, and won't try again
- Only crazy people commit suicide.



Which kind of people
is more likely to
commit suicide ?

Risk factors for suicide (1)

Gender	Male
Age	Elderly
Social status	Low
Educational status	Low
Marital status	Unmarried, separated, divorced, widowed
Residential status	Living alone
Employment status	Unemployed, retired ,
Economic status	weak

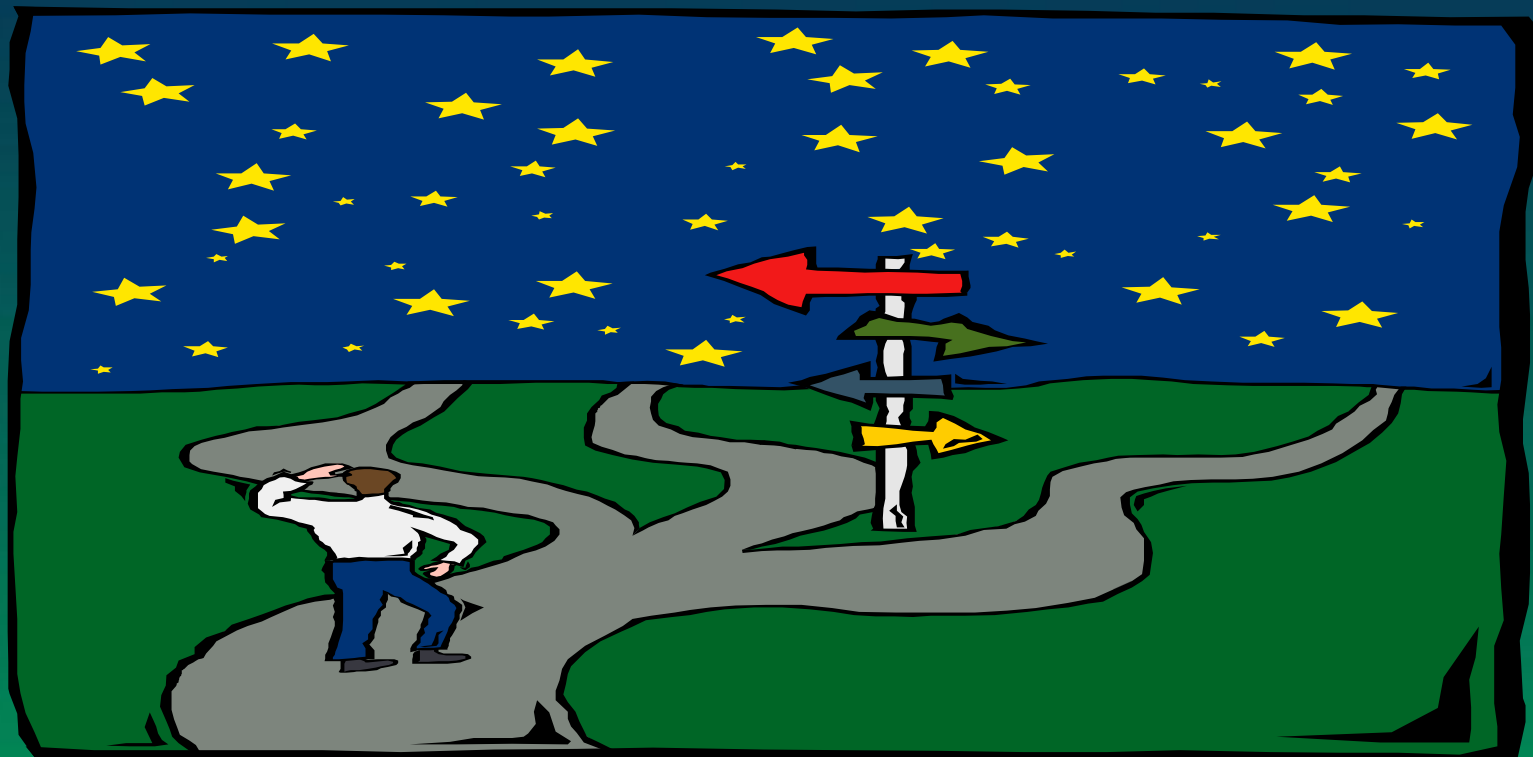
Risk factors for suicide (2)

Profession	Farmers, students, doctor, sailor
Special subpopulation	Students, prisoners, immigrants, refugees,
Season and time	Spring and autumn, weekend, evening, anniversary
Life event	Adverse life events such as losses and separations, criminal charges
Social support	low
Social integration	Lacking

Clinical determinants of suicide

Family history	Suicidal behavior, mental disorder
Mental disorder	Depression, substance use, personality disorder, schizophrenia
Contact with psychiatric service	Recent contact, post-discharge period, psychotropic drugs
Suicidal behavior	Previous suicide attempts, suicidal ideations, death wishes, indirect gestures
Physical health	Severe physical illness such as cancer, AIDS, stroke, permanent sickness

How to find the suicidal clues?



Suicidal clues

- **Verbal:** direct, indirect
“read between the line.”
- **Behavior:** suicide attempt, “cries for help”,
put one’s personal affairs in order, etc
- **Situational:** in disease
understand the patient’s view his condition.
- **Syndromatic:**

Suicide clues (2)

- **Syndromatic:**

depression

disorientation: hallucinations and delusions

hopeless defiance: call his last shot

dissatisfied dependence: guilt

Suicide prevention strategies

- Establish a relationship
- Identify and clarify the focal problem
- Assess suicide potential
- Evaluate the patient's strengths and resources for resolving the focal problems
- Develop a constructive intervention partnership and plan





Wish you happy in your life!

