# Protective factors for thoughts of suicide and suicidal behaviour among people going through vulnerable phases in life

**(Vulnerable Phases in Life)**

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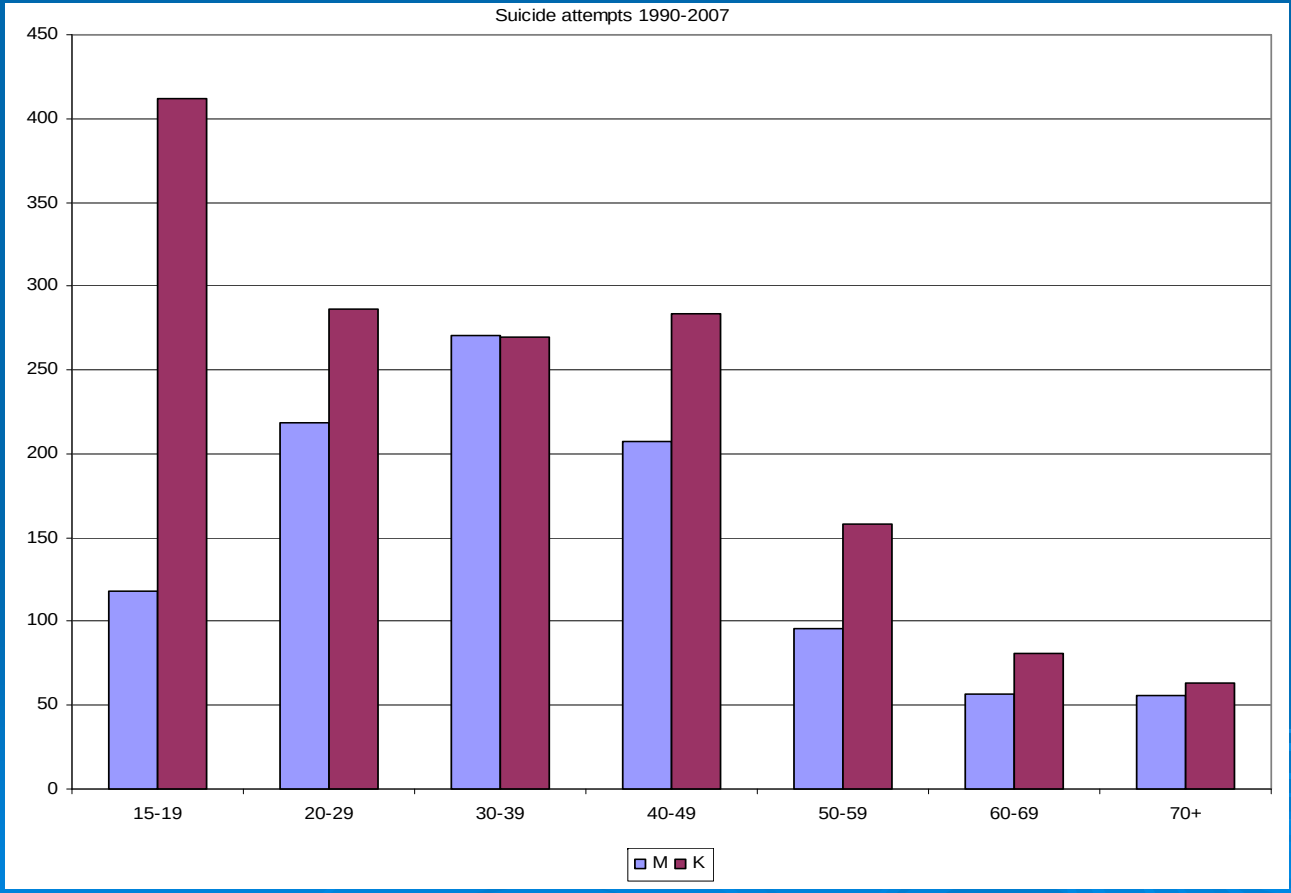
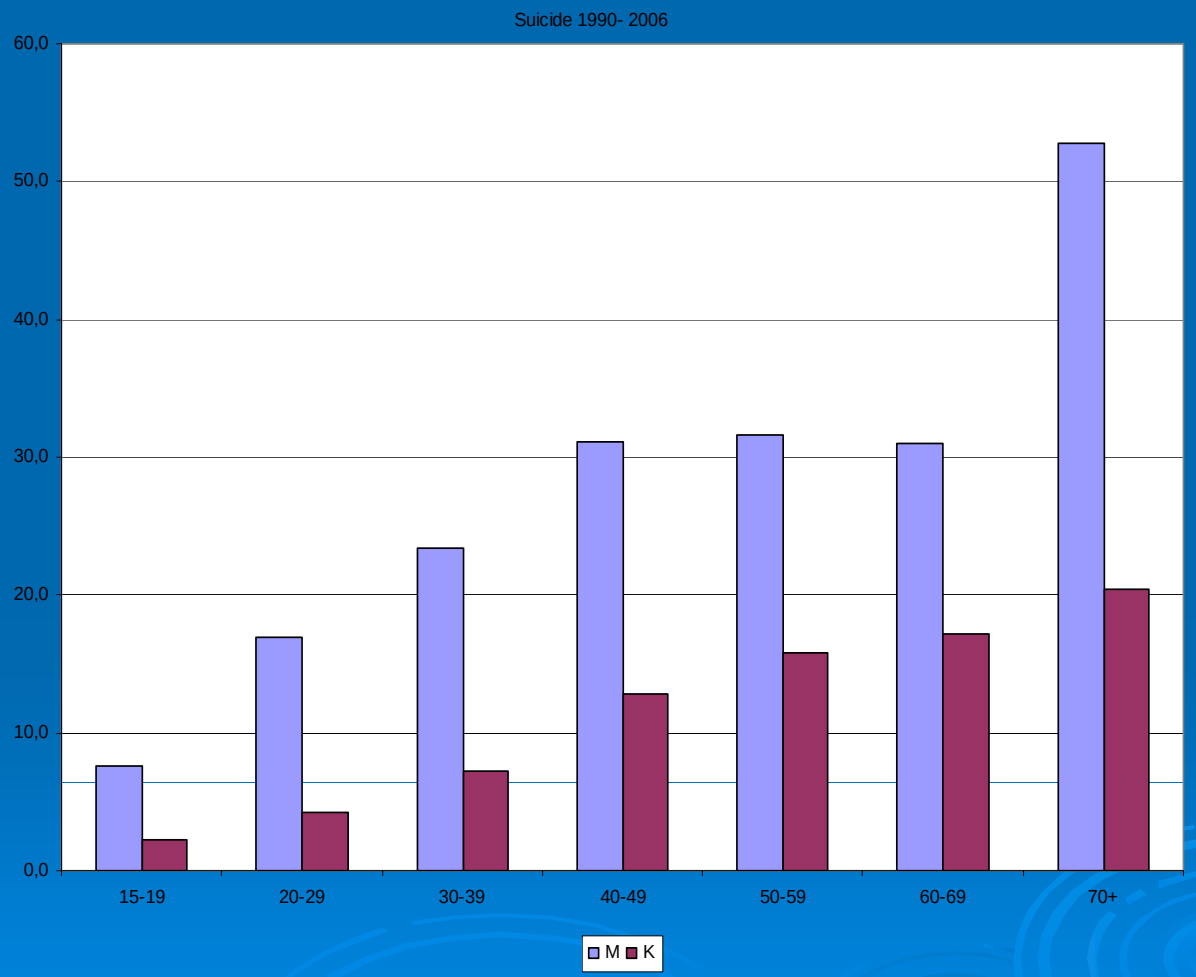
# Background


Suicide attempts 1990-2007
450
400
350
300
250
200
150
100
50
0
15-19
20-29
30-39
40-49
50-59
60-69
70+
M
K

# Background


Suicide 1990- 2006
60,0
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40,0
30,0
20,0
10,0
0,0
15-19
20-29
30-39
40-49
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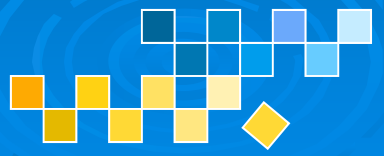
70+
M
K

# Background

- Nationally, as well as internationally, attention has been directed towards risk factors in relation to thoughts of suicide and suicidal behaviour among different groups of people in society. However, research in protective factors is most limited.

# Objectives

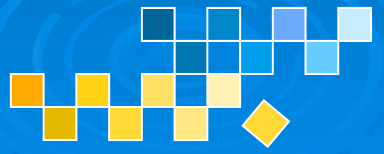
- How do people overcome their suicidality?
- Which conditions/factors may be protective for thoughts of suicide being realized and attemtps of suicide being repeated?



# Definition of Suicide Attempts

- There are different definitions of attempted suicide to be found. Centre for Suicide Research uses the WHO definition:

  "Attempted suicide (parasuicide) is an act with a non-fatal outcome, in which an individual deliberately initiates a non-habitual behaviour that, without intervention from others, will cause self-harm, or deliberately ingests a substance in excess of the prescribed or generally recognized therapeutic dose, and which is aimed at realizing changes which the subject desired via the actual or expected physical consequences."



# Definition of suicidal ideation

- Suicidal ideation includes a wide spectrum ranging from transitory thoughts of suicide to troublesome and more or less constant suicidal ruminations.

# Study design

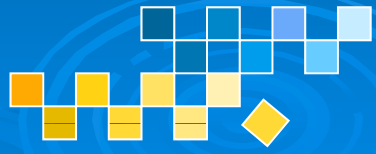
- Triangular research method
- Register-based (Study I)
- Survey based (Study II)
- Interview based (Study III)

# Interview study III

- Recruitment:
- Media – Television, Newspapers, Adds, Radio
- Clinic for Suicidal peolpe in Denmark

Inclusion criteria:

1. Seriously suicidal ideation
2. Suicide Attempts

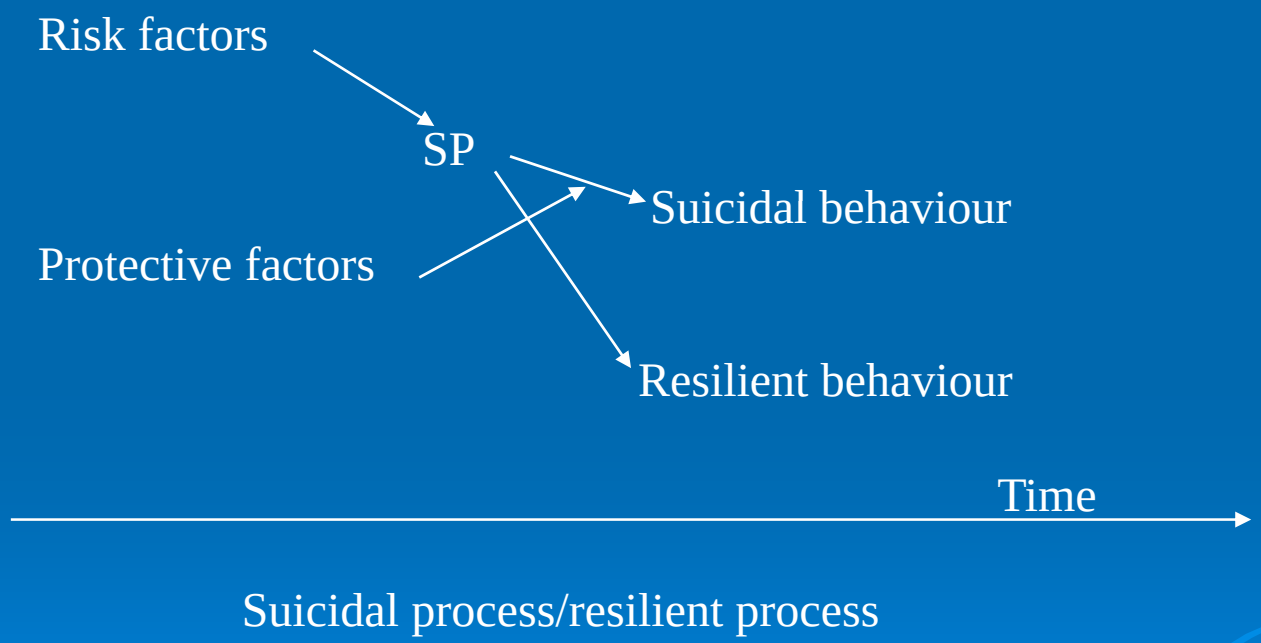


# Study group

- 33 people were interviewed
- 18-29 år (10), 30-59 år (17), 60+ (6). (18-78)
- 21 Women / 12 men
- 20 with suicide attempts
- 13 with seriously suicidal ideation

# Teoretical Framework

- The suicidal process model (J. Beskow)



# Themes

- Sociodemografic factors
- Suicidal behaviour in the family and/or nearest acqaintances
- Family background
- The last suicidal periode…..

# Risk factors

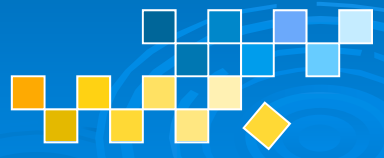
- Mental disorders
- Interpersonal problems
- Lack of social support (weak social support systems)
- Interpersonal problem-solving
- Poor self-respect
- Bullying
- Hopelessness
- Loneliness
- Physical pain
- Finansiel problems
- Substance abuse

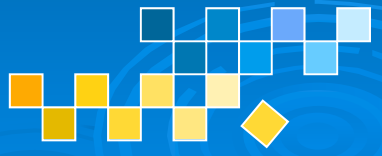
# Precipitating factors

- Disharmony with ”key other” people
- disharmony with relatives,
- anxiety about work/employment
- finansiel problems
- strong physical and mental pain
- admission or discharge from psychiatric hospital
- intoxication
-

# Protective factors
# Reasons for not attempting suicide (again)

- Treatment  (medical and/or therapeutic)
- Social relations and social support
- Attitudes towards suicidal behaviour
- Education/occupation
- Involvement in activities/hobbies
- Fear af death
- A positive outlook of life
- Improved self-esteem
- Religion



# Conclusion

- Especially treatment, social relations and attitudes towards suicidal behaviour were very often mentioned as factors which have promoted resilience towards suicidal impulses