

## Chapter 10 Suicide

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### Suicide: References

- All Data is from your text by Comer!

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### Suicide: Statistics

- 700K Worldwide/ 31K US
- ParaSuicide Millions Worldwide/600K US
- Hard to know for sure!
- 50% due to Depression 50% other Conditions
- 8-20 nonfatal attempts for every fatal
- Religion? Austria one of highest though
- Women 3X more attempts but Men 3X commit
- 66% Men & 40% Women Guns

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### Suicide: Statistics

- China 300K yr – 10X US & 40% World & Women more likely than men with ½ worldwide
- Japan Acceptable! No Self-Love, Expression or Enhancement.
- Caucasian higher than African American
- Native Americans 1 ½ higher than National Avg
- Some suggest that AA may be 15% higher & Women may be 6% higher due to classification

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### Suicide: Statistics

- ½ have close friends; less other family; Single!
- US 65+ Highest!
- 1/3 have a family member who did
- 21% identical Twins – other did
- 6-33% of Schoolchildren have thought about
- 2K teens commit & 500K Attempt US/yr
- ½ of all teens have thought about
- 93% of teens who attempt knew someone who did
- ½ teens attempt again & ¼ die

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### Suicide: Statistics

- 19% Elderly
- 44% idea of going to Nursing Home
- ¼ of elderly attempt succeed
- 60% of the elderly suicides related to depression
- Cultures who respect Elderly lower
- Few get help after an attempt
- 30% that do not get help attempt again

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### Suicide: Statistics

- 7-15% of attempts do commit

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### Suicide: Types

- Death Seekers: Clearly intend to end life at time
- Death Initiators: Clearly intend to end life but feel it is just hastening what is occurring already
- Death Ignorers: Do not believe Suicide will end their existence
- Death Darers: Ambivalent at time

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Jill Kinmont/Dick Buek  
"The Other Side of the Mountain"

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## Suicide: Types

- Sub-Intentional Deaths: Indirect, covert, partial or Unconscious
- Chronic Suicide?: Lifetime of Abuse
- Egoistic Suicide: Rejects society, they are isolated, alienated & nonreligious
- Altruistic Suicide: Sacrifice their live for another
- Anomic Suicide: Society fails them

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## Suicide: Studying

- Retrospective Analysis: Piece together, history of behavior, others, notes etc
- Problems
  - ½ never been to psychotherapy
  - Less than 1/3 leave notes
  - Other's viewpoints valid?

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## Suicide: Studying

- Studying Survivors
- Findings from Notes...
  - Young: Hostility toward themselves & Interpersonal
  - 40-49: Unable to cope with life
  - 50-59: No reason cited
  - 60+: Illness, pain, disability, lonleiness

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### Suicide: Triggers

- Stressful Events & Situations
- Mood & Thought Changes
- Alcohol & Other Drugs
- Mental Disorders
- Modeling

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### Suicide: Triggers

- Stressful Events & Situations
  - Report 2x more stressful events within yr before
  - Can be large single event or accumulated smaller
  - Long-Term:
    - Serious Illness (37%)
    - Abuse E. (Prison, War, Home)
    - Occupational Stress (Controversial on relationship)
    - Combo higher risk!

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### Suicide: Triggers

- Mood & Thought Changes
  - “Psychache” psychological pain that seems intolerable to the person (Shneidman, 2005, 2001)
  - Preoccupied with Problem & Lose Perspective
  - Key: Hopelessness & Pessimism: Things will not change, they do not see other options to solve problem
  - Dichotomous Thinking: Problems & Solutions are viewed in rigid either/or terms. “Black & White” “ONLY”

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## Suicide: Triggers

- Alcohol & Other Drugs
  - 70% drink before committing
  - ¼ legally Intoxicated
  - May lower fears
  - Releases underlying aggression
  - Impairs judgment & problem-solving ability

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## Suicide: Triggers

- Mental Disorders
  - NOT ALL!
  - ½ Severe Depression
  - 20% Chronic Alcoholism
  - 10% Schizophrenia (David Letterman Stalker)
  - Table 10-2 page 290!
  - Risk may be higher when Improve

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## Suicide: Triggers

- Modeling
  - Monroe 1963 Nation's rose 12%
  - West Germany TV Show documentary rose 175%
  - Schools & Workplaces
  - Postvention of TV & Community

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## Suicide: Treatment

- Drug
- Psychodynamic
- Cognitive
- Group
- Family
- Prevention

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## Suicide: Treatment

- Prevention
  - Crisis Intervention
  - Suicide Hot Lines
  - Only small percentage contact
  - Young African American Women
  - How informed makes a difference, Officers now receive more training etc.

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