

THE IMPORTANCE OF PREVENTION OF ADOLESCENTS' SUICIDE



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INTRODUCTION

- ❖ **Suicide rates among adolescents have been increased.**
- ❖ **Suicide and suicidal behavior is one of the most important cause of death among adolescents from 10 to 19 years age.**
- ❖ **Suicidal behavior is the end of result of a complex interaction of social, families and psychiatric factors.**
- ❖ **Suicidal tendencies can appear in childhood and adolescent period and can be manifested in adult period.**
- ❖ **Suicide and suicide attempts have serious emotional consequences for families and friends.**

PURPOSE



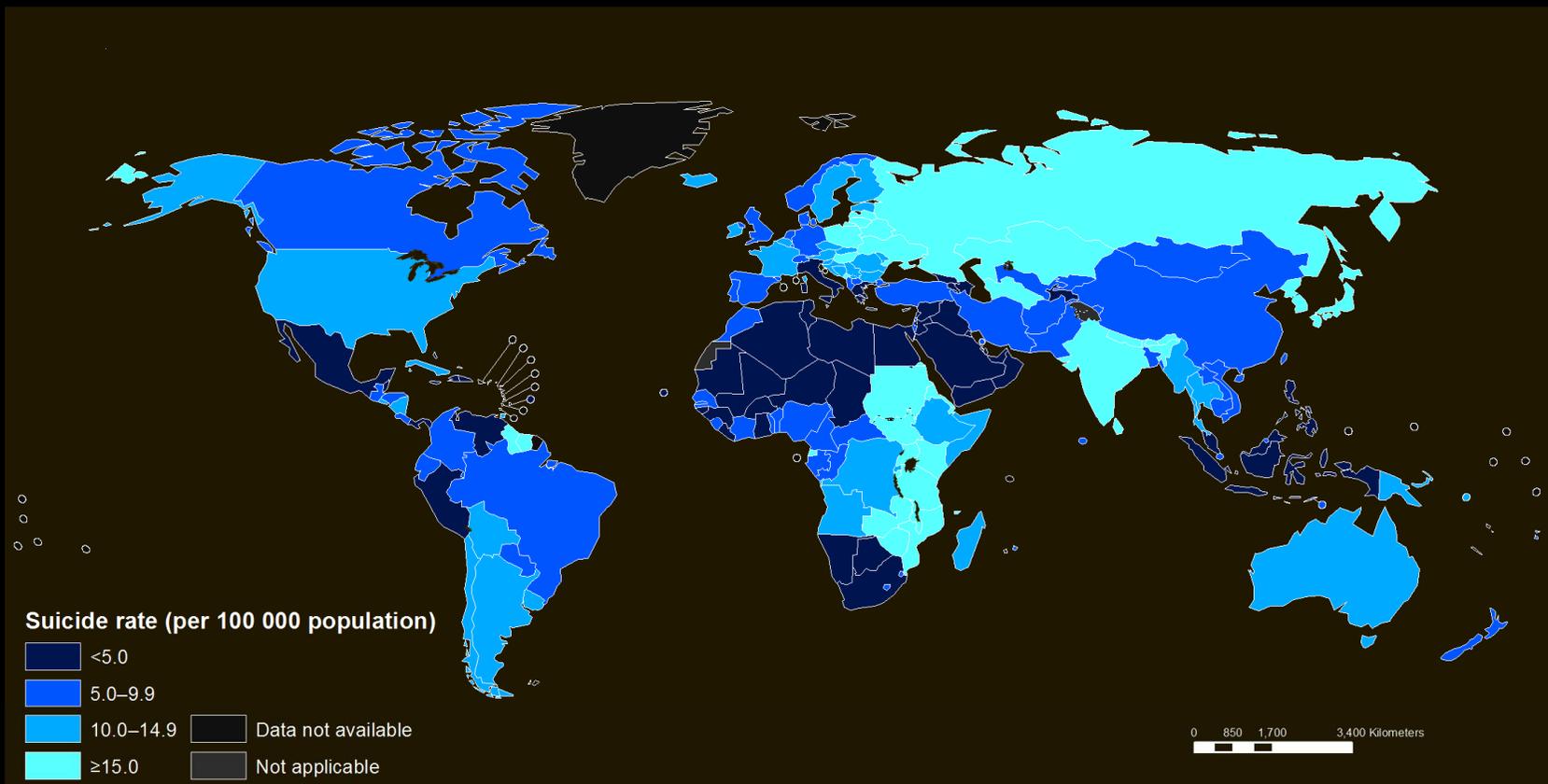
**Evaluation, observation and recognition of possible risk factors
its correlation with suicidal ideation and attempts,
have significant influence for prevention of suicide.**

MATERIAL AND METHODS

- ❖ **The relationship between suicidal ideation and attempts, family and school environment, person characteristics and various risk behavior were examined among 3080 adolescents.**
- ❖ **Students aged 10 to 19 years filled up anonymous questionnaire.**
- ❖ **We analyzed all suicidal cases with or without previous suicidal attempts.**
- ❖ **Data from medical records, interview of attempters, close relatives and friends deceased were used.**

RESULTS

Age-standardized suicide rates (per 100 000 population), both sexes, 2012



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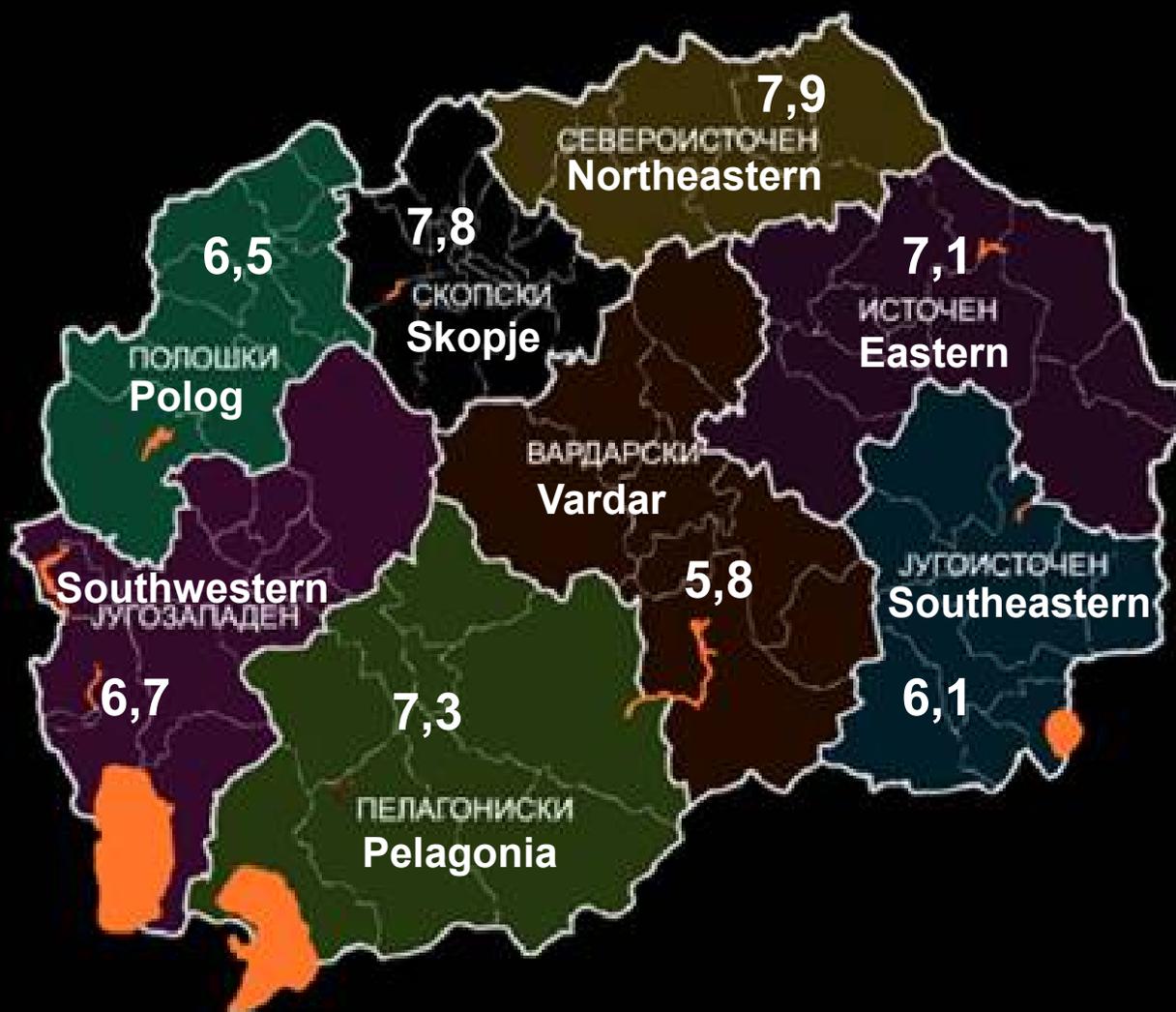
Data Source: World Health Organization
Map Production: Health Statistics and Information Systems (HSI)
World Health Organization



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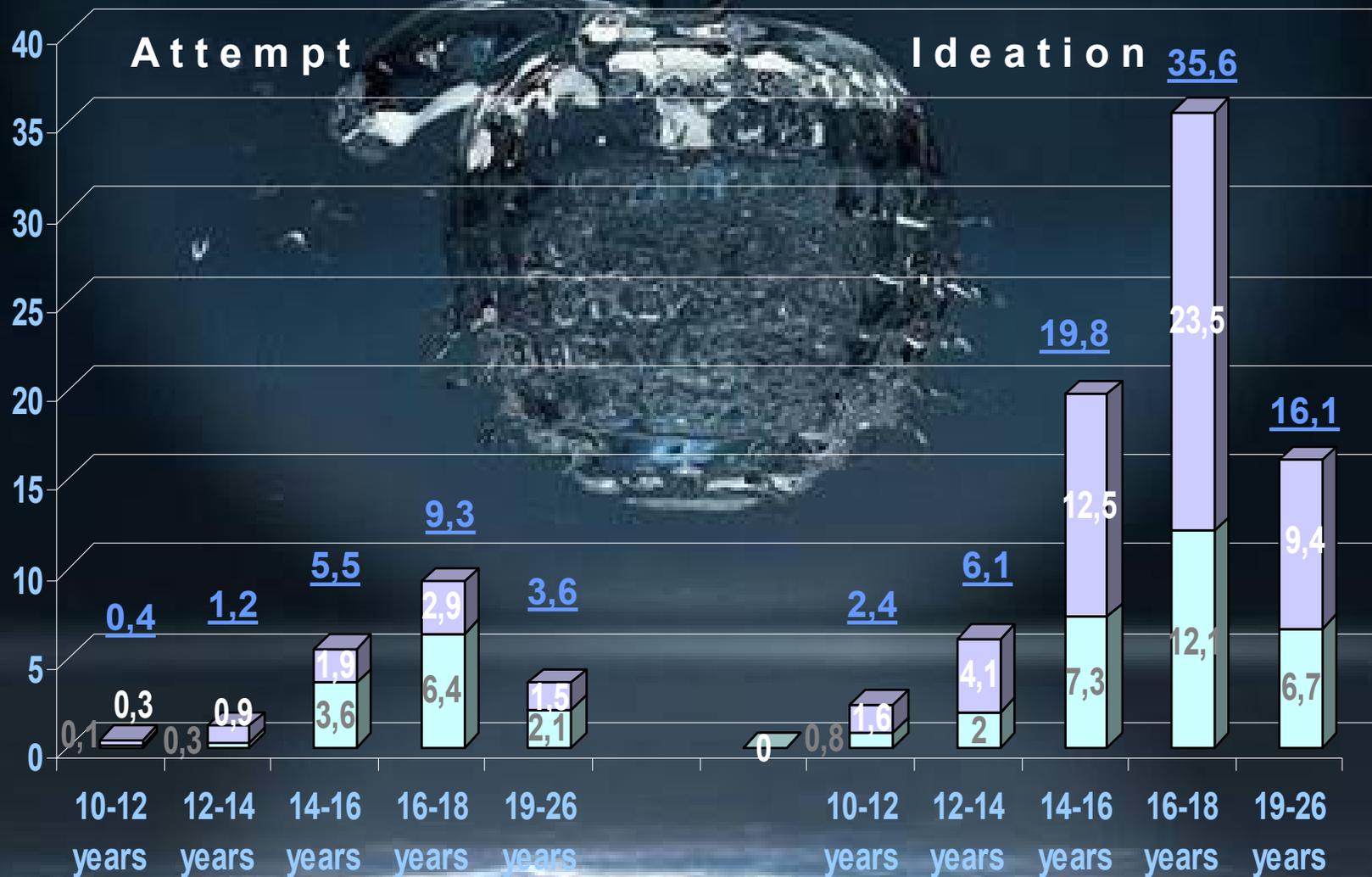
RESULTS

Figure.1 Prevalence of suicide among adolescents



RESULTS

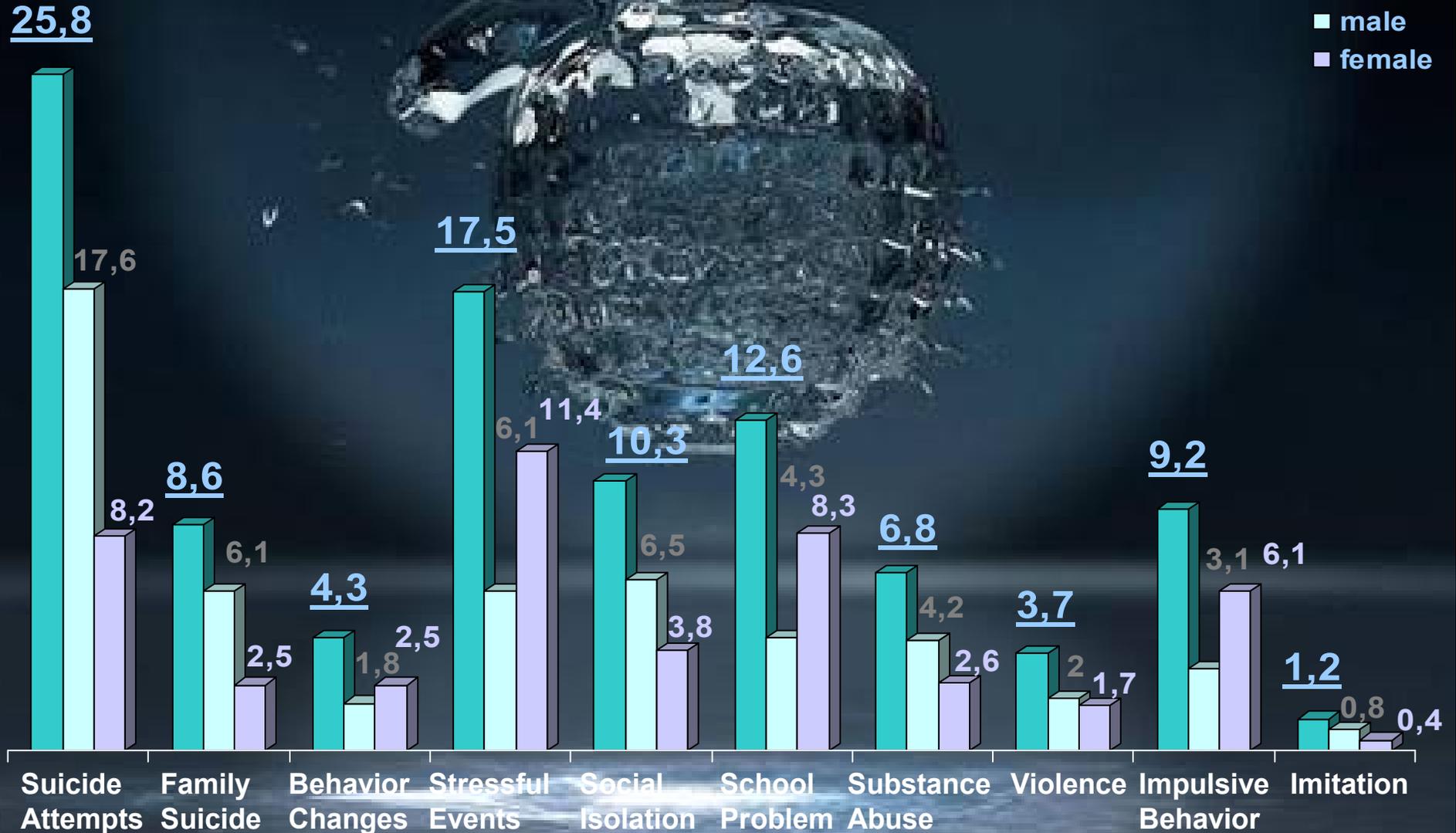
Figure.2 Prevalence of suicide – gender differences



RESULTS

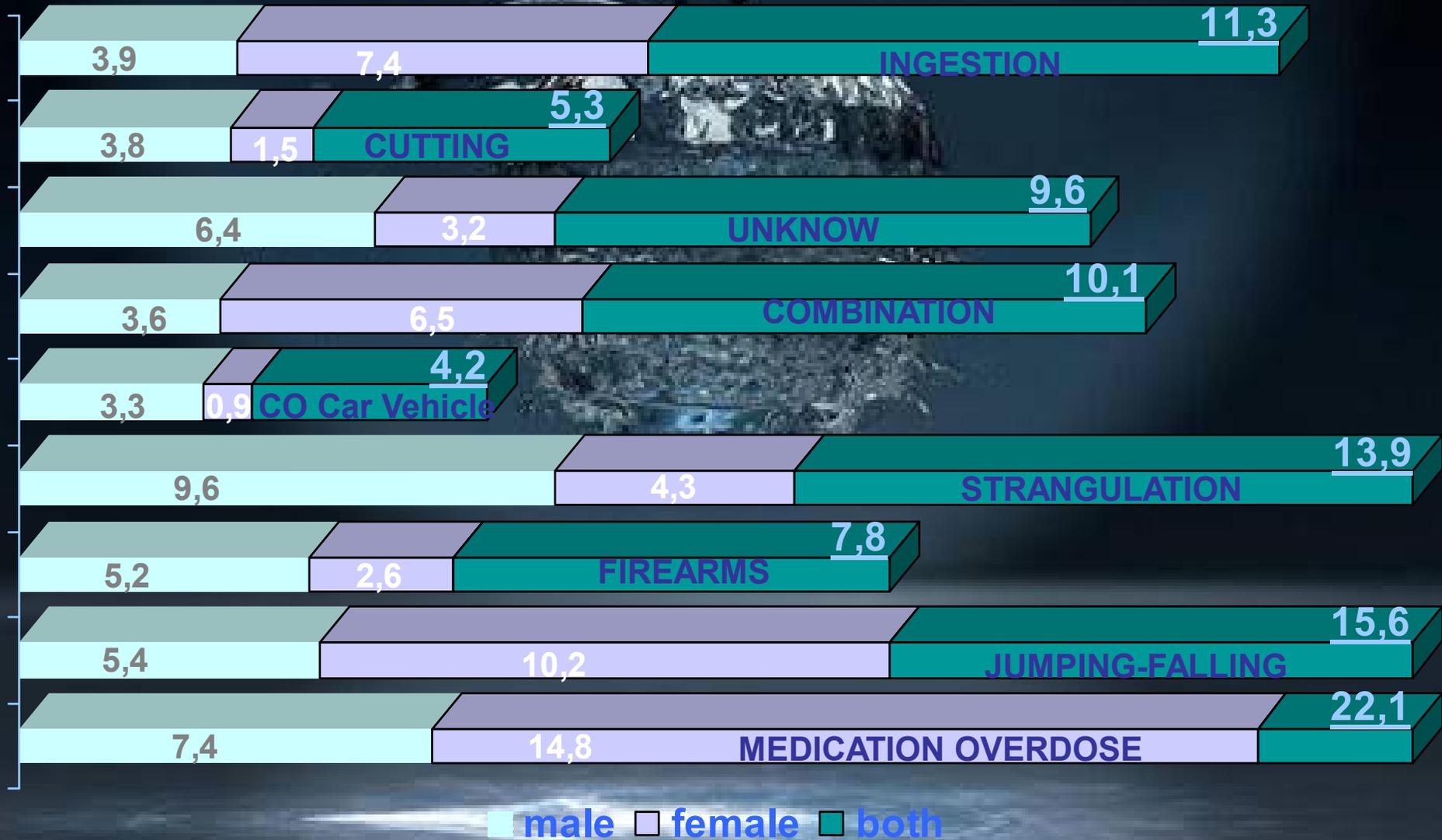
Figure.3 Risk Factors for Suicide

■ both
■ male
■ female



RESULTS

Figure.4 Methods of Suicide



RESULTS

Figure.5 Target of Suicide Prevention - Intervention

Suicidal Behavior



JAMA 2005

RESULTS:

Figure.6 Suicide Prevention - Interventions

A. Awareness & Education Program

- General Public
- Primary Care Physician
- Gatekeepers

E. Follow up Care

D. Psychotherapy

- Cognitive therapy
- Intensive Care
- Interpersonal treatment
- Problem solving

B. Screening for individuals

- ✓ Identify risk
- ✓ Recognize imminent dangers
- ✓ Remark sign of emotional crises

F. Means Restriction

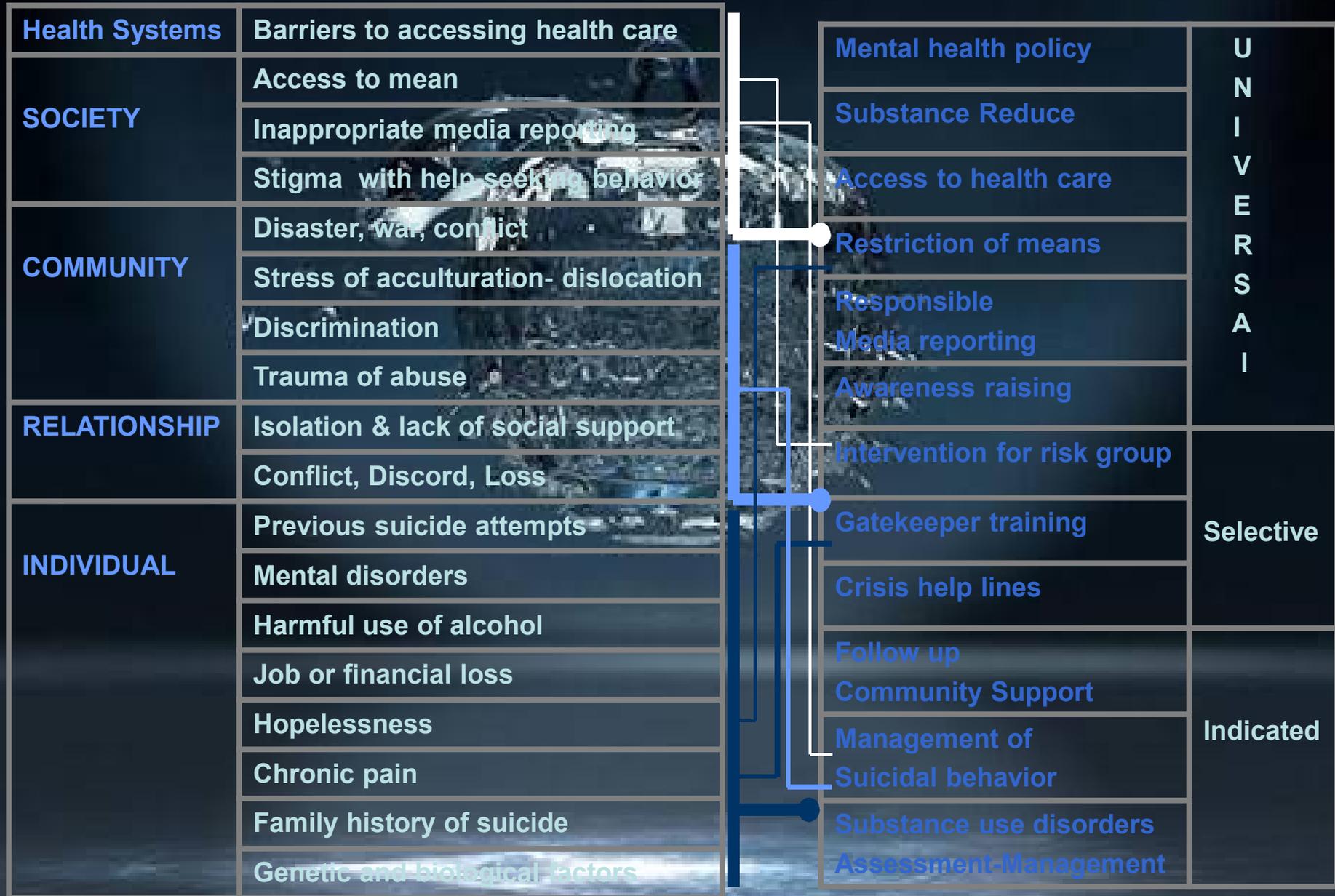
C. Treatment –Intervention

- Professional help - Psychiatrist
- Antidepressants- Antipsychotic
- Hospitalization

G. Media

- Campaign
- Internet
- SOS help line

RESULTS **Figure.7 Key risk factors for suicide aligned with interventions**



CONCLUSION

- ❖ **Appropriate recognition of particular pre-suicidal behavior is of significant importance for reducing of suicidal risk and prevention of suicide.**
- ❖ **Suicide of adolescents have to studied multidisciplinary and from different aspects in order to establish proper preventive measures.**
- ❖ **Suicide prevention should be multimodal, evidence based, guided by specific testable hypothesis and implemented among adolescents with reliable results.**
- ❖ **Attention should be paid to primary prevention with close collaboration with mental health professionals.**

In Memoriam of the author D-r Goce Karovski- Psychiatrist



1962 - 2014