

# THE IMPORTANCE OF PREVENTION OF ADOLESCENTS' SUICIDE

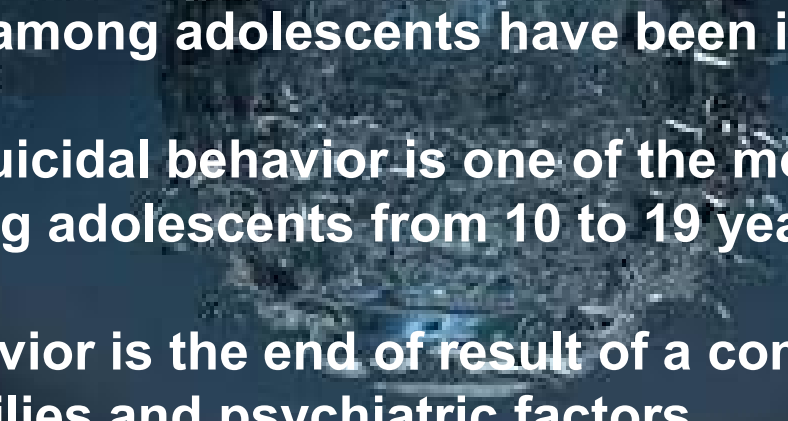


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**Macedonia**

## INTRODUCTION

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- ❖ **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



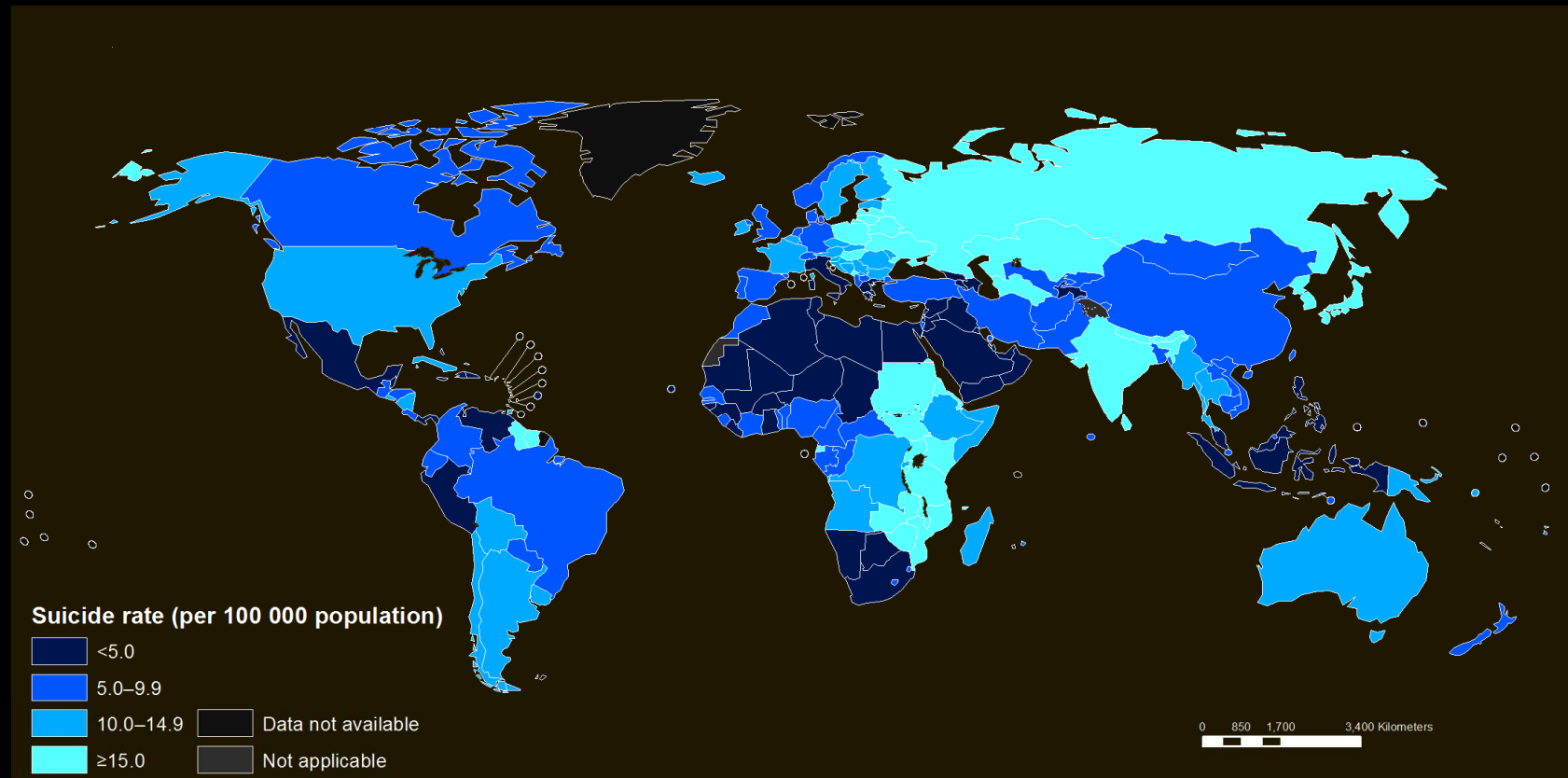
**Evaluation, observation and recognition of possible risk factors  
its correlation with suicidal ideation and attempts,  
have significant influence for prevention of suicide.**

## **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



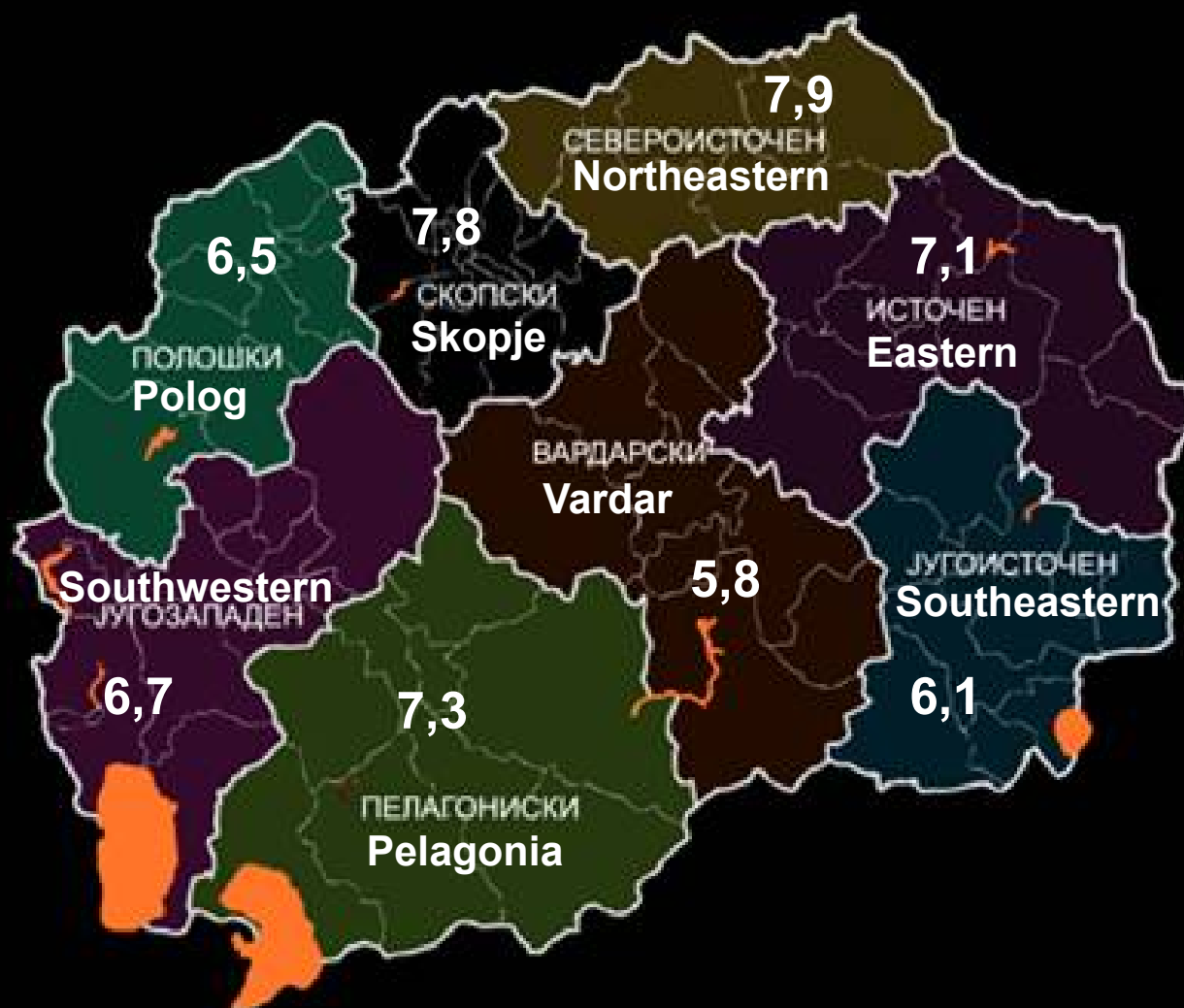
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Data Source: World Health Organization  
Map Production: Health Statistics and  
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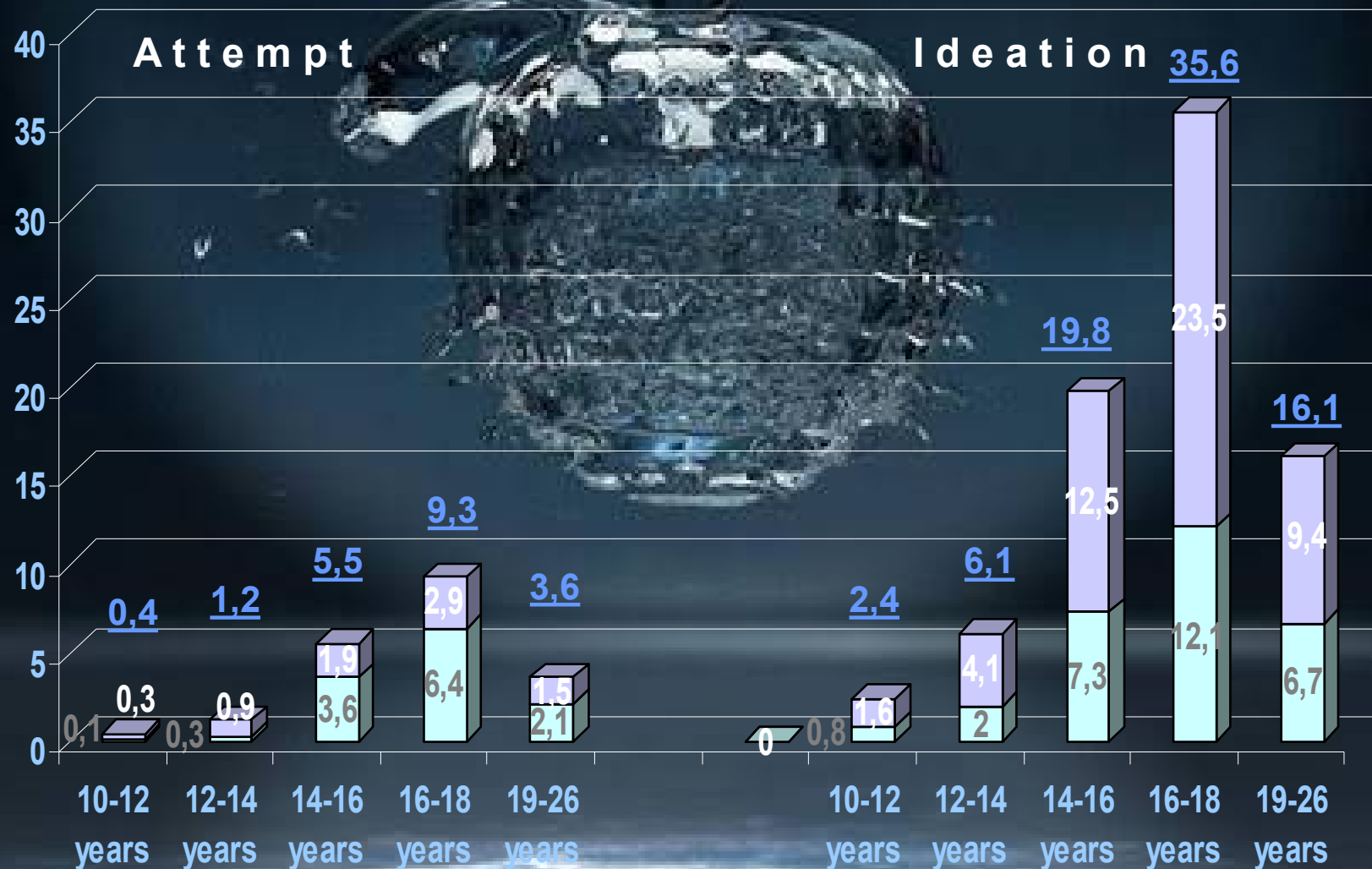
## RESULTS

Figure.1 Prevalence of suicide among adolescents



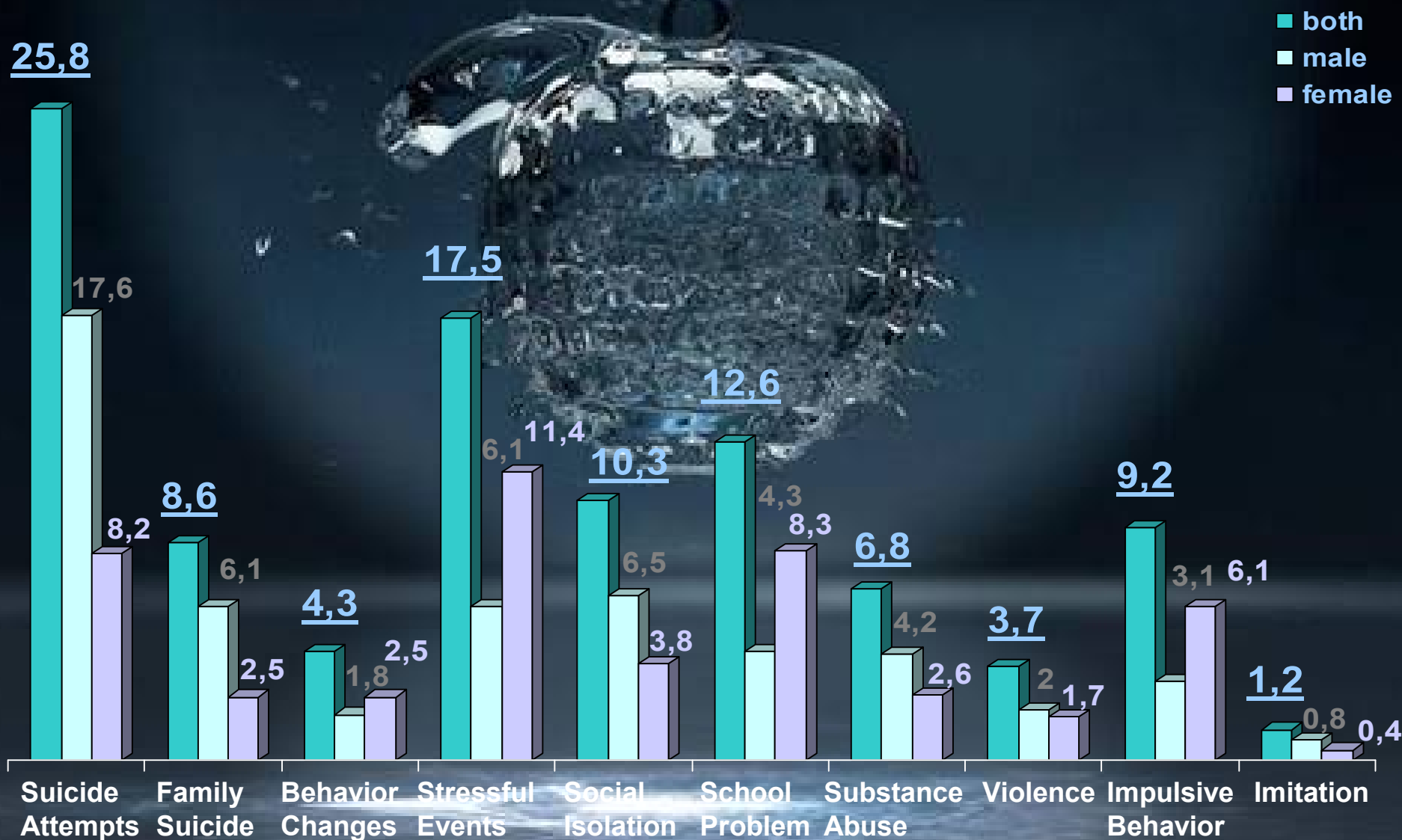
## RESULTS

Figure.2 Prevalence of suicide – gender differences



## RESULTS

Figure.3 Risk Factors for Suicide





## RESULTS

Figure.4 Methods of Suicide



## RESULTS

Figure.5 Target of Suicide Prevention - Intervention

### Suicidal Behavior



# 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 treat
- Problem solving

### B. Screening for individuals

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

### C. Treatment –Intervention

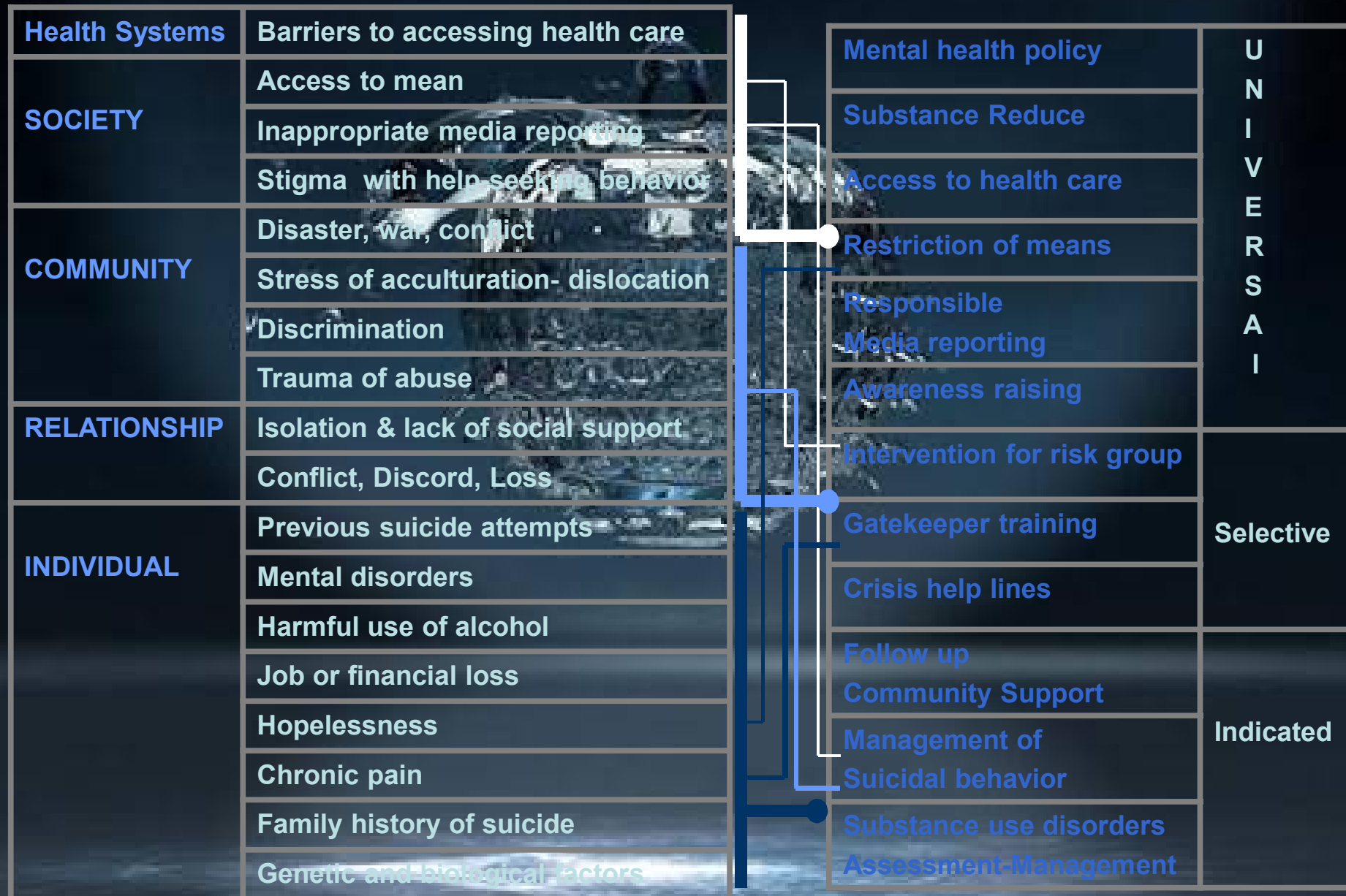
- Professional help - Psychiatrist
- Antidepressants- Antipsychotic
- Hospitalization

### F. Means Restriction

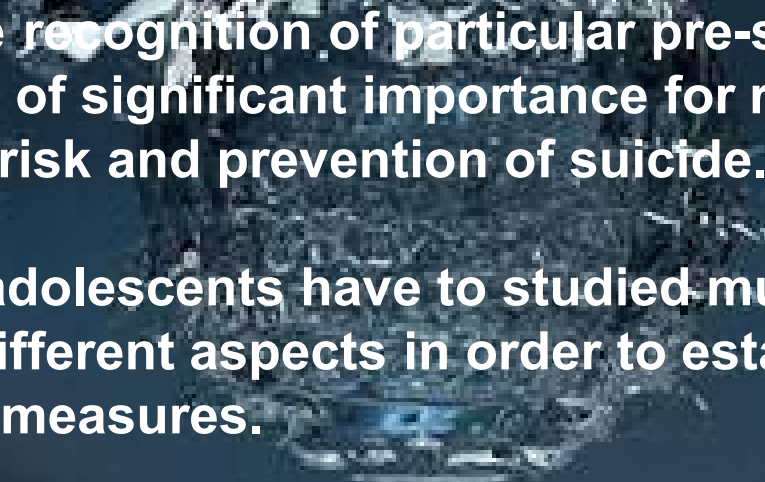
### G. Media

- Campaign
- Internet
- SOS help line

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



## CONCLUSION

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- ❖ **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