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SUICIDAL BEHAVIOUR AND IT RELATION TO PROXIMAL FACTORS

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Introduction and aim: The main purpose of the current study was to identification proximal risk factors including stressful life events, abuse specially emotional abuse, planning, methods and availability of methods for committing suicide.

Method: This study has been run in a emergency settings over a period of 1 year and data gathered from a total of 120 participants including 52 male, 68 female who had recently attempted suicide. The mean age of the samples was 22 (SD=3.9; max=33; min=18) and the mean level of education was 11 (SD=2.3; max=16; min=7). All participants completed the short form of WHO supremiss questionnaire (42 item version).

Data were analyzed using regression logistic and Chi square formula. The alpha coefficient reliability of this short form of WHO supremiss questionnaire was 0.67.

Results: The results showed that the most common way to suicide (58%) was self-poisoning (drug overdose with sedatives and anti depressants). The most common proximal risk factors were serious arguments with family or spouse, serious personal physical illness or hopelessness in a short period of time after an acute life event. Approximately 65% of these patients had a serious plan for suicide and three fourth of patients had problems with their parents who neglect, over protect or abuse them.

Conclusion: The roles of different psychological stressors and vulnerability factors in attempted suicide will vary according to the time lapse from the stressor until the suicide attempt. Understanding distal and proximal vulnerability factors involved in attempted suicide has important implications for both theory and practice.