Recognising & Reducing Suicidal Behaviour
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Psychiatrist
Road deaths

- United Kingdom: 1799 (2.7/100,000)
- Netherlands: 629 (3.4/100,000)
Number of Suicides

<table>
<thead>
<tr>
<th>Country</th>
<th>Number</th>
<th>Rate per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>United Kingdom</td>
<td>5668</td>
<td>8.8</td>
</tr>
<tr>
<td>Netherlands</td>
<td>1894</td>
<td>11.1</td>
</tr>
</tbody>
</table>
Zelfdodingen in Nederland (gestandaardiseerd)

per 100 duizend van de bevolking

<table>
<thead>
<tr>
<th>Jaar</th>
<th>Aantal</th>
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<tbody>
<tr>
<td>1970</td>
<td>2500</td>
</tr>
<tr>
<td>1975</td>
<td>2000</td>
</tr>
<tr>
<td>1980</td>
<td>1500</td>
</tr>
<tr>
<td>1985</td>
<td>1000</td>
</tr>
<tr>
<td>1990</td>
<td>500</td>
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<tr>
<td>1995</td>
<td>0</td>
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<td>2000</td>
<td>0</td>
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<td>2005</td>
<td>0</td>
</tr>
<tr>
<td>2010</td>
<td>0</td>
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<tr>
<td>2015</td>
<td>0</td>
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410.000 (2.4%)  

94.000 (0.6%)  

Trimbos instituut 2013
15,000 (16%)
23% make a new suicide attempt
2-3% commits suicide (5-10 years)
Leading cause of death (age 20-34)
Psychiatric disorders are the most stigmatized conditions in our society

Stigma increases the risk of suicide

Rukavina et al. 2011; Schomerus et al. 2014
Die Leiden des jungen Werthers
Zweiter Theil.

Leipzig, in der Negandhschen Buchhandlung. 1774.
18.8% increase in suicides by train (CI)=11.0-27.1%; p<0.001)
Risk factors
2.3
Good social support

Being responsible for children

Religion

Good problem-solving skills

A good therapeutic relationship with your doctor
50 % of the suicides are predictable

4 % positive predictive value

- 50% on suicide attempts

Kapur et al., 2002; Kapur et al., 2004
Clozapine

- 3 time reduction of suicides and suicide attempts

Lithium

-4 time reduction of suicides and suicide attempts
“psychological autopsy”

74 - 100% psychiatric illness

affective disorders

Population atributive risk 30-57%

93 -100% of all suicides is not well thought out

serotonergic activity is lowered

hypothalamic–pituitary–adrenal axis hyperactivity

Verkes et al., 1998; Mann et al., 2003; Ernst et al., 2009; Bunney & Fawcett, 1965
Incision and stress regulation in borderline personality disorder: neurobiological mechanisms of self-injurious behaviour

Sarah Reitz, Rosemarie Kluesch, Inga Niedtfeld, Teresa Knoirz, Stefanie Lis, Christian Paret, Peter Kirsch, Andreas Meyer-Lindenberg, Rolf-Detlef Treede, Ulf Baumgärtner, Martin Bohus and Christian Schmahl
Take home message

• Major social problem
• Another suicide attempt is a major risk factor
• Psychiatric illnesses, especially affective disorders
• Not well thought out
• Suicidality is a state
• Prediction is hard
• Interventions are effective