

Clinical Profile and Psychosocial Risk Factors in Adolescents Attempting Suicide: A KASHMIR Experience

Dr. Altaf Ahmad Malla, Aijaz Ahmad Khan

Lecturer Psychiatry, IMHANS

Abstract

Background: *Suicide nowadays is one of the three leading causes of death among people aged 15-34 years. Several efforts have been made in past to study psychosocial risk factors and clinical profile associated with attempted suicides globally but only few have addressed the issues of youth in kashmir.*

Aims:

- (1) To study psychosocial risk factors of youth attempting suicide in kashmir.*
- (2) To study clinical profile of youth attempting suicide in Kashmir.*

Materials and Methods:

It was a hospital based study in which 200 adolescent patients who were admitted following unsuccessful suicide attempts in the department of psychiatry Govt. Medical College Srinagar and were subjected to MINI International Neuropsychiatric Interview(MINI) and International Personality Disorders Examination (IPDE) for evaluation of symptoms and diagnosis. Subjects of age less than 15 years and more than 34 years were excluded.

Results:

Majority of suicide attempters(65%) were less than 24 years of age with adolescents over represented in the sample(mean=21.24+/-4.66).Most of them were females (58%; most belonged to low socioeconomic status (86%);oral agents(most common method) were used by 84%. Sixty four percent (64%) had expressed suicidal or death wishes before act and 72% made an impulsive attempt .82% of attempters were suffering from some psychiatric illness at that time, out of which 40% had mood disorders with predominance of major depressive disorder.15% had personality disorders and 9% had Post traumatic stress disorders(PTSD).

Conclusions:

Knowledge of clinical phenomenology may assist in identification and early intervention of youth who are at high risk .Overall findings indicate a strong and immediate relationship between suicide attempt and psychiatric morbidity.