

The Register for Suicide Attempts – Self-poisoning

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Introduction:

In Denmark, there are approximately 18 suicide attempts per day. Drug poisoning occurs in the majority of these suicide attempts among all age groups. Knowledge of the extent of attempted suicides in Denmark can be found in the Register for Suicide Attempts. The register has existed since 1989 covering the former County of Funen. Since 2011, an extension of the Register has gradually been carried out. The results are based on 1,143 registered suicide attempts, women ($n=737$) and men ($n=406$), during 2012 and 2013 collected from various Regions of Denmark - not the entire country.

Methods:

We received transcripts of all civil registration numbers that had been in contact with an emergency ward (somatic), due to a suicide attempt in 2012 and 2013. From each patient's medical record, we registered the following variables: age, gender, place of registration, time and date of attempt, code for cause of contact, method, circumstances in relation to the attempt (proximal- and distal factors), and medicinal product if the used method was self-poisoning. Results concern most frequently registered medicinal groups and medicinal products.

Results:

The main results: Self-poisoning is recorded as primary method in 954 suicide attempts (women ($n=634$), men ($n=320$)) out of a total of 1,143.

The most frequent medicinal group is Other analgesics and antipyretics with Paracetamol as the most used product: 445 registrations, women ($n=335$), men ($n=110$) and a total of approximately 16026 Paracetamol pills. The subsequent medicinal groups are Antipsychotics: 170 registrations, (women ($n=120$), men ($n=50$)) and Antidepressants: 153 registrations (women ($n=110$), Men ($n=43$)).

Discussion:

The number of attempted suicides is only the tip of the iceberg as not all suicide attempters have subsequent contact with emergency wards. The information in the patient's medical record depends on what information the attending doctor is able to gather. It is sometimes difficult to obtain a precise description of used medicinal product as well as quantity of pills ingested which affects the results. Thus conclusions based on the registered medicinal products must be made with reservations.

Conclusion:

Results are consistent with existing research in this field. Further knowledge of self-poisoning as method and ingested medicinal products will be generated during the ongoing data collection. A new legislation on Paracetamol's package size became effective in October 2013; it will be interesting to study its impact on suicide attempts utilising the Register.

Medicinal group (ATC-codes)	10-14 years	15-19 years	20-29 years	30-39 years	40-49 years	50-59 years	60-69 years	70+ years	Total
Other Analgesics and Antipyretics (Paracetamol)	23	132	102	50	72	37	18	11	445
Antiinflammatory and Antirheumatic prod. (Ibuprofen)	1	41	34	20	24	7	3	1	131
Opioids	3	4	16	21	29	14	6	0	93
Antipsychotics	1	10	58	42	34	17	5	3	170
Anxiolytics	0	2	9	5	26	20	8	3	73
Antidepressants	2	11	41	30	30	27	5	7	153
Hypnotics and Sedatives	3	2	12	9	22	14	12	12	86