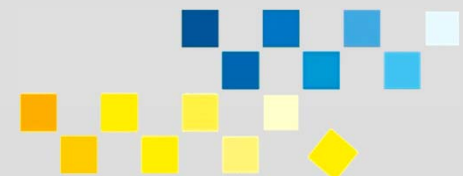


Hvad belaster og hvad beskytter soldater med selvmordstanker og selvmordsforsøg?

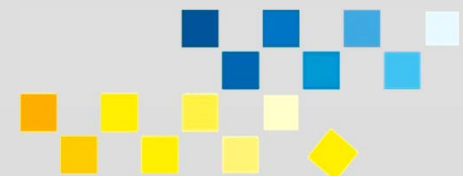
Bo Andersen Ejdesgaard



Center for Selvmordsforskning

Selvmondsadfærd blandt soldater

- 16,4 % har én eller flere gange tænkt på at tage deres eget liv
- 2/3 heraf har overvejet metodevalg
- 2,6 % har én eller flere gange forsøgt at tage deres eget liv
- At skære i sig selv, tage en overdosis medicin, forsøge at hænge eller strangulere sig selv samt skydning er hyppigste metodevalg



Selvmordsadfærd blandt soldater

- 2/3 af alle soldaterne med selvmordstanker og -forsøg har haft adfærden senere end 6 måneder efter en udsendelse
- Lidt over 20 % af soldaterne med selvmordstanker har haft adfærden før første udsendelse
- Lidt over 30 % af soldaterne med selvmordsforsøg har haft adfærden før første udsendelse

NB: Selvmordstanker og –forsøg før udsendelse indgår IKKE i de næste analyser

Før Første Udsendelse

Table 1. Odds Ratio (OR) for factors for suicide ideation and attempts. Crude and adjusted^a model

Factors	Suicide ideation			Suicide attempts		
	In category	OR crude	OR adjusted	In category	OR crude	OR adjusted
Gender						
Male (n=1142) [BL]	156	1		22	1	
Female (n=78)	8	1,37		0	-	
Age at first deployment						
20 years and below (n=76)	14	1,29		2	1,27	
21-25 years (n=572) [BL]	84	1		12	1	
26-30 years (n=177)	25	0,96		3	0,80	
older than 30 years (n=285)	28	0,63*		1	0,16*	
Having children before or same year as deployment						
No (n=936) [BL]	131	1		19	1	
Yes (n=328)	39	0,82		3	0,44	
Before deployment						
Childhood circumstances experienced [BL=no]						
Unhappy childhood (n=77)	20	2,32**		7	7,53***	10,54***
Parents divorced (n=404)	56	1,13		9	1,66	
Parent with alcohol problem (n=263)	44	1,47*		8	2,28	
Mentally ill parent (n=103)	21	1,86*		5	3,69**	
Missing care from parents (n=149)	37	2,56***		9	5,21***	
Parent with committed or attempted suicide (n=52)	8	1,26		3	4,07*	
Victim of incest (n=3)	1	3,44		0	-	
Marital status						
Not married ^b (n=859) [BL]	124	1		19	1	
Married (n=395)	45	0,76		3	0,34	
Living alone						
No (n=969) [BL]	130	1		12	1	
Yes (n=293)	40	1,04		10	2,87*	
Smoking daily						
No (n=779) [BL]	97	1		11	1	
Yes (n=473)	71	1,21		11	1,66	
Alcohol consumption, males^c						
21 or less units a week (n=1079) [BL]	149	1		20	1	
More than 21 units a week (n=52)	4	0,55		2	2,26	
Drug abuse						
No (n=1186) [BL]	146	1		18	1	
Yes (n=78)	24	3,06***	2,66**	4	3,44*	
Financial situation						
Good (n=526) [BL]	49	1		7	1	
OK (n=663)	103	1,78**	1,97**	14	1,59	
Poor (n=60)	14	2,93**		1	1,28	

[BL] baseline; * p<0.05; ** p>0.01; *** p<0.0001

^aOnly significant factors from crude model included in adjusted model

^bIncludes separated, divorced, annulled registered partners, widowers, widows, longest living registered partner

^cData insufficient for analysis for females

^dRank NATO codes: Private: OR-1 to OR-4; NCO: OR-5 to OR-9; Commissioned officer: OF-1 to OF-5 (no higher ranks in data)

Under Udsendelse

Table 1. cont

Factors	Suicide ideation			Suicide attempts		
	In category	OR crude	OR adjusted	In category	OR crude	OR adjusted
During deployment						
Repatriated						
No (n=1149) [BL]	142	1		18	1	
Yes (n=107)	27	2,38**	2,09*	4	2,44	
Rank^d						
Private (n=648) [BL]	110	1		15	1	
NCO (n=236)	21	0,48**		2	0,36	
Commissioned officer (n=170)	16	0,51*		1	0,25	
Deployment factors witnessed/experienced [BL=no]						
Dead people (n=586)	96	1,61**		15	2,54*	
Wounded people (n=726)	114	1,61**		16	2,03	
Atrocities against civilians (n=323)	55	1,49*		10	2,52*	
Being shot at (n=619)	99	1,56**		14	1,86	
Shooting at others (n=218)	40	1,62*		6	1,84	
Being wounded (n=68)	12	1,50		5	5,68**	
Buddy dead or wounded (n=295)	56	1,79**		11	3,41**	
Thoughts about risk of dying (n=897)	133	1,58*		20	4,20*	
Base under fire (n=652)	93	1,17		14	1,68	
Powerlessness in difficult situations (n=358)	78	2,53***		10	2,18	
"Breaking down" and unable to complete mission (n=23)	7	4,10**		2	6,67**	
Pointless tasks (n=493)	89	1,90***		16	4,30**	19,84**
Immense workload (n=623)	99	1,52*	1,63*	16	2,82*	
Positive support received from [BL=no]						
Spouse/girl-boyfriend/partner/cohabitant (n=582)	68	0,42**		9	0,70	
Close family (n=799)	97	0,45**		14	0,57	
Buddies at home (n=599)	70	0,45***	0,57*	11	0,67	
Superiors (n=529)	67	0,53**		10	0,77	
Buddies in the unit (n=885)	126	0,62		17	1,41	
Army psychologist (n=91)	26	1,72*		6	4,73**	4,98*
Army chaplain (n=221)	39	0,91		4	0,69	
Support given to (soldier negatively affected) [BL=no]						
Spouse/girl-boyfriend/partner/cohabitant (n=80)	23	1,70		2	1,05	
Close family (n=53)	18	2,83**		1	0,85	
Buddies at home (n=5)	2	2,88		0	-	
Superiors (n=11)	4	3,15		0	-	
Buddies in the unit (n=15)	5	2,29		0	-	
Support given to (soldier positively affected) [BL=no]						
Spouse/girl-boyfriend/partner/cohabitant (n=355)	35	0,44**		5	0,43	
Close family (n=369)	44	0,72		5	0,49	
Buddies at home (n=167)	18	0,58		2	0,49	
Superiors (n=238)	32	0,78		2	0,34	
Buddies in the unit (n=819)	111	0,68		16	0,62	

Efter Udsendelse

Table 1. cont.

Factors	Suicide ideation			Suicide attempts		
	In category	OR crude	OR adjusted	In category	OR crude	OR adjusted
After deployment						
Quality of any attended homecoming programme						
None attended (n=689) [BL]	81	1		11	1	
Good (n=121)	13	0,87		1	0,51	
OK (n=330)	51	1,35		4	0,75	
Poor (n=88)	23	2,57**	3,06**	5	3,65*	
Positive support received from [BL=no]						
Spouse/girl-boyfriend/partner/cohabitant (n=492)	56	0,39***		4	0,19**	
Close family (n=598)	84	0,81		10	0,60	
Buddies at home (n=521)	73	0,77		12	1,87	
Superiors (n=177)	28	0,84		2	0,54	
Buddies in the unit (n=484)	69	0,62*		12	1,30	
Army psychologist (n=125)	35	2,06**		5	2,82	
Army chaplain (n=21)	5	1,45		0	-	
Civil psychologist/psychiatrist (n=79)	36	5,35***	5,26***	5	5,51**	4,68*
Feeling effort recognized by general population						
No (n=501) [BL]	96	1		10	1	
Yes (n=692)	71	0,48***	0,54**	11	0,80	