

Protective factors for suicidal behaviour among people going through vulnerable phases in life

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BACKGROUND/OBJECTIVE

To ensure a targeted prevention against suicidal behaviour, it is important to have insight into risk factors and protective factors. The objective of the study was to identify various factors, which have been crucial for the outcome of the suicide process, i.e. whether respondents have developed suicidal behaviour or have shown resilience. The main focus was to identify individual, environmental and social protective factors.

METHOD

A triangular research method (Register, Interview & Questionnaire Survey) has been chosen with the intention of finding the greatest possible number of protective factors.

RESULTS

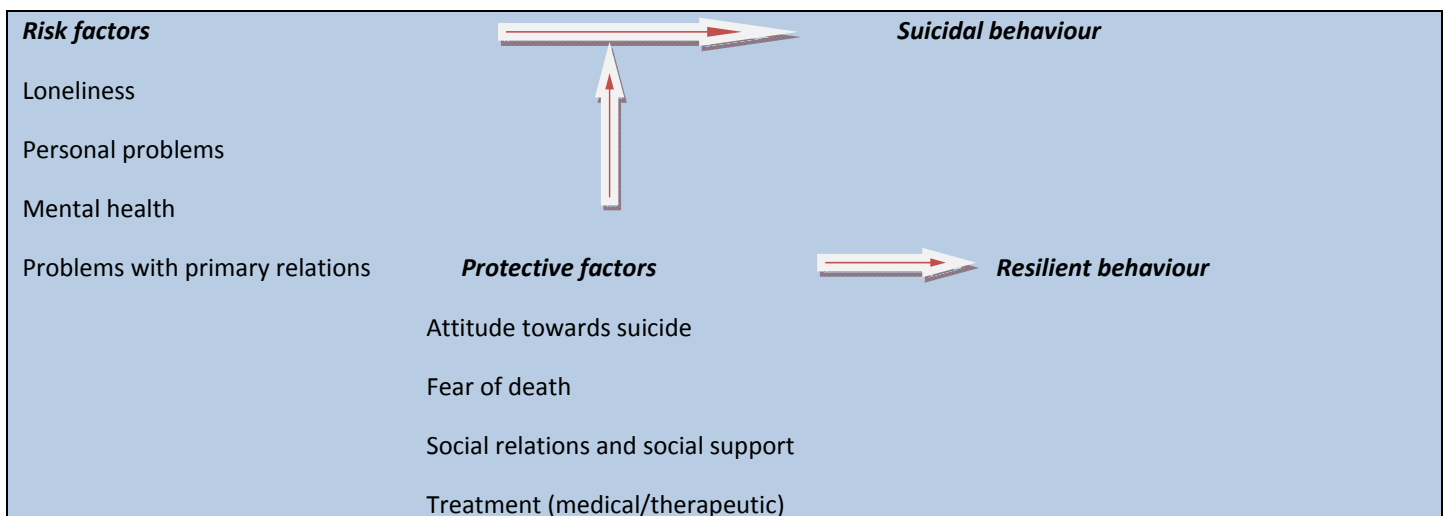
Results from the survey (200 cases) and the interviews (33 cases) showed that during periods of suicidal ideation, the respondents have been under severe psychosocial strain. Despite being under such psychosocial strain, part of the study group has shown resilient behaviour, partly because of the existence of protective factors.

A 34 year old woman with former severe suicidal ideation says:

I haven't commit suicide because of my children and because of the treatment for my depression

The figure describes the most prominent distal protective factors and distal risk factors in the data material.

Figure 1



CONCLUSION

The interaction and existence of protective factors and risk factors seems to be crucial for the outcome of the suicide process, i.e. whether respondents react with suicidal or resilient behaviour.

FURTHER INFORMATION

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