

THE IMPENDING SUICIDAL INTENT IN DEPRESSED PATIENTS COMING TO PSYCHIATRY DEPARTMENTS AT LUMHS HYDERABAD & DHQ HOSPITAL, PMC FAISALABAD.

¹SADAF AIJAZ, ²IRUM SIDDIQUE, ³IMTIAZ AHMAD DOGAR, ⁴MOIN AHMAD ANSARI

^{1,4} Department of Psychiatry & Behavioral Sciences, DHQ Hospital/PMC, Faisalabad,

^{2,3} Sir Cowasjee institute of Psychiatry, LUMS, Hyderabad.

ABSTRACT

OBJECTIVE

To find the frequency of suicidal intent among depressed patients coming to out patient Departments of Psychiatry, LUMS & Sir CJIP, Hyderabad and DHQ Hospital/PMC Faisalabad.

DESIGN:

Cross Sectional Study

PLACE & DURATION OF STUDY:

The study was conducted at Sir Cowasjee institute of Psychiatry, Liaquat University of Medical & Health Sciences, Hyderabad and Department of Psychiatry & Behavioral Sciences, Punjab Medical College, Faisalabad in six months from 1st March 2014 to 31st August 2014.

SUBJECTS AND METHODS

A total of 150 patients with depressive disorder diagnosed as per International Classification of diseases 10th Revision (ICD-10) (75 each from each department) were recruited for the study.

RESULTS

In 150 participants, 87 (58%) had moderate level of depression while 56 (37%) were having mild depression. Medium suicidal intent was found to be highest in 41.3% of the sample while high suicidal intent was found in 26.7% participants.

Past Psychiatry history of suicide was positive in 48%, family history of suicide was positive in 73%. Availability of social support was 54%. Low self esteem was prevalent (78.7 %) and 93.3 % of participants showed moderate to severe hopelessness.

CONCLUSION:

Most of the participants had moderate depression and medium suicidal intent. Married females working as housewives are more susceptible.

KEY WORDS

Suicidal Intent, Self esteem, Hopelessness, Depression.

INTRODUCTION

Suicidal intent is defined as the seriousness or intensity of the patient's wish to terminate his or her life¹; it also predicts the future risk of complete suicide. It lies on a continuum from fairly common vague suicidal thoughts to rarer high intent /high lethality suicidal acts². Suicide is the 10th leading cause of deaths in the world. Around a million deaths occur annually and this will likely to reach 1.53 million by the year 2020³. More recent work shows the highest prevalence of suicide attempts is found in Asia (about 60%)⁴.

Retrospective psychological autopsy studies reveal that 90% of completed suicides were associated with psychiatric disorder, mood disorder being the strongest risk factor and predictor of suicide⁵.

Cross national risk factors for suicidal ideation, attempts and plans are female gender, younger age, less education, single marital status and having a mental disorder. Interestingly, the strongest diagnostic risk factors were mood disorders in high-income countries but impulse control disorders in low- and middle-income countries⁶.

The appraisal of suicide risk requires a comprehensive biopsychosocial assessment of the patient, details of suicidal thoughts, intent, plans, personal and demographic risk factors like hopelessness, lack of social support, coping skills, life events, access to lethal means, medication, substance abuse, chronic medical illness, mental state examination & collateral information are the contributory warning signs of suicide⁷. Nock et al inferred that 29% of people harboring suicidal thoughts went on to make a suicidal attempt, usually within a year of onset of the thoughts⁸.

Densely populated countries exceeding 100 million like Pakistan, Bangladesh and Indonesia, there is lack of research and reporting⁹ in this regard. In Pakistan this area has been overlooked as only limited researches are available with regard to prevalence of current suicidal intent in depression and associated factors. This study is aimed to bridge the gap.

SUBJECTS AND METHODS

This study was conducted simultaneously at Psychiatry departments of LUMHS Hyderabad and DHQ Hospital/PMC Faisalabad after having approval from the hospital ethical committees of respective departments. It was a cross sectional survey and was conducted in six months from 1st April 2014 to 30th September 2014. A total of 150 patients were recruited purposive convenient sampling. An Informed written consent was taken from patients after fully explaining the purpose and benefits of the study. Detailed history, physical and mental state examination were recorded and organicity was ruled out.

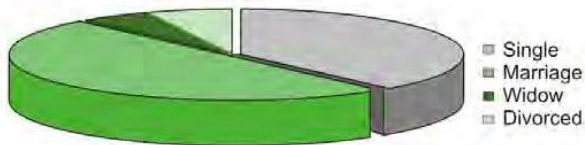
Depression was assessed and was categorized into mild, moderate and severe by using ICD -10 Diagnostic Criteria for Depression. Beck suicide intent scale was applied afterwards to see the current intent and details of previous attempt, Rosenberg's self esteem scale and Beck's Hopelessness scale were applied to see the levels of self esteem and hopelessness. A performa having all socio demographic variables like age, gender, marital status, occupation, employment status, socio economic background, family system, past psychiatric history, family history of suicide, current suicidal ideation and social support. Collected data were entered and analyzed in Statistical Package for Social Sciences (SPSS) version 16.0. Means and Standard deviation was calculated for continuous variables and frequency and percentages were calculated for categorical variables.

RESULTS

In 150 participants, 87 (58%) had moderate level of depression while 56 (37%) were having mild depression. Medium suicidal intent was found to be highest in 41.3% of the sample while high suicidal intent was found in 26.7 % participants (see table 1). The socio demographics show that participants were predominantly females (N= 89, 59%) with mean age 31 -40 years, while male proportion in this segment was 61 (40%). Marital status shows that 75 (50%) were married, 58 (38.7%) were single, 9 divorcees and 8 widows/widowers (see fig 1).

Figure 1

Pie Chart Showing proportion of Marital Status of Patients



Most of participants belonged to middle socioeconomic class (69%) and the lower and higher socioeconomic class are 12.2% and 18.8% respectively. The educational status shows that most are students or in service; housewives constituted a good proportion of the sample (see figure 2).

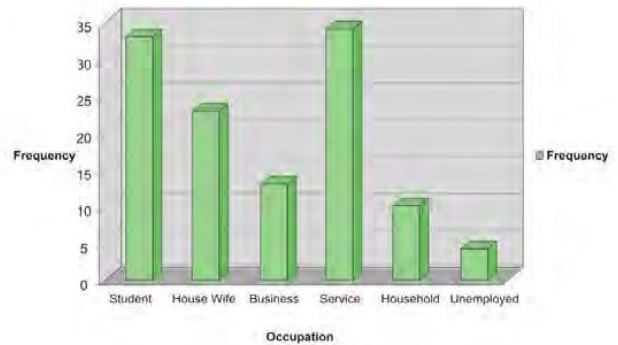
Table 1

Level of Suicide intent on Beck Suicide Intent Scale

| Level of Suicide intent | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------------|-----------|---------|---------------|--------------------|
| No Intent | 33 | 22.0 | 22.0 | 22.0 |
| 15-19 Low Intent | 15 | 10.0 | 10.0 | 32.0 |
| 20-28 Medium Intent | 62 | 41.3 | 41.3 | 73.3 |
| 29 + High Intent | 40 | 26.7 | 26.7 | 100.0 |
| Total | 150 | 100.0 | 100.0 | |

Figure 2

Bar Diagram Showing Occupation of the Patients



Suicidal intent was found to be high in nuclear family system (76.7%) than Joint family system (23.3%). Past Psychiatry history of suicide was positive in 48%, family history of suicide was positive in 73%. Availability of social support was 54%. Low self esteem was found in 78.7 % of the participants (see table 2). 93.3 % of participants showed moderate to severe hopelessness (see table 3).

Table 2

Level of Rosenberg Self Esteem Scale

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|--------------------------|-----------|---------|---------------|--------------------|
| 15-25 Normal | 32 | 21.3 | 21.3 | 21.3 |
| Below 15 Low Self Esteem | 118 | 78.7 | 78.7 | 100.0 |
| Total | 150 | 100.0 | 100.0 | |

Table 3

Level of Hopelessness

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|----------|-----------|---------|---------------|--------------------|
| Mild | 10 | 6.7 | 6.7 | 6.7 |
| Moderate | 95 | 63.3 | 63.3 | 70.0 |
| Severe | 45 | 30.0 | 30.0 | 100.0 |
| Total | 150 | 100.0 | 100.0 | |

DISCUSSION

In present study most of the participants were females, married house wives with mean age of participants between 31 to 40 years. A former research found below 30 years of age as a risk factor in a suicidal ideation, plans & attempts⁷ while for depression middle age group was found to be vulnerable in Pakistan⁸. Previous research has confirmed that female gender has been a risk factor^{9,10}. However a contrasting view was brought forward by one previous finding¹¹. Ilyas Mirza found that depression and anxiety were more prevalent in a housewives specially those having relationship difficulties with husband and inlaws⁹, but being single is also found a posing risk in a previous research⁶.

Another surprising finding of present study is that qualified people who have done their masters, students and graduates were more depressed than uneducated ones. Previous researches also showed that literate and educated being more vulnerable¹¹, another research found that education was a risk factor for depression in woman but not for men¹². Yet some of the researches found illiteracy a risk factor for depression^{6,9}.

Results showed that depression and impending suicidal intent was more prevalent in students and people in service. Other studies are consistent with this finding¹¹. Another study showed Employment is risk factors in both genders¹².

Among social factors results showed that middle socioeconomic class and nuclear family system are risk factors however previous research showed that high and low income classes were more vulnerable to suicide⁷ while joint family was also a risk factor¹².

Current study inferred that most prevalent suicidal intent was medium as compared with high and low. A previous research showed that the most of the patients scored in moderate-to-high range of suicide intent¹³, while in another study mild to moderate suicide intent was found⁸. Lack of social support is an evidenced based risk factor for suicide and indeed a red flag warning sign² however our study showed an adequate social support and yet emerging suicidal intent.

Moderate hopelessness is found to be more prevalent in our study; it is supported by previous studies that stated that hopelessness is considered to be an important predictor of^{8,13,14}. Low self esteem was found to be most prevalent in present findings; low self esteem has been a highest predictive value of suicide among depressed patients as per previous research¹⁵.

CONCLUSION

Medium Suicidal intent and moderate depression is more prevalent in female gender, married, students, service men and housewives. Middle socioeconomic background, nuclear family system, intact social support, low self esteem and moderate hopelessness are associated with impending suicidal intent in depressed patients.

REFERENCES

1. Beck AT, Schuyler D, Herman I. Development of suicide intent scales. In: Beck AT, Resnick HLP, Lettieri DJ, editors. The prediction of suicide. Bowie, MD: Charles Press; 1974. pp. 45–46.
2. Cole-King A, Green G, Gask L, Hines K, Platt S. Suicide mitigation: A compassionate approach to suicide prevention. *Advances in Psychiatric Treatment* 2013; 19:276–283.
3. Bertolote JM, Fleischmann A. A global perspective on the epidemiology of suicide. *Suicidology*. 2002; 7:6–81.
4. World Health Report. Suicide risk for young people. World Health Organization 2009.
5. Khan MM, Mahmud S, Karim MS, Zaman M, Prince M. Case-Control Study of Suicide in Karachi, Pakistan. *Br J Psychiatry* 2008; 193:402–5. 5.
6. Nock MK, Borges G, Bromet EJ. Cross-national prevalence and risk factors for suicidal ideation, plans and attempts. *British Journal of Psychiatry* (2008) 192:98–105.
7. Khan MM. Suicide Prevention and developing countries. *JR Soc Media* 2005; 98:459–63
8. Jain V, Singh H, Gupta SC, Kumar S. A study of hopelessness, suicidal intent and depression in an attempted suicide. *Indian J Psychiatry*. 1999 Apr-Jun; 41(2): 122–130.
9. Mirza I, Jenkins R. Risk factors, prevalence, and treatment of anxiety and depressive disorders in Pakistan: systematic review. *BMJ* 2004; 328: 794.
10. Richards D, Sanabria A. Point-prevalence of depression and associated risk factors. *J Psychol*. 2014 May-Jun; 148(3):305–26.
11. Al-Habeeb AA, Sherra KS, Al-Sharqi AM, Qureshi NA. Assessment of suicidal and self-injurious behaviours among patients with depression. *Psychol*. 2014 May-Jun; 148(3):305–26.
12. Wagenaar BH, Hagaman AK, Kaiser BN, McLean KE, Kohrt BA. Depression, suicidal ideation, and associated factors: a cross-sectional study in rural Haiti. *BMC Psychiatry*. 2012 Sep 19; 12: 149. doi: 10.1186/1471-244X-12-149
13. Menon V, Kattimani S, Shrivastava MK, Thazath HK. Clinical and socio-demographic correlates of suicidal intent among young adults: a study from South India. *Crisis*. 2013 Jan 1; 34(4):282–8. doi: 10.1027/0227-5910/a000203.
14. Wetzel RD, Margulies T, Davis R, Karam E. Hopelessness, depression, and suicide intent. *Journal of Clinical Psychiatry*, May 1980; Vol 41(5): 159–1.
15. Van Gastel A, Schotte C, Maes M. The prediction of suicidal intent in depressed patients. *Acta Psychiatr Scand*. 1997 Oct; 96(4):254–9.