

Lifetime Suicidal Risk and Patterns of Help Seeking in Response to Suicidal Ideation

Results From a Large Survey in the French General Population



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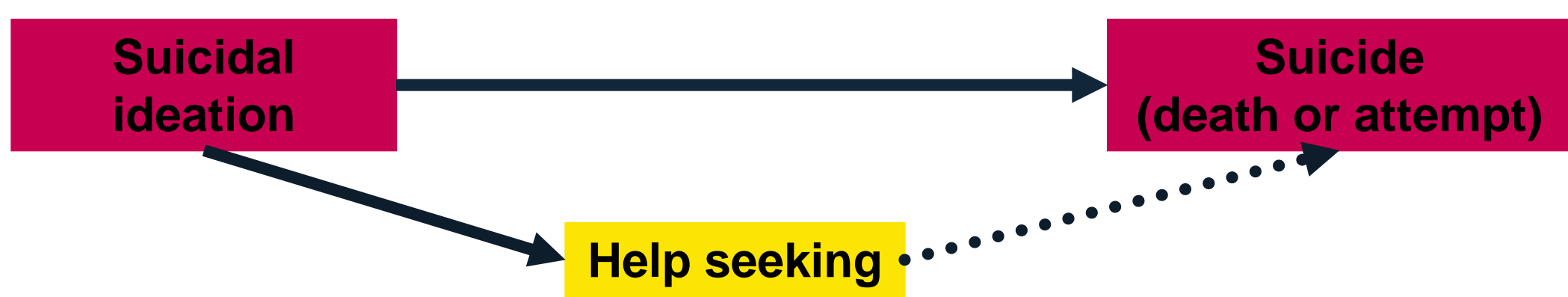
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Introduction

- Suicide is a leading cause of injury and death worldwide
 - Almost one million people die by suicide each year
 - Lifetime prevalence of suicide attempts range between 0.4 % and 5.1 %
- Help-seeking as a means of prevention



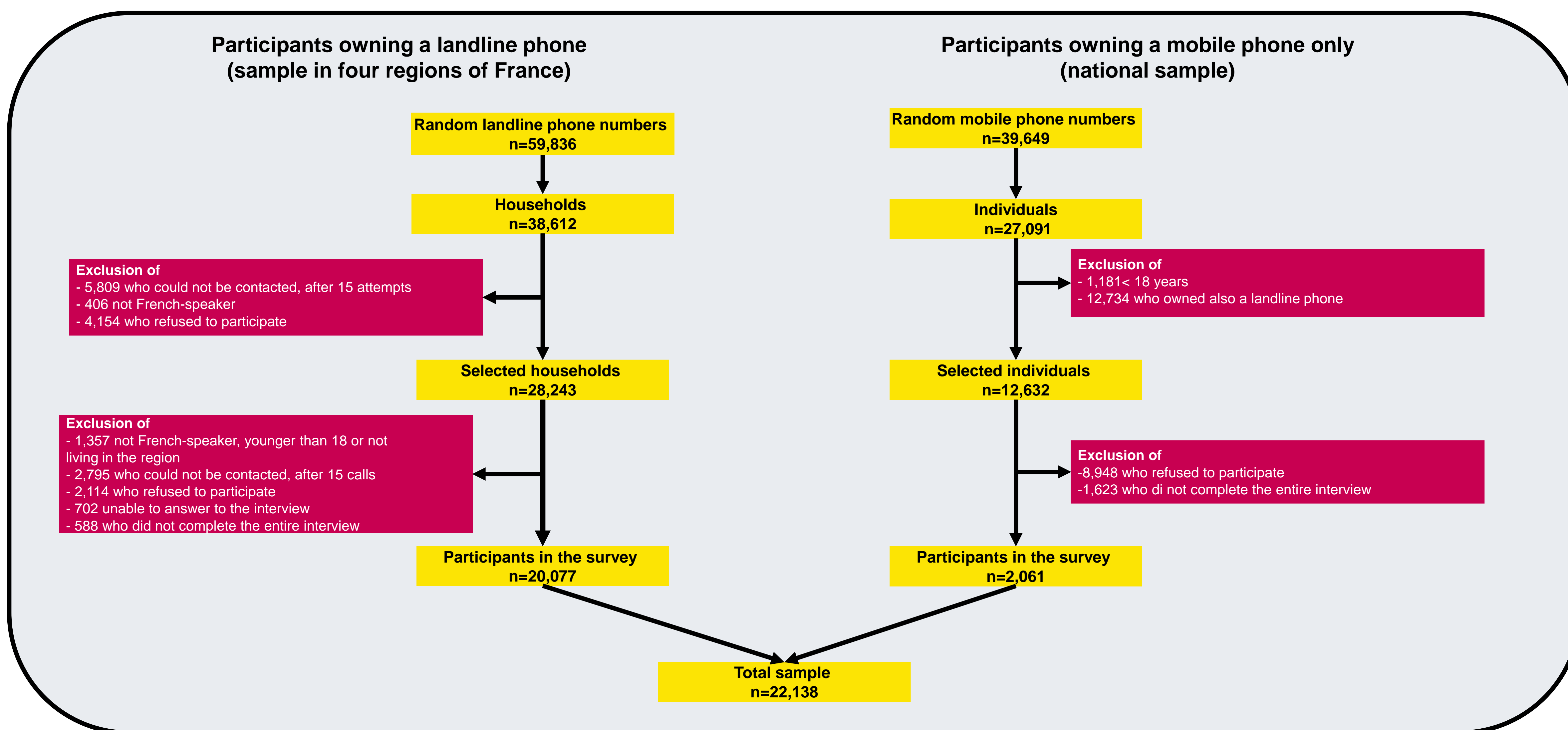
But, little information on attitudes towards help seeking by persons with suicidal ideations in the adult general population

Our objectives were, in a large sample of the French general population:

- To estimate the prevalence of suicidal behaviours
- To assess frequencies and patterns of help-seeking for suicidal ideation
- To determine factors associated with help seeking in response to suicidal ideation, including mental disorder diagnoses

Population and Methods

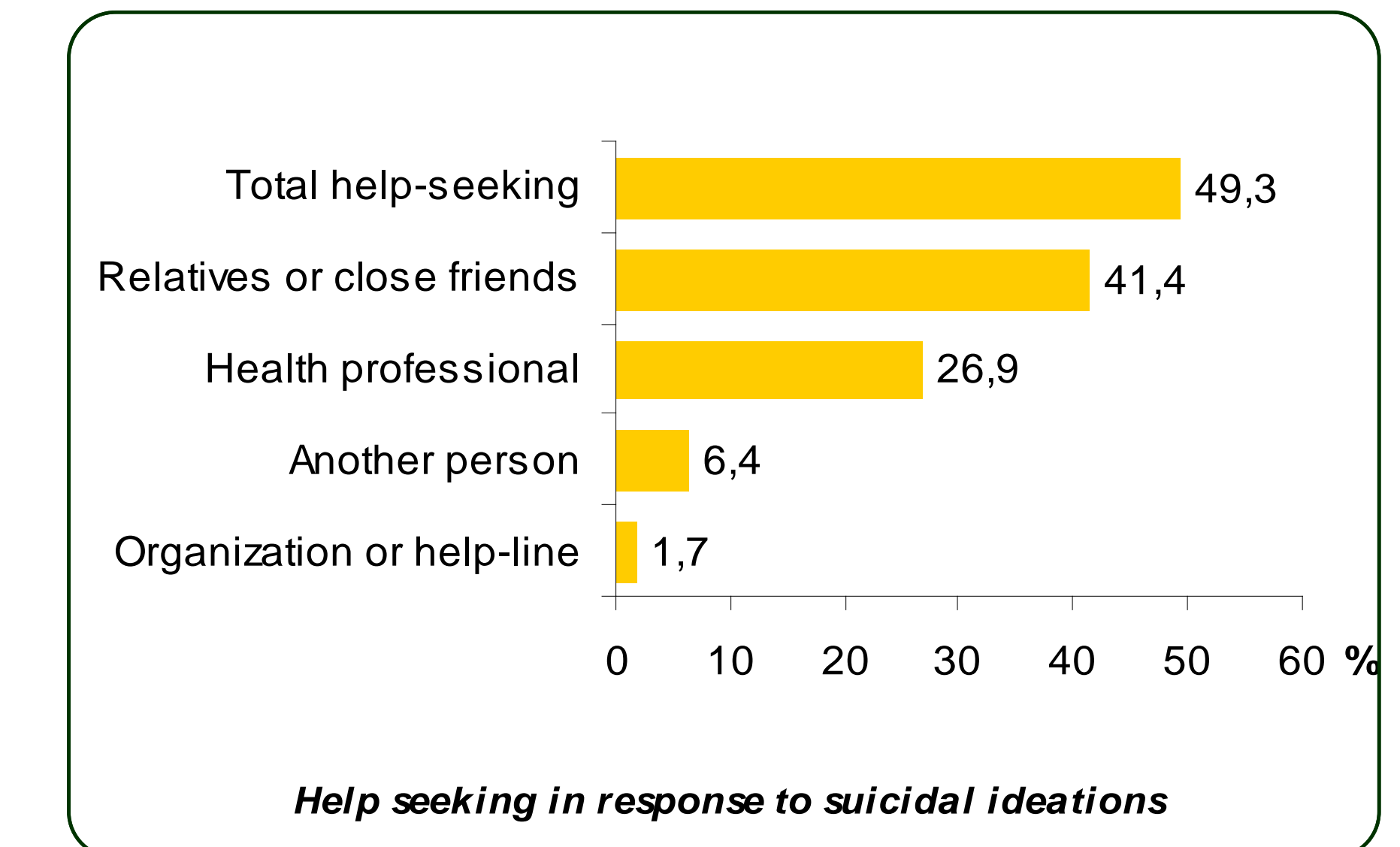
- Cross sectional telephone survey of the French general population
- Two samples



- Data collection
 - **12-month mental disorders** assessed by the short form of the Composite International Diagnostic Interview (CIDI-SF) and **lifetime suicidal behaviours** questions were those of the WMH surveys
 - Responses to suicidal ideation included → **Talking to a relative or a close friend**
 - Talking to a health-professional
 - Talking to an organization or a help-line
 - Talking to someone else
- Sample weights
 - Landline phone owner data were weighted by the reciprocal of the selection probability in the household
 - All data (landline and mobiles) were weighted to take into account non-response rates and data were post-stratified with respect to the general population (census data)

Results

- Lifetime **prevalences of suicidal behaviours** were:
 - Ideation: 17.7 %
 - Plans: 4.9 %
 - Attempts: 4.8 %, of which , 35.5 % attempted several times
- Among **those with suicidal ideation**, the most frequent 12-month mental disorder was major depressive episode (23.4 %)
- Among those who consulted a health professional, almost 50% also talked to a member of their family or to a close friend.



Factors associated with the likelihood of help-seeking by persons suffering from suicidal ideation (logistic regression model)

		Univariate OR	Univariate p	Multivariate OR	Multivariate p
Suicidal behaviours	- One attempt	1.1	0.28	1.1	0.61
	- Recurrent attempts	2.0	<0.01	1.8	<0.01
Gender (women vs. Men)		1.4	<0.01	1.4	<0.01
Age	- 31-45	1.0	0.85	1.1	0.36
(ref: 18-30)	- 46-60	0.9	0.42	1.0	0.92
	- 61-100	0.6	<0.01	0.7	0.01
Matrimonial status	- Single	1.1	0.35	1.0	0.75
(ref: married or in a relationship)	- separated or divorced	1.3	0.01	1.2	0.05
	- Widow	1.0	0.99	1.3	0.15
Educational level	- None	0.9	0.23	0.9	0.34
(ref: Technical Certificate)	- High school	1.4	<0.01	1.4	<0.01
	- College	1.0	0.91	1.1	0.54
	- Postgraduate degree	1.2	0.09	1.2	0.05
Employment	- Unemployed	1.0	0.95	1.0	0.73
(ref: working)	- Not working	1.0	0.70	1.1	0.28
Size of the residence town	- Rural	0.8	0.05	0.9	0.16
(ref: >20,000)	- <20,000 inhabitants	1.0	0.67	1.1	0.38
Housing	- Public housing	1.1	0.47	0.9	0.29
(ref: owner)	- Renter	1.3	<0.01	1.2	0.13
	- Other	1.1	0.69	1.0	0.77
Phone (Mobile vs. landline)		1.0	0.96	0.9	0.20
Social isolation		0.7	<0.01	0.7	<0.01
Depressive episode		1.2	<0.01	1.1	0.26
Specific phobia		1.1	0.26	1.0	0.85
Social phobia		0.9	0.49	0.8	0.05
Obsessive compulsive disorder		1.3	0.04	1.2	0.32
Post-traumatic stress disorder		1.3	0.05	1.0	0.88
Agoraphobia		1.4	<0.01	1.4	0.01
Panic disorder		1.5	<0.01	1.2	0.31
Generalized anxiety		1.2	0.16	1.0	0.95
Alcohol use disorder		1.3	0.05	1.4	0.02
Other substance use disorder		1.3	0.05	1.2	0.24

Discussion

- **Main Results**
 - Almost half of participants with suicidal ideation sought help
 - Close friends or relatives might play an important role in healthcare use by people with suicidal ideation
 - Help-seeking was less frequent among men, those with a low educational level and those with low social support, factors that have already been identified in the literature.
 - Help-seeking was more frequent by those with recurrent attempts (severity)
 - Help-seeking was more frequent by those suffering from agoraphobia or alcohol use disorder and less frequent by those suffering from social phobia
- **Limitations**
 - Mental disorders were assessed for a 12-months reference period whereas suicidal behaviours were over the entire lifetime, possibly leading to underestimated associations.
 - Our study did not allow to evaluate if responses to suicidal ideation were helpful. Further investigations are needed in the general population in order to determine which interventions decrease suicidal risk when suicidal ideations occur.