

Background

❖ Definitions

- A suicide is death caused by intentional self-directed actions with the intent to die
- A suicide attempt is when these actions do not result in death
- ‘Completed’, ‘successful’ or ‘committed’ suicide are not preferred terms

❖ Facts About Suicide

- There is a death from suicide every 11 minutes in the U.S.
- In 2017, there were 47,173 deaths from suicide and 1.4 million suicide attempts
- Suicide is the 10th leading cause of death in the U.S. and the suicide rate has increased by 31% from 2001 to 2017
- Suicide is the 2nd leading cause of death in the 15-24 age group and the suicide rate in this population is currently the highest it’s ever been

❖ Why It Matters

- The greatest cost of suicide is the unnecessary loss of life and the devastation to families of those lost
- Suicide has an economic cost of 69 billion dollars per year in work-loss and medical costs

Methods

❖ The Data

- The survey was developed by a team at Thomas Jefferson University in collaboration with an expert panel convened to identify warning signs for youth suicide
- The survey was distributed nationally to suicide support groups by national suicide prevention organizations
- Participants were survivors themselves of a suicide attempt or a family member of someone lost to suicide
- Data was collected on demographics and warning signs observed in individuals aged 8-24

❖ Data Collected

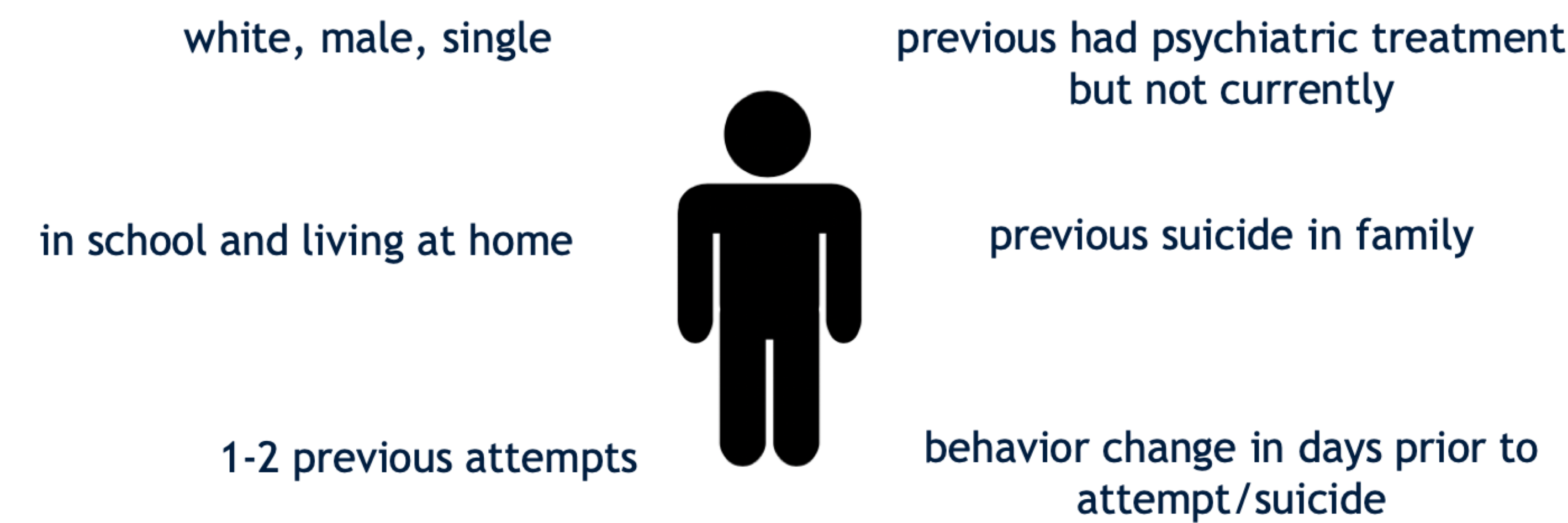
- 431 total responses
- 100 from survivors of a suicide attempt themselves labeled the ‘self’ dataset
- 331 from a family member of someone lost to suicide labeled the ‘other’ dataset

❖ Analysis

- Analysis and data cleaning performed using SAS statistical software
- 14 demographic variables and 42 warning sign variables for analysis
- Descriptive statistics obtained for all variables in the ‘self’, ‘other’ and ‘combined’ datasets
- Chi-squared tests performed comparing warning signs identified in the ‘self’ and ‘other’ datasets

Results

Who Is Most At Risk?



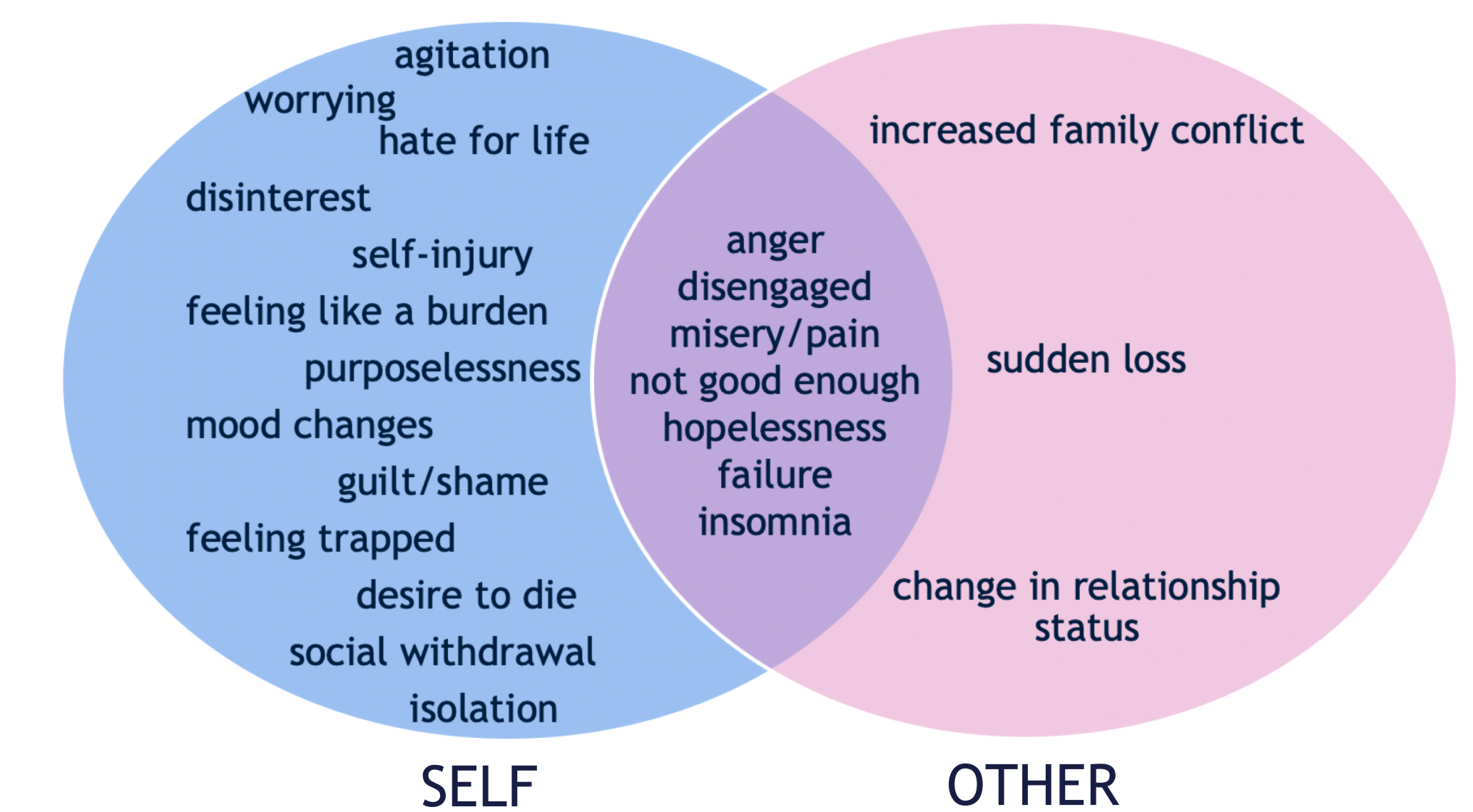
Warning Signs



Discussion

- ❖ The results show the most commonly identified characteristics and warning signs observed in the population under study
- ❖ These data allow for the development of a profile of the most ‘at risk’ individuals in the youth population (8-24 age group)
- ❖ 83% of survived attempts were female, while 76% of suicides were male
 - Males more likely to die from attempt, likely due to lethality of method
- ❖ 80% identified as heterosexual but LGBTQ+ is overrepresented in study population at 20% compared to only 4.5% in the overall population, therefore both considered at risk
- ❖ The warning signs comparison shows:
 - Some overlap in what was identified in the ‘self’ and ‘other’ datasets
 - A lot more warning signs identified by individuals in the ‘self’ dataset than the ‘other’ dataset
 - Many statistically significant differences between observations in the ‘self’ and ‘other’ datasets
 - Differences mainly in the subjective and emotional warning signs
- ❖ These results highlight that what somebody is feeling is not always obvious or externally apparent, so if you have concerns about an individual, talk to them and ask questions to ascertain their mental state

Comparison of ‘Self’ & ‘Other’



Differences in Prevalence



Next Steps

- ❖ Use to start conversations in schools:
 - Build awareness for counselors
 - Know who is at risk
 - Develop risk assessment policies
- ❖ Know WHEN to ask questions and WHAT questions to ask
- ❖ Larger data collection with more specific, in-depth variables for further understanding and evaluation of this topic

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References

References available upon request.