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## Suicide risk in a Portuguese non-clinical sample of adults

**Rui C. Campos\***  
**Ronald R. Holden\*\***

\* Department of Psychology and Research Center on Education and Psychology (CIEP), University of Évora, Portugal

\*\* Ronald R. Holden, Department of Psychology, Queen's University, Canada

PORTUGAL

CANADA

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**ABSTRACT – Background and Objectives:** This exploratory study simultaneously tests the contribution of socio-demographic, clinical, distress, and personality variables for identifying suicide risk in a non-clinical sample.

**Methods:** A convenience sample of 810 adults ranging in age from 19 to 67 years ( $M = 36.34$ ,  $SD = 12.46$ ) and living in various Portuguese regions participated. Their education varied from 6 to 21 years of schooling ( $M = 11.74$ ,  $SD = 5.14$ ). Participants responded to socio-demographic questions, the Depressive Experiences Questionnaire, the Center for the Epidemiological Studies of Depression Scale, and the Suicide Behaviors Questionnaire-Revised.

**Results:** In the present sample, 4.3% of participants indicated past suicide attempts, 27.9% reported some lifetime suicide ideation, and 6.4% indicated a past suicide plan. Depressive symptoms, having seen a psychologist or psychiatrist, self-criticism, and education discriminated between participants who had attempted suicide ( $n = 35$ ) and those who had not attempted to die by suicide ( $n = 775$ ). Depressive symptoms, having seen a psychologist or psychiatrist, self-criticism, psychiatric disease and age discriminated between participants who scored below ( $n = 650$ ) and who scored equal to or above ( $n = 160$ ) the cut-off score for the Suicide Behaviors Questionnaire-Revised.

**Conclusions:** Results have implications for the assessment of suicide risk.

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