Suicide attempt in people with mental disorders: literature review

Tentativa de suicídio em pessoas com transtornos mentais: revisão de literatura
Intentos de suicidio en personas con trastornos mentales: revisión de la literatura

RESUMO
Este estudo teve como objetivo identificar o que vem sendo produzido sobre tentativa de suicídio em pessoas com transtornos mentais. Trata-se de uma revisão de literatura realizada nas bases de dados Literatura Latino-Americano e do Caribe em Ciências da Saúde (LILACS) Scientific Electronic Library Online (SCIELO) e Biblioteca Nacional de Medicina dos Estados Unidos (PUBMED). A busca ocorreu no mês de agosto de 2021. Para as estratégias de busca se utilizou descritores “tentativa de suicídio” e “transtornos mentais”. Foram selecionados para essa revisão 10 artigos. Os resultados possibilitou a identificação do perfil de pessoas que tentam suicídio e associação com transtornos mentais. Concluíram-se então pelas evidências de que as tentativas de suicídio estão associadas a alguns dos diferentes transtornos mentais.

DESCRIPTORES: Suicídio, Tentativa de Suicídio e Transtornos Mentais.

ABSTRACT
This study aimed to identify what has been produced about attempted suicide in people with mental disorders. This is a literature review carried out in the Latin American and Caribbean Literatures in Health Sciences (LILACS) Scientific Electronic Library Online (SCIELO) and the National Library of Medicine of the United States (PUBMED) databases. Month of August 2021. For the search strategies, the descriptors “suicide attempt” and “mental disorders” were used. 10 articles were selected for this review. The results allowed the identification of the profile of people who attempt suicide and association with mental disorders. They were then concluded by the evidence that suicide attempts are associated with some of the different mental disorders.

DESCRIPTORS: Suicide, Attempted Suicide and Mental Disorders.

RESUMEN
Este estudio tuvo como objetivo identificar lo que se ha producido acerca de los intentos de suicidio en personas con trastornos mentales. Esta es una revisión bibliográfica realizada en las bases de datos Literatura Latino Americano y Caribbean in Health Sciences (LILACS), Scientific Electronic Library Online (SCIELO) y National Library of Medicine of the United States (PUBMED), agosto de 2021. Para las estrategias de búsqueda, se utilizaron los descriptores “intento de suicidio” y “trastorno mental”. Diez artículos fueron seleccionados para esta revisión. Los resultados permitieron identificar el perfil de las personas que intentan suicidarse y la asociación con los trastornos del metal. Luego se concluyó por la evidencia de que los intentos de suicidio están asociados con algunos de los diferentes trastornos mentales.

DESCRIPTORES: Suicidio, Intento de Suicidio y Trastornos Mentales.

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INTRODUCTION

Suicide is a complex phenomenon, which is increasing more and more. It is estimated that every 40 seconds a suicide occurs. Suicide attempts, in addition to being an important warning sign, are also one of the predictors for the consummated act, and this brings a serious consequence such as individual and collective disability. The recurrence of the act should be a cause for concern on the part of health professionals and society.

One of the main prevalent factors is the identification of the behavior and suicidal ideation of those who suffer from mental disorders. Thus, identifying the profile and factors related to the suicide attempt becomes essential for the development of prevention strategies, as it helps to detect and delineate the type and nature of the necessary intervention, indicating the circumstances in which the person takes this act.

It is important and necessary to develop studies on the subject of suicide attempts, so that they are carried out cautiously by professionals, in order to avoid the dissemination of this idea. Given the importance of the above topic, this article aims to identify what has been produced about suicide attempts in people with mental disorders.

METHOD

This is a study of the type of narrative literature review, which was carried out through a survey of scientific productions that appeared in the Latin American and Caribbean Literature on Health Sciences (LILACS), Scientific Electronic Library Online (SCIELO) and the United States National Library of Medicine (PUBMED). The guiding question of this study is based on the following question: What has been produced about suicide attempts in people with mental disorders?

For the survey of scientific productions, the following descriptors were used: “suicide attempt” and “mental disorders”. Furthermore, the search was refined by language, which includes English, Portuguese or Spanish. A time frame of the last five (5)
years was also used. The search was carried out in August 2021.

As inclusion criteria, we opted for original articles that responded to the proposed objective, online, free and in full. And, as exclusion criteria, review articles, theses, etc. were not included.

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<th>Código do artigo/ Base de dados</th>
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<td>A5 LILACS</td>
<td>Borba LO, Ferreira ACZ, Capistrano FC, Kalinke LP, Maftum MA, Maftum GJ. Fatores associados à tentativa de suicídio por pessoas com transtorno mental. Revista mineira de Enfermagem, 2020 24:, e.1284.</td>
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dissertations, conference abstracts and ministerial manuals. The search in SCIELO resulted in four studies. After reading, three articles were excluded because they did not respond to the proposed objective, so an article was selected in this database. In turn, in LILACS, it resulted in ten, in which four articles were used, as one of them was repeated in the two searched databases. Finally, at PUBMED, the search resulted in fourteen studies, of which five were used. After applying the inclusion and exclusion criteria, a total of ten articles were used, which were read and analyzed in full and are described in the following table:

**RESULTS AND DISCUSSION**

After analyzing the data, two categories were elaborated: Profile of people who attempt suicide and Association between mental disorders and suicide attempts.

**Profile of people who attempt suicide**

As for the profile of people who attempt suicide, studies show that females are those who have more attempts (A1, A5). It also shows us the predominance of more than one suicide attempt in women, aged approximately 25 years (A5). The risk of attempted suicide also increases with age, with a higher frequency among women aged between 34 and 53 years (A4).

Suicide attempts have been growing in recent years, as well as the number of cases of people who manage to commit suicide. Although women attempt suicide more often, men are the ones who are most likely to commit suicide. Some studies point out that men predominate in cases of suicide.

On the other hand, a study points out that attempts occur with similar frequency between men and women. However, the presence of mental disorder was more common among men when compared to women (A6).

**Association between mental disorders and suicide attempts**

Suicide attempts are usually associated with some mental disorder (A1, A2, A3, A4, A8, A9). The risk of suicide is higher in people with symptoms of depression, anxiety, negative self-perception and hostility (A3), as well as a prevalence of mental disorder and persistent ideation (A1, A2, A4).

Depression and suicidal ideation should be considered a priority in public health care policies.

People with addictions to psychoactive substances are more prone to the risk of suicide attempt (A4, A10), as well as those who have experienced some trauma, may have eating disorders (A7), develop chronic diseases, and thus increase the risk of attempting suicide (A9).

The difficulty of adhering to drug treatment, in the face of a mental disorder, drives the risk of suicide (A2, A5). There are studies that show that non-adherence to drug treatment is one of the factors correlated with suicide attempt in the time interval between diagnosis and treatment of the mental disorder.

**CONCLUSION**

Suicide attempts are related to different types of mental disorders. These are: depression, anxiety, age group, problems related to drug and alcohol use, medication in excess, and extrinsic and intrinsic factors as well. It also made it possible to identify the profile of people who attempt suicide.

In this sense, understanding the relationship of suicide attempts in people with mental disorders allows health professionals to intervene in these cases. Suicide is a complex subject, and one that requires many reflections.
REFERENCES


