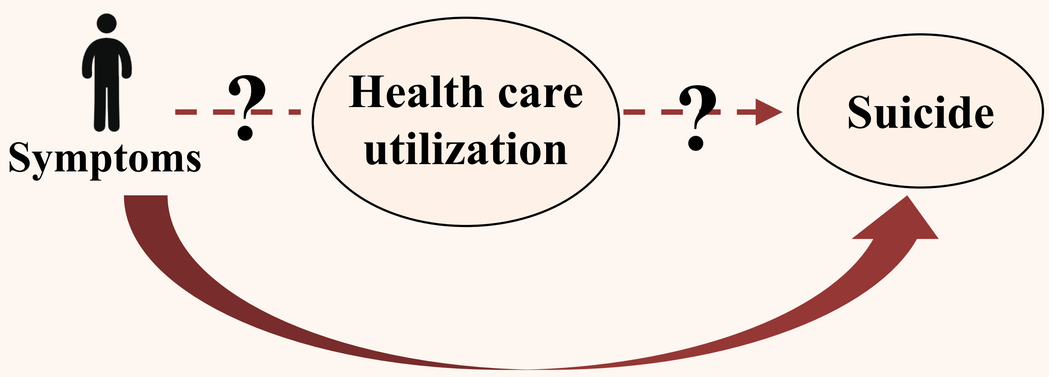
Young men who committed suicide – an investigation of health care in Sweden

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Aims and background

Aim: As the knowledge of factors contributing to suicide risk in young men is limited, the main aim of this study was to study the type and extent of health care utilization and analyze gender based distribution of health care prior to suicide.



Suicide is the second most common cause of death among young men in Sweden (1), despite efforts to identify risk factors and build prevention strategies. Approximately half of all individuals who commit suicide every year in Sweden have been in contact with their primary or secondary health care provider prior to the suicide, indicating that further improvements are needed within prevention.

Methods

Subjects:

All young men and women who committed suicide 2015 in 4 regions of Sweden

Methods: Medical records from the last two years in life of 81 individuals (57 men), aged 15-44, who committed suicide 2015, were examined with a protocol addressing health care contacts and treatments prior to death. The protocol was developed based on Swedish guidelines (2).

Table 1

	All n=81	Men n=57	Women n=24
Examined	80	57	23
Any health care the last 24 months	76	54	22

Results

Table 2. Health care contacts, all individuals

	All	Men	Women
Any health care within 4 weeks	49%	52%	39%
Primary care or somatic care	15%	17%	8%
Somatic care only	5%	7%	0%

Table 3. Overview of received psychiatric care

	All n = 44	Men n=29	Women n=15
Number of visits median (min-max) during the last 4 weeks	4 (0-16)	4 (0-6)	9 (0-16)
Psychotropic medications at time of death	84%	83%	87%
Psycho-therpeutic treatments at time of death	34%	24%	53%
Increased suicide risk noted at last vistit to psychiatrist	16%	17%	13%

Table 4. Inpatient care and previous suicide attempts in patients with psychiatric care the last 24 months

	All n=27	Men n=19	Women n=8
Inpatient care	61%	66%	53%
Previous suicide attempts	57%	52%	67%

Table 5. The last visit to primary care

	All n=70	Men n=49	Women n=21
Psychiatric diagnose	43%	42%	43%
Psychiatric symptoms	38%	34%	48%
Suicidal ideation assessed	4%	4%	4%

Conclusions

It is notable that more than half of the men who committed suicide had been in contact with health care prior to suicide but only a portion of them were assessed to have a elevated suicide risk. Further, more than half of the men with a psychiatric contact within 24 months prior to death, had made a previous suicide attempt.

There were no major gender differences found in this study but the population is to small for statistic comparison. However it is noteworthy that men received less psychotherapeutic treatment compared to women. We will extend the study by including all individuals who committed suicide within all age groups and in a larger portion of the Swedish regions.

Affiliations and references

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(2) Svenska psykiatriska Föreningens kliniska riktlinjer för utredning och behandling av suicidnära patienter www.svenskpsykiatri.se/spfs-kliniska-riktlinjer/ 2013