

Handout 1
Risk Factors for Suicidal Self-Directed Violence
(Adapted from Klott, 2012)

Mental Disorders

- ✓ Children
 - PTSD associated w/ guilt/shame (feel guilty and/or blame self for traumatic stressor)
- ✓ Adolescents
 - Generalized Anxiety Disorder (persistent disabling fear of failure in academics/athletics that is uncalled for)
- ✓ Adults
 - Major Depressive Disorder (with psychotic features)
 - Bipolar Disorder (Type II more likely to commit suicide)

Exacerbating Factors

- ✓ Persistent Depressive Disorder *w/ alcohol use or hopelessness*
- ✓ Bipolar II *as they leave depressive episode*
- ✓ Generalized Anxiety Disorder: *w/ cannabis use to self-medicate (among adults)*
- ✓ PTSD
 - a) *12+ months undetected/untreated*
 - b) *Child abuse/trauma exposure during childhood*
 - c) *Depressed (disabling depression among females; irritability, anger, rage among males)*
 - d) *Self-medicating [alcohol or cannabis most common] (among adolescents and adults).*
- ✓ Neurodevelopmental disorders (e.g., Autism, ID, ADHD)
 - a) *Talk about a sense of being different*
 - b) *No social cohesion (no friends)*
 - c) *Victimized by bullying*
- ✓ Gender Dysphoria *w/ rejection of primary support systems*
- ✓ Substance Related Disorder *when such is to self-medicate another mental disorder*
- ✓ Psychotic Disorders *w/ in 4 months of initial diagnosis (associated with hopelessness)*

Personal Vulnerabilities

- ✓ Internal
 - a. Performance Anxiety
 - i. *I am only loved for what I do*
 - b. Emotional Constriction
 - i. *I can't feel anything*
 - c. Defenseless Personality
 - i. *I am worthless*
- ✓ External
 - a. Lack of resources

Social Stressors

- ✓ Adults
 - a) Overwhelming and intolerable loss
 - i. Financial security
 - ii. Relationships (suicide survivor)
 - iii. Social and occupational definition
 - iv. Self esteem
 - v. Autonomy/independence
- ✓ Adolescents
 - vi. Developing a mental disorder and self-medicating
 - vii. Perceived isolation and aloneness
 - viii. Actual isolation and aloneness (Rejection, bullying, caregiver dysfunction)
 - ix. Disciplinary crisis (Young male incarcerated for the first time)
 - x. Academic performance anxiety
 - xi. Family discord
 - a) Impulsivity (The impulsive suicide is the most common suicide observed among adolescents without a mental health history). Interacts with firearm access
 - i. Suicide survivorship