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Prevalence of suicidal attempts and ideations in patients of major depressive disorder

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Introduction: The prevalence of suicidal attempts has increasing trends in developing countries. The common cause of suicide is depression and substance abuse. Most of the suicide attempts (70-90%) are associated with depressive disorders. Suicides are result of untreated depression. This study was conducted to find out the prevalence of suicidal attempts and ideation and their association with other symptoms of depression.

Material & Method: This cross sectional study was conducted in four teaching hospitals of Karachi i.e., Civil Hospital, Jinnah Post graduate Medical Centre, Ziauddin Hospital and Kulsoom Bi Valika Hospital. The duration of the study was 5 months. The written permission was obtained from the respective head of psychiatry departments of each hospital to approach the patient in OPDs and clinics. 100 patients were selected through convenient sampling method. The data was entered and analyzed using SPSS software.

Result: Ratio of male to female was 43:57. Seventy one persons were not employed with the same number married. Mode, median and mean age group was 15-25 years. Thirty seven percent had abnormal morbid thoughts of death or suicide and among them 16% had actually attempted suicide while 21% had only ideation. There was significant difference between the two sexes both in prevalence of suicidal attempts and ideation.

Conclusion: It is concluded that most of the patients were moderately depressed. Most of them were married, with age group 15-25 was at highest risk and more females than males had abnormal thoughts of death and ideation and they had attempted more.

Biography

Areeb Irfan is a student of fourth year, MBBS of Bahria University Medical & Dental College. He has leadership quality and special interest in research. He was elected as the Class Representative by his class fellow, right from first year MBBS. He is strong believer of holistic concept of health. He is doing research in many aspects of human health. His current presentation on suicidal ideation and attempts reflects his strong concern towards community issues. He is a good sportsman as well and captain of football team. He was also a member of Bahria Medics, a social organization for welfare of patients.

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