Leading to and Consequences of Suicide.

Suicide is the act of inflicting harm on oneself with the intent to end one's life. this act is has caused a crisis to the public health of the community. Not all suicidal acts that are inflicted are with the intent to kill but some to alleviate unwanted thoughts or feelings.

Suicide affects more than just the family or individual; it affects the community, public health, and the finances of a country due to the increased demand for healthcare and the loss of productivity. As a result, many efforts have been put in place to combat suicide, such as research aimed at preventing suicide and improving psychiatric and hospital care.

Suicide methods vary significantly in lethality. While certain methods primarily lead to non-fatal self-harm, data indicates that only one in 20 total attempts results in death. The method that is chosen is influenced by the age, sex, and socioeconomic status of the individual. For a method such as poisoning, a better socioeconomic status is associated with lower lethality, as the choice of poison would more likely be antidepressants or medication with lower toxicity than pesticides and rodenticides, which are more commonly used in areas with lower socioeconomic status.

The lethality of a suicide attempt does not minimise the seriousness of the attempt or the risk that the individual may attempt suicide again, nor does it diminish the role that biological, psychological, and social factors play in this risk. A country's ability to study and counter the way these factors affect suicide risk is dependent on the country's income. Countries with lower incomes have greater difficulties and have been shown to have higher rates of suicide due to limited mental health services.

Prevention and management

Prevention is the use of assessments, screening, and evidence-based prevention strategies to reduce suicide attempts. Management refers to the actions put in place to care for people who have disorders or behaviours that could influence them to attempt suicide, as well as educating the community so that it can provide support where needed and minimise shame.

The distal factors, developmental factors, and proximal factors have been studied as classifications of suicide risk to predict whether someone is likely to attempt suicide.

- **Distal (predisposing) factors** are persistent influences that increase an individual's vulnerability to suicide. These include genetic predisposition, a family history of suicide, and adverse childhood experiences such as abuse or neglect.
- **Developmental factors** develop over time and encompasses characteristics such as impulsivity, emotional dysregulation, poor problem-solving skills, low self-esteem, and perfectionism, which increase vulnerability to suicidal behaviour.
- **Proximal (precipitating) factors** are immediate triggers that enhance the likelihood of acting on suicidal thoughts. These include previous suicide attempts, substance misuse, severe psychological distress, psychiatric disorders, and exposure to suicidal behaviour in others.

However, using these factors together is difficult because they affect and are represented differently in every individual.

Individuals who survive a suicide attempt often experience a decreased quality of life, which is measured through their physical, mental, and social well-being. Suicide attempts can result in physical injuries, poorer mental health, and social difficulties such as integrating back into a community with a stigma on suicide. Furthermore, the effects of suicide extend to family members and communities, contributing to emotional distress, stigma, increased healthcare utilisation, and substantial economic costs.

Turecki, G., Brent, D.A., Gunnell, D., O'Connor, R.C., Oquendo, M.A., Pirkis, J., Stanley, B.H., 2019, Suicide and Suicide Risk, *Nature Reviews Disease Primers,* 5(74), doi: 10.1038/s41572-019-0121-0