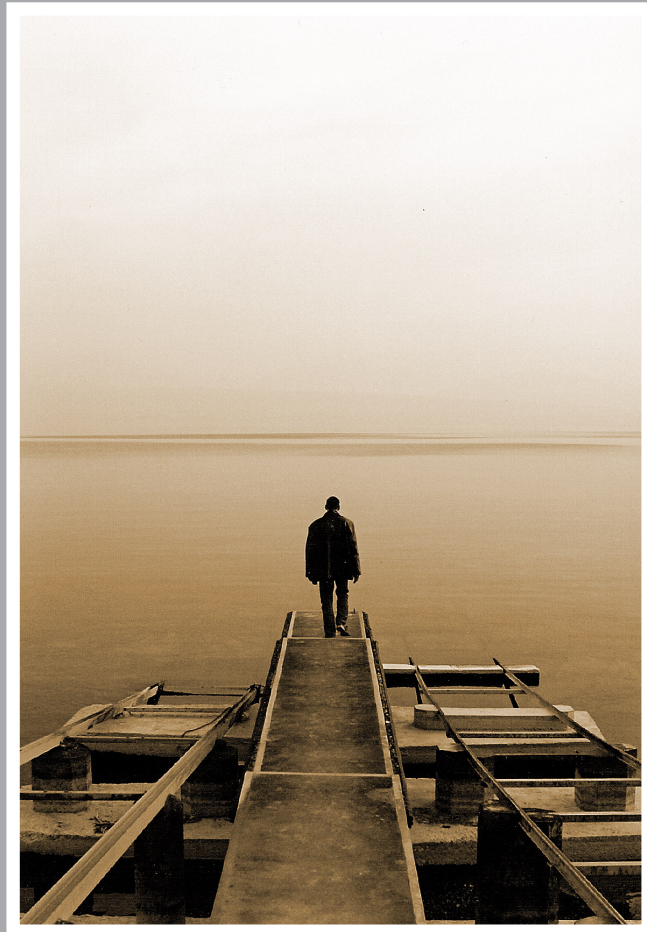


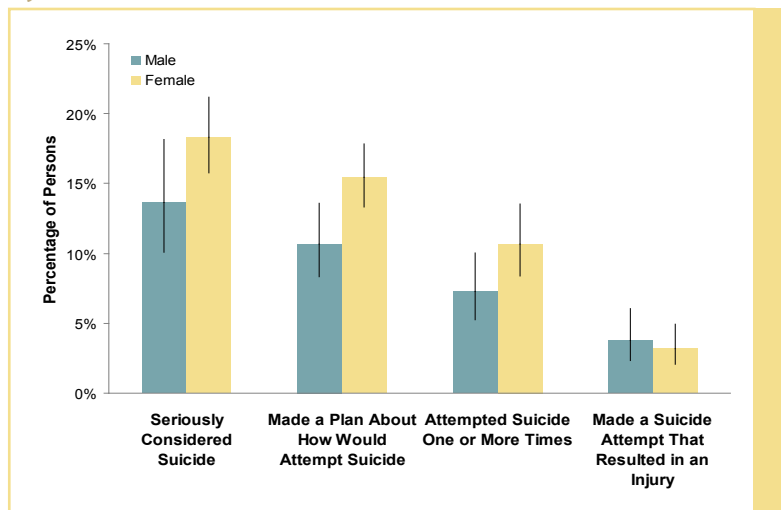
Suicide Ideation



Adults

Suicide ideation and attempts are more common than completed suicide. There is approximately one suicide for every 25 attempts.¹⁷ In 2005, there was a suicide every 16 minutes or approximately 11 suicides per 100,000 population in the U.S. Suicide is the second leading cause of death among 25–34 year olds.¹⁸ Men are more likely to commit suicide than women, but women attempt suicide 2 to 3 times as often as men.¹⁹ The most common psychiatric disorders associated with completed suicide are major depression and alcohol abuse.²⁰ Rates of suicide are higher among certain populations: White males over 75, Native Americans, certain professions (e.g., health professionals, police), and among people living in rural areas.¹⁷ Among Utah males, men 75 years and older have the highest rate of suicide. Among Utah females, women 35–44 have the highest rate of suicide.²¹ According to 2005–

Suicide Ideation During Past 12 Months Among Youth by Sex, Utah, 2005 and 2007



2007 Utah BRFSS data for one PHQ-9 question regarding suicide ideation, the prevalence of adult suicide ideation (for one or more days in the past two weeks) was 4.5% (male 4.0% and female 4.9%; not statistically different).

Youth

Adolescence tends to be a stressful time for individuals, filled with body changes, changes in thoughts, and changes in feelings. For some teenagers, normal developmental changes compounded by other stressful events can be upsetting and even overwhelming. As many as 12 to 25 percent of older children and adolescents experience some suicidal ideation at one time or another. The strongest risk factors for attempted suicide in youth are depression, substance abuse, and aggressive or disruptive behaviors. The CDC reports the following regarding youth suicide: males are four times more likely to die from suicide than females; females are more likely to attempt suicide than males; and firearms are used in more than half of youth suicides.²²

According to Utah Youth Risk Behavior Survey data, 15.9% of youth seriously considered suicide during the past 12 months; 27.1% felt so sad or hopeless almost every day for two weeks that they stopped their usual activities; 13.0% made a plan about how they would attempt suicide in the past 12 months; 9.0% attempted suicide one or more times during the past 12 months; and 3.5% made a suicide attempt that resulted in an injury in the past 12 months. There were no statistically significant differences by sex for the suicide ideation questions.