Suicide Risk Factors
James Bolton MD FRCPC
Winnipeg Regional Health Authority: Research to Action
May 21 2008

Risk Factors for Suicide

Demographic Factors
- Male
- Not married
- Low education
- Poverty
- Aboriginal ethnicity

Mental Disorders
- Present in 90% of suicide completers
  - Affective disorders 60-70%
  - Alcohol and drug use disorders
  - Personality disorders
  - Anxiety disorders
  - Schizophrenia

Comorbidity Increases Risk of Suicide Attempt in Depression

Identifying Suicide Risk Factors: Challenges
- Suicide is uncommon
- Many 'risk factors' have limited predictive value
  - Most people with depression do not complete suicide
  - 10-20 suicide attempts for every completion
Summary

- Many suicide risk factors have been identified.
- Further study of their predictive value will better help identify persons at risk and enhance prevention strategies.