

I. RISK FACTORS FOR SUICIDE AND SUICIDAL BEHAVIORS

CHRONIC RISK FACTORS (If present, these increase risk over one's lifetime.)

PERPETUATING RISK FACTORS - permanent and non-modifiable
<ul style="list-style-type: none"> • Demographics: White, American Indian, Male, Older Age (review current rates 1), Separation or Divorce, Early Widowhood
<ul style="list-style-type: none"> • History of suicide attempts - especially if repeated • Prior suicide ideation
<ul style="list-style-type: none"> • History of self-harm behavior
<ul style="list-style-type: none"> • History of suicide or suicidal behavior in family
<ul style="list-style-type: none"> • Parental history of: <ul style="list-style-type: none"> ○ violence ○ substance abuse (drugs or alcohol) ○ hospitalization for major psychiatric disorder ○ divorce
<ul style="list-style-type: none"> • History of Trauma or Abuse (physical or sexual) • History of psychiatric hospitalization • History of Frequent Mobility • History of violent behaviors • History of impulsive / reckless behaviors
PREDISPOSING AND POTENTIALLY MODIFIABLE RISK FACTORS
<ul style="list-style-type: none"> • Major Axis I psychiatric disorder, especially: <ul style="list-style-type: none"> ○ mood disorder, ○ anxiety disorder ○ schizophrenia ○ substance use disorder (alcohol abuse or drug abuse / dependence) ○ Eating disorders ○ body dysmorphic disorder ○ Conduct disorder
<ul style="list-style-type: none"> • Axis II Personality Disorder especially if cluster B
<ul style="list-style-type: none"> • Axis III Medical disorder especially if involves function impairment and/or chronic pain) • Traumatic brain injury
<ul style="list-style-type: none"> • Co-morbidity of Axis I disorders (especially depression and alcohol misuse), of Axis I and Axis II (especially if Axis II disorder is Antisocial PD or Borderline PD), of Axis I and Axis III Disorders
<ul style="list-style-type: none"> • Low Self-esteem/High self-hate
<ul style="list-style-type: none"> • Tolerant/Accepting Attitude toward suicide
<ul style="list-style-type: none"> • Exposure to another's death by suicide
<ul style="list-style-type: none"> • Lack of self or familial acceptance of sexual orientation
<ul style="list-style-type: none"> • Smoking
<ul style="list-style-type: none"> • Perfectionism (especially in context of depression)
<p>¹ Available from http://webapp.cdc.gov/sasweb/ncipc/mortrate.html</p>

II. RISK FACTORS FOR SUICIDE AND SUICIDAL BEHAVIORS

Contributory Risk Factors

- Firearm ownership or easy accessibility
- Acute or enduring unemployment
- Stress (job, marriage, school, relationship...)

ACUTE RISK FACTORS (If present, these increase risk in the near-term)

- Demographics: Recently divorced or separated with feelings of victimization or rage
- Suicide ideation (threatened, communicated, planned or prepared for)
- Current self-harm behavior
- Recent suicide attempt
- Excessive or increased use of substances (alcohol or drugs)
- Psychological pain (acute distress in response to loss, defeat, rejection, etc.)
- Recent discharge from psychiatric hospitalization
- Anger, rage, seeking revenge
- Aggressive behavior
- Withdrawal from usual activities, supports, interests, school or work, isolation (e.g., lives alone)
- Anhedonia
- Anxiety, panic
- Agitation
- Insomnia
- Persistent nightmares
- Suspiciousness, paranoia (ideas of persecution or reference)
- Severe feelings of confusion or disorganization
- Command hallucinations urging suicide
- Intense affect states (e.g. desperation, intolerable aloneness, self-hate...)
- Dramatic mood changes
- Hopelessness, poor problem-solving, cognitive constriction (thinking in black and white terms, not able to see gray areas, alternatives...), rumination, few reasons for living, inability to imagine possibly positive future events
- Perceived burdensomeness
- Recent diagnosis of terminal condition
- Feeling trapped, like there is no way out (other than death); poor problem-solving
- Sense of purposelessness or Loss of meaning; No reasons for living
- negative or mixed attitude toward help-receiving
- Negative or mixed attitude by potential caregiver to individual
- Recklessness or excessive risk-taking behavior, especially if out of character or seemingly without thinking of consequences, tendency toward impulsivity

PRECIPITATING OR TRIGGERING STIMULI (HEIGHTEN PERIOD OF RISK IF VULNERABLE TO SUICIDE)

- Any real or anticipated event causing or threatening:
 - Shame, guilt, despair, humiliation, unacceptable loss of face or status
 - Legal problems (loss of freedom), financial problems, feelings of rejection/abandonment
- Recent exposure to another's suicide (of family, friend, acquaintance, or of celebrity through the media....)