

**Project No: 3643/2007**

**A DATABASE STUDY TO ESTIMATE THE FACTORS LEADING TO SUICIDE ATTEMPTS  
IN THE ARMED FORCES PERSONNEL AND THEIR FAMILIES**

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**Background**

There is a paucity of research in the within service in the cases of attempted suicide. Present study is a preliminary attempt towards database. Data was collected from various Psychiatric centres from all the three services to identify the various psycho-social variables and psychological morbidity in subjects of attempted suicide.

**Method**

The total sample population was 120 consecutive patients and their family members. Questionnaire along with the psychological tests i.e. Eysenck Personality Questionnaire (EPQ), Beck Depression Inventory (BDI), Beck Hopelessness Scale, Suicide Intent Scale (SIS), Alcohol Use Identification Test (AUDIT), AFMC Life Events Scale, Presumptive Stressful Life Events Scale (PSLES) and Brief Psychiatric Rating Scale (BPRS) were administered. Data was analyzed suitably.

**Results**

The mean age of the sample population was 28.2 years with 56% cases belonging to the age-range 20 to 30 years, married hailing from rural background. Ingestion of pesticides and drugs was noted in majority of cases (62.5%). Adjustment disorder was the commonest in 75(62.5%) followed by depression in 29 (24.2%), Schizophrenia in 06 (05%). Subjects had experienced significant environmental stress in the 12 months preceding the act which had a bearing on their subsequent behavior. Neuroticism was noted in 27% of the cases. BPRs scores were high and second attempt was noted in 19.2%. Significant stressors were punishment and leave.

**Recommendations**

In the majority of subjects of attempted suicide, environmental stressors pertaining to leave and punishment played a major role. The important highlights of the study are need for intervention about stress and awareness about illness among troops to prevent further attempts of suicide.