

Post-traumatic Cognitions and Suicide Risk in a Sample of Accident Survivors. a Pilot Study

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Introduction. Assessment of posttraumatic cognitions after accidents, paired with active identification of suicide risk and reasons to stay alive, can generate more effective management strategies of traumatic events. Aim. To comparatively assess posttraumatic cognitions in survivors of accidents with and without suicide risk. Participants and method. Authors assessed a sample of persons exposed to motor vehicle accidents, work – related accidents or burns, treated in the Rehabilitation Hospital Cluj – Napoca. Suicidal risk after trauma and in the 2 weeks prior to assessment were evaluated through Paykel Suicide Scale. Posttraumatic Cognitions Inventory was employed in order to assess various types of catastrophic cognitions. Results. Most patients included in the study did not exhibit suicidal risk after the exposure to trauma. Nevertheless, specific differences between the samples with and without suicide risk were ascertained, regarding the types of posttraumatic cognitions mostly endorsed. Discussion. Excessive suppression and excessive expression may prove equally detrimental after exposure to specific types of trauma, generating increased suicide risk. Conclusions. Certain catastrophic cognitions can be considered risk factors for suicide after trauma and addressing them in therapy can be beneficial for individualized short- and long-term trauma management.