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Triggers of Suicide Ideation and Protective Factors of Actually Executing Suicide Among First Onset Cases in Older Psychiatric Outpatients

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Background: Suicide is a global issue among the elderly, but few studies have explored the experiences of suicide ideation in older Asian psychiatric outpatients.

Objectives: The purposes of this study were to explore triggers of suicide ideation among older first onset cases in psychiatric outpatients in Taiwan and their reasons for not executing suicide.

Method: Older psychiatric outpatients ($N=24$) were recruited by convenience from one medical centre and one regional hospital in northern Taiwan. Data were collected in individual interviews using a semi-structured guide and analysed by content analysis.

Results: Suicide ideation was triggered by illness and physical discomfort, conflicts with family members/friends, illness of family members, death of family members/friends, and loneliness. Participants' reasons for not executing suicide were family members' and friends' support, receiving treatment, finding a way to shift their attention, fear of increasing pressure on one's children, religious beliefs, and not knowing how to execute suicide.

Conclusion: Understanding these identified triggers of suicide ideation may help psychiatrists open a channel for conversation with their elderly clients and more readily make their diagnosis. Understanding these identified protective factors against executing suicide can help psychiatrists not only treat depression, but also enhance protective factors for their clients.