

Clinical and Environmental Features Associated with Tunisian Patients Who Committed a Suicide Attempt

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Introduction

Suicidal behaviors are increasing in our country and they can be influenced by several factors such as social and cultural factors. It is important for physicians to better elucidate the risk factors in order to develop better strategies for prevention and management.

Objectives and aims

To determine socio-demographic and clinical features in Tunisian patients who committed suicide attempts.

Methods

Retrospective and descriptive study using medical files of patients referred to the outpatients clinic of Razi hospital. Included patients have made a suicide attempt in the period from January to September 2014. Socio-démographic and clinical features were collected.

Results

Thirty-three patients were included (19 men and 14 women). The mean age was 30.6 years.

Most of these patients were single (n=20; 60.6%), unemployed (n=19; 57.6%), with a low education level (n=19; 57.6%) and a low financial income (n=18 ; 54.5%).

Nine of our patients went to jail (27.3%) and 8 had a personal history of suicide attempt (24.2%).

Eighteen patients had addictive behavior (54.5%) and 7 of them were addicted to many substances (21.2%).

Most prevalent psychiatric disorders in our population were adjustment disorder (57.6%) and depression (39.4%).

Personality disorders were found in 18 patients (54.5%).

57.6% of patients used drugs for their suicide attempts

Four patients were hospitalized and 82.2% of patients were lost afterward.

Conclusions

Suicidal attempts were associated with a disturbed and unsettled social and familial life leading to personality disorders. Furthermore, we noticed the high prevalence of addiction behaviors and bad treatment compliance.