

**Suicidal ideation and psychiatric morbidity in
a sample of Egyptian elderly population
seeking medical advice
Screening and risk determents**

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In partial fulfillment of master degree neuropsychiatry

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List of Abbreviation

The Integrated Motivational-Volitional Model of Suicidal Behavior	(IMV)
The Three-Step Theory of Suicide	(3ST)
Hypothalamic pituitary adrenal axis	HPA axis
Cerebrospinal fluid 5-hydroxyindoleacetic acid , 5-hydroxy-tryptamine	(5HIAA), (5-HT2A)
norepinephrine	(NE)
3-Methoxy-4-hydroxyphenylglycol	(MHPG)
corticotrophin releasing hormone	(CRH)
Adrenocorticotrophic hormone	(ACTH)
The medial prefrontal cortex	(mPFC)
Monozygotic ; dizygotic	MZ ; DZ
psychological autopsy	(PA)
Little Openness to Experience	(OTE)
Geriatric depression scale- SI	(GDS-SI)
Brief Symptom Rating Scale	(BSRS-5)
the 10th revision of the International Statistical Classification of Diseases and Related Health Problems	ICD-10
Brief psychiatric rating scale	BPRS
Mini mental state examination	MMSE
The activities of daily living scale	(ADLs or ADL)

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Introduction

Suicide at any age ~~could be a~~ tragedy for the individual, his or her family and friends, ~~and therefore the~~ and the communities of which ~~they're~~ they are a part. At a population level suicide ~~is additionally is also a serious a major~~ public health problem, accounting for over 34,500 deaths each year in the United States (WHO, 2010).

The ~~common average~~ incidence of suicide ~~ideation thoughts~~ among elderly population was 5.4% and at one year suicidal ~~thinking ideation~~ persisted for 36.7% of those with ideation at baseline (Raue et al, 2007).

Among ~~senior elderly~~ population ~~it had been it was~~ found that ~~almost nearly 40 forty % percent~~ of patients ~~sixty five 65~~ years or older who died by suicide had directly reported a ~~desire wish~~ to die to a medical provider ~~throughout during~~ the ~~previous prior~~ year. However, few at-risk older adults, ~~especially particularly~~ men, spontaneously report symptoms of distress and/or thoughts of suicide, which can impede the ~~correct accurate~~ detection of suicide risk (Marnin et al, 2010).

Consequently, suicide ~~is taken into account is considered a completely a~~ ~~totally~~ preventable ~~reason for cause of~~ death so by detecting suicidal ~~ideation thoughts~~ and associated risk factors, we can identify high risk ~~population groups~~. To the best of our knowledge, there's no available data or studies concerning the rate of suicidal thoughts among the elders in Egypt ~~ly population~~. By the end of ~~this our~~ study, we can have an idea about the suicidal ~~ideation thoughts rate in among the elderly population~~ in Egypt and can outline the major risk factors ~~related to associated with~~ suicidal ~~ideation thoughts~~.

Aim of the Work

- Suicidal ideation is defined as: ~~conceptions~~~~thoughts~~ of serving as the ~~appliance~~~~agent~~ of one's own death. It ~~might~~~~alter~~~~vary~~ in seriousness ~~reckoning on~~~~depending on~~ the specificity of suicide plans ~~and also~~ ~~and~~ the severity ~~degree~~ of suicidal intent (Pyles, 2003).
- Our study gives a preliminary view about how common are suicidal ideations among elders in Egypt.
- The current study also aim to find associated risk factors with suicidal ideation in elders, in the available literature we can highlight the major risk factors affecting suicidal ~~ideation~~~~thoughts~~ in elderly as depressive symptoms present in 67.5 % of elderly population with suicidal ideation , various physical disorders and pain symptoms.(Chan et al, 2011)
- Few older adults at-risk for suicide are seen in mental health settings; most seek ~~therapy~~~~treatment~~ in primary care ~~venues~~~~settings and will~~ ~~and may~~ even be more ~~probably~~~~likely~~ to do so than ~~non-suicidal~~~~non-suicidal~~ older adults.(Marnin,etal, 2010).
- Primary care providers are ~~consequently~~~~thus~~ well positioned to ~~spot~~~~identify~~ high-risk patients and ~~begin~~~~initiate~~ interventions to ~~diminish~~~~mitigate~~ suicide-related morbidity and mortality. ~~Current~~~~Recent~~ multicenter research trials ~~validates~~~~support~~ the effectiveness of collaborative care interventions for

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~~lessening~~~~reducing~~ and/or resolving suicide ideation among older primary care patients ~~(Marnin,etal.,2010).~~

- So the first step in prevention of suicide in elderly ~~population~~ is ~~detection~~~~identification~~ of high risk groups and thus identification of patients with suicidal ~~ideation~~ ~~thoughts~~ is the ~~cornerstone~~ ~~step~~ cornerstone step in the ~~prevention~~ ~~prevention~~ of suicide.

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Review of literature

Chapter 1: Suicidal Ideation in Elderly

Introduction

Suicide is the act of deliberately killing oneself (WHO, 2010a). It points to any death that is a direct or indirect result of a positive or negative performance accomplished by the victim whom the victim knows or think will produce such a result (Wu & Chan, 2007).

Although suicide ~~seems~~ appears to be an individual decision to end one's own life, the effects and outcomes for family members are long-lasting. There are at least six bereaved survivors for each suicide (Shneidman, 1969); they have higher opportunities of eliciting complicated responses and ~~frequently~~ usually have a ~~greater~~ higher suicide rate than their rivals suffering non-suicide-related bereavement (Jordan, 2001).

Data from World Health Organization ~~proposes~~ suggest that ~~nearly~~ almost one million people die from suicide every year, with ~~an~~ international global mortality rate of 16 per 100,000. As suicide rates in the last half century ~~boosted~~ increased by ~~60~~ sixty percent% worldwide, it is ~~expected~~ estimated that by 2020, suicide would ~~account for~~ cause 1.53 million deaths (Bertolote & Fleischmann, 2009). These projected deaths could ~~direct~~ lead to serious socioeconomic ~~encumbrance~~ burden on the society, especially increasing the ~~load~~ burden on health care.

Old age is the ~~terminating~~~~losing stage~~~~period within their~~ ~~the~~ lifespan and cannot be ~~outlined~~~~defined precisely~~~~exactly~~ because it ~~doesn't~~~~does not~~ have the same ~~significance~~~~meaning~~ in all societies. Older people have ~~inadequate~~~~limited~~ regenerative ~~capabilities~~~~abilities~~ and are more ~~susceptible~~ ~~prone~~ to disease ~~and~~ syndromes ~~and sickness~~ than other adults; in the USA and UK, people become ~~able~~~~eligible~~ to retire with full social security ~~advantages~~~~benefits~~ at age 65. However, this age definition ~~doesn't~~~~does not~~ ~~familiarize~~~~adapt~~ well to the non-Western situation; the United Nations ~~approved~~~~agreed~~ cut-off is 60+ years to ~~talk about~~~~refer to~~ the older population (WHO, 2010b).

Older people ~~pose~~ ~~have~~ a higher risk of suicide than ~~nearly~~~~almost~~ all other age groups. ~~Reasons~~~~Causes~~ for suicide are multi-factorial, and there are no ~~decisive~~~~conclusive~~ findings on the etiologies of older suicide. There are ~~also~~~~dissimilar~~~~different~~ findings ~~concerning~~~~regarding~~ the suicidal behavior between male and female elders in different countries- (Conwell, et al, 2002).

Further, data suggested that suicide rate is extremely high among the elderly. The ~~uppermost~~~~highest~~ suicide rates in most countries are ~~stated~~~~reported~~ to be among persons over 75 year old (Diego, et al, 2002).

Suicidal ideation which ~~proceed~~~~precede~~ suicidal attempt, also ~~comprehended~~~~known~~ as suicidal thoughts, it is ~~cogitation~~~~thinking~~ about or an unusual preoccupation with suicide. The ~~variety~~~~range~~ of suicidal ideation ~~differs~~~~varies~~ greatly from ~~momentary~~~~fleeting~~ thoughts, to incomplete attempts also most people who have suicidal ~~thoughts~~ ~~ideations~~ ~~don't~~ ~~continue~~~~do not go on~~ to make suicide attempts, but suicidal thoughts are considered a risk factor (Gliatto & Rai, 1999).

It is ~~usually~~ ~~commonly~~ believed that "anyone who would think of ending their life must not be thinking clearly." Associations among