Why People Die By Suicide

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Serious Attempt or Death by Suicide

Those Who Desire Suicide

Perceived Burdensomeness

Thwarted Belongingness

Those Who Are Capable of Suicide

Serious Attempt or Death by Suicide
Empirical Evidence


Van Orden et al. (2010). *Psychological Review.*
Empirical Evidence

Anestis et al. (2014). *Journal of Abnormal Psychology.*


Joiner et al. (2016). *Psychological Review.*
Blood alcohol concentrations in victims of sharp force injuries in the Stockholm area
1983-92

mg/dL

SUICIDES
HOMICIDES

N

0-30  30-50  50-100  100-150  150-200  200-250  250-300  300-350  350-400  400-
Perceived Burdensomeness

- Essential calculation: “My death is worth more than my life to my loved ones/family/society.”
Miracle on Ice,
February 22, 1980
Suicide Variation by Days of Week

Monday, Tuesday highest; Sunday, Saturday lowest

Mean Daily Number = 89.4

2005 Data
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Distal Factors

Serious Attempt or Death by Suicide
Prevention/Treatment
Implications

- Increase belonging, or increase a sense of contributing (the opposite of burdensomeness) and thereby prevent the misery of suicide.
Thank you for your attention

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