

***Clinically relevant risk factors for suicide:  
Comparison between clinical group with  
passive suicidal ideation, active suicidal  
ideation and without suicidal ideation***



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# Introduction

- The main aim of this presentation is to present project supported by Goce Delcev University, Stip, R. Macedonia, which will be realize during 2015-2016 year.

- The latest clinical and research findings do not treat passive suicidal ideation as a clinically significant risk factor for suicide, stressing that the wish in these individuals may not look as strong as in those with active suicidal ideation. But here one important fact is not considered, which is that a passive death wish is still a wish that can put individuals at a similar level of risk with those with active suicidal ideation, i.e. with a specific plan and intent.

- By investigating these similarities and differences we can identify additional "silent risk factors" for suicidal attempts which have not been taken into account previously, such as passive death wishes.

- Additionally, we consider that it is of great interest to identify a subgroup that had already had suicide attempts, within which an analysis can be made in order to build a predictive model. Identification of these predictors is of great importance not only for scientists but, above all, also for clinicians to develop targeted treatments for individuals who are struggling with depression and suicidal ideas.

# Research design and research

- This research study is clinically prospective, cross-sequential, but also partly retrospective because it involves also variables from the past, such as patients' history data (number of suicidal attempts, stressful life events, etc.).
- The first empirical part of this project will be a pilot study for validation of the instruments of the non-clinical sample, aged 19-65, while the second part of the empirical research is the main research.

# Research objective

- This research clinical study is aimed at exploring the differences and similarities between the three groups of depressed patients - respondents: with passive suicidal ideation, with active suicidal ideation, and without suicidal ideation, in respect of certain clinically relevant risk factors for suicide (depression, suicidal ideation, hopelessness, negative life events, suicidal attempts). Special emphasis will be placed on the role of passive suicidal ideation.

# Research problems

- Examination of the validity of new instruments and their adjustment to the sample in R. Macedonia.
- Identifying potential differences and similarities between the three groups of depressed patients - respondents: with passive, with active suicidal ideation, and without suicidal ideation, in respect of certain clinically relevant risk factors for suicide (depression, suicidal ideation, hopelessness, negative life events, suicidal attempts).

- To determine the role of passive suicidal ideation as a clinically relevant risk factor for suicide.
- Identifying predictor variables of the included variables of risk factors (depression, suicidal ideas, hopelessness, negative life events) for suicidal risk within the statistically built predictive model.

# Sample and psychological instruments

- The research will be conducted in two stages.
- In the first stage (pilot study) the reliability of psychological instruments on a sample from R. Macedonia will be established (Cronbach's alpha coefficient) on a non-clinical sample from Štip and Skopje, aged 19-65.
- In the second stage, a clinical sample of 200 respondents who met the criteria for Major Depression (MDD) was provided in Clinical Hospital in Štip and City Hospital 8th September in Skopje.

The variables are operationalized through the set of psychological instruments, which will be adapted for Macedonian population.

- Based on psychological instruments, three groups of depressive patients will be formed that would later be compared: with passive suicidal ideation; with active suicidal ideation; and without suicidal ideation.

# Expected results

- There is a significant association between suicidal ideas (passive and active suicidal ideation), hopelessness, negative life events, suicidal attempts, and depression.
- There is a significant association between negative life events, suicidal attempts and suicidal ideas.

- It is expected that the group of active, passive and the group without suicidal ideation will significantly differ among themselves in terms of suicidal ideas, hopelessness, negative life events, depression and suicidal attempts.
- Suicidal ideas (passive and active suicidal ideation), hopelessness, negative life events, and depression are significant predictors of suicidal attempts.

# **Expected scientific, theoretical, research and social contribution**

- Explanations of suicidal behavior as well as of relevant clinical risk factors that lead to suicide are important for *diagnosis, treatment and rehabilitation* of depressed patients with this clinical picture.

- The *clinical importance* of differentiating between individuals who will make an attempt and those who have suicidal ideas but will not make a suicidal attempt is important in the *assessment* of a suicidal risk.
- Psychological measuring instruments to be used in this research have never been used in R. Macedonia before, which means the enrichment of psychological instrumentarium for measurement in clinical practice and in research.
- In the frames of this project, we will try to distinguish between two types of suicidal ideation, passive and active suicidal ideation in the context of psychological measurement of risk of suicide.

- *Social justification* for this research is great, primarily because of the large warning percentage of prevalence of suicide in the country.
- From a *public health perspective*, we expect that the results of this research will raise awareness of the need for screening and prevention that must be taken before passive and active suicidal ideas develop in the patient.

- From *theoretical-research aspect*, the contribution of the results would be the emphasizing of the necessity for complementary and integrated approach, as well as highlighting the importance of social context, i.e. socio-cultural environment in which cognition takes place.

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