

Evaluation of grief process and suicidal thoughts in the first degree relatives of suicide completers in Ardabil city in 2022

Abstract

Background: Considering that the survivors of suicides leading to death have a high level of psychological damage, there is a lot of attention to the study of predisposing factors in suicide.

Aim: The purpose of this study was to evaluate the mourning process and suicidal thoughts in the family of people with suicide leading to death in Ardabil city in 1400.

Materials and methods: Our study population was first-degree relatives of people who died by suicide. The questionnaires were completed after a maximum of one year after the occurrence of suicide. All participants were evaluated using the Beck Suicidal Thoughts Test and the Bereavement Experience Questionnaire (GEQ-34).

Results: 211 first-degree relatives of suicides leading to death in 1400 were included in the study, of which 104 were men and 107 were women. The average age of the participants in the study was calculated as 42.28 ± 11.76 and the average score of the total grief experience questionnaire was 81.62 ± 12.46 . In terms of the subscales of the questionnaire, the following dimensions scored the most among the first degree relatives of those who committed suicide: the feeling of guilt and the effort to justify and cope. In terms of the overall score of the questionnaire, moderate bereavement experience was reported in 70 people, low bereavement experience in 31 people, and high bereavement experience only in 10 people. According to Beck's suicide thoughts questionnaire, 154 of the participants did not have suicidal thoughts, 30 people had a low risk of suicide, 22 had a high risk of suicide, and 5 had attempted suicide.

Conclusion: According to the results of this study, the majority of people had moderate bereavement experience and the highest score was assigned to the guilt dimension; Also, most of the participants did not have suicidal thoughts.

Keywords: suicide - first degree relatives – bereavement