



PSYC 3140
Suicide

Teaching Seminar Mini-Demo Assignment

July 27, 2020

Nancy Su

Goals:

- Understand terminology around suicide
- Joiner's interpersonal theory of suicide
- Factors that increase risk of suicide

Definitions

- **Suicide:** self-inflicted death in which the individual intentionally and consciously ends their own life
- **Suicide attempt:** refers to the suicidal effort but the action was not complete
 - With injuries
 - Without injuries

Definitions

- **Suicidal ideation:** any thoughts about considering, wanting, planning to kill oneself
- **Morbid rumination:** thoughts about death and dying in general (or maybe being dead)



Suicide Statistics

While this data is the most accurate we have, we estimate the numbers to be higher. Stigma surrounding suicide leads to underreporting, and data collection methods critical to suicide prevention need to be improved. [Learn how you can become an advocate.](#)



- Between a third and four-fifths of all suicide attempts are impulsive acts

Joiner's Theory of Suicide

- **Joiner's Interpersonal Model**
 - An individual will not die by suicide unless s/he has both the desire to die by suicide and the ability to do so
- 3 parts to his model:
 - Perceived burdensomeness (inherent need to contribute)
 - Low belongingness/social isolation (inherent need to belong)
 - Acquired ability to enact lethal self-injury (capacity for suicide)

Perceived Burdensomeness

“My death is worth more than my life to family/friends/society.”

Low Belonging/Social Isolation

Feeling that one is alienated from others, not an integral part of a family, circle of friends, or other valued group.

Acquired Capacity for Suicide

Fighting with your own self-preservation instincts.

Acquiring the Capacity for Suicide

When self-injury and other dangerous experiences become unthreatening and mundane – when people work up to the act of death by suicide by getting used to its threat and danger – that is when we might lose them.

Acquiring the Capacity for Suicide

- Accrues with repeated and escalating experiences involving pain and provocation, such as...
 - Past suicidal behavior, but not only that...
 - Repeated injuries (e.g., childhood physical abuse).
 - Repeated witnessing of pain, violence, or injury (e.g., physicians).
 - Any repeated exposure to pain and provocation.
- **Habituation**: diminishing response due to repeated stimulation.

Predispositions to Suicidal Behavior

- **History of psychiatric diagnoses**
 - Increased risk with recurrent disorders, comorbidity, and chronicity
 - Depressive symptoms, bipolar, anxiety, schizophrenia, borderline or antisocial personality disorder, body dysmorphic disorder, substance abuse
- Previous history of suicidal behavior
- Recent discharge from inpatient facility
 - Risk highest during 1st month
- History of abuse or bullying
- Sexual orientation conflicts

Predispositions to Suicidal Behavior

- Male gender
- Age over 60
- Family history of suicide
 - Modeling
 - Family members and friends
 - Celebrities
 - Highly Publicized Cases
 - Co-workers and colleagues



Story of Hope

<https://youtu.be/WcSUs9iZv-g>

“I Jumped Off The Golden Gate Bridge”

Video Review

- What predispositions did Kevin have that put him at increased risk for suicide?

Video Review

- Does Kevin's story fit with Joiner's interpersonal theory of suicide?

Summary

- Understand terminology around suicide
 - Suicide
 - Suicide attempt
 - Morbid rumination
 - Suicidal ideation

Summary

- Joiner's interpersonal theory of suicide
 - Perceived burdensomeness
 - Low belongingness/social isolation
 - Acquired capacity for suicide

Summary

- Factors that increase risk of suicide
 - History of psychiatric diagnoses
 - History of suicidal behavior
 - Family history of suicide (social contagion)
 - Male gender
 - Age over 60