

REVIEW

Suicide in Adolescents: A Worldwide Preventable Tragedy

Donald E. Greydanus,^{1,2} Flora Bacopoulou³ and Emmanuel Tsalamaniis³

¹*Pediatrics & Human Development, Michigan State University College of Human Medicine, Michigan State University, Michigan, USA*

²*Kalamazoo Center for Medical Studies, Michigan, USA*

³*Centre for Health and Prevention in Adolescence, "Aghia Sophia" Children's Hospital First Department of Paediatrics, Athens University, Athens, Greece*

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Abstract

The tragedy of suicide in adolescents is experienced by all countries of the world with as many as 200,000 youth and young adults ending their life in the prime of their life because of self-murder each year. Such a tragedy should be unacceptable to clinicians of the world and this article examines factors leading to such death in our youth with recommendations on how to prevent such a worldwide carnage. A major issue in suicide prevention is to screen all children and adolescents for depression and other factors that may trigger suicide in adolescence. (*Keio J Med* 58 (2) : 95–102, June 2009)

Keywords: suicide, adolescents, causes, prevention

Introduction

The tragedy of suicide in adolescents is experienced by all countries of the world with as many as 200,000 youth and young adults ending their life in the prime of their life because of self-murder each year.¹ Such a tragedy should be unacceptable to clinicians of the world and this article examines factors leading to such death in our youth with recommendations on how to prevent such a worldwide carnage. A major issue in suicide prevention is to screen all children and adolescents for depression and other factors that may trigger suicide in adolescence.

Adolescent Suicide

Japan

The National Plan for Maternal and Child Health for 2001 to 2010 in Japan has listed suicide prevention as a major priority for health care providers in Japan.² Other national priorities include reduction in rates of abortion, sexually transmitted diseases, unhealthy body weights

(i.e., thinness or obesity), and drug abuses (i.e., smoking and alcohol consumption). Suicide rates for male Japanese youth 15 to 19 years of age increased from 5 per 100,000 in 1990 to 9 per 100,000 in 2003 while the rate for females increased from 3 to 5 in the same time period.³ Suicide rates for young adults, 20 to 24 years of age, are double or more that noted for the adolescent population.

United States

Suicide rates in adolescents and young adults in the United States have varied in the 20th century and were reflective of greater societal forces. For example, rates were highest in the 1930s in partial response to major economic crises in the adult population; these rates dropped in the 1940s and 1950s only to double from 1960 to the early 1990s.^{4,5} Suicide rates in youth dropped somewhat from the 1990s to 2001, then increasing in 2005. Proposed reasons for the drop from 1990 to 2003 was the increased use of selective serotonin reuptake inhibitors (SSRIs) to combat depression. A United

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Reprint requests to: Donald E. Greydanus, M.D., Pediatrics & Human Development Michigan State University College of Human Medicine, Pediatrics Program Director Michigan State University/Kalamazoo Center for Medical Studies, 1000 Oakland Drive Kalamazoo, MI 49008-1284, USA, Tel: +1-269-337-6450, Fax: +1-269-337-6474, E-mail: Greydanus@kcms.msu.edu

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