

GENDER DIFFERENCES IN SUICIDAL COMPLETION: 5 YEARS ANALYSIS IN CENTRAL PORTUGAL

A.C. Lopes¹, *G. Castanheira*^{2,3}, *S. Vicente*¹, *C. Cordeiro*^{2,3,4}, *B. Silva*^{2,3,4}, *F. Corte-Real*^{2,3,4}, *D.N. Vieira*^{2,3,4}

¹Psychiatry and Mental Health, Baixo Vouga Hospital Center, Aveiro, ²National Institute of Legal Medicine and Forensic Sciences, ³Centre of Forensic Sciences, ⁴School of Medicine - University of Coimbra, Coimbra, Portugal

Suicide is the act of intentionally causing the one's own death and it can be explored by different studies using different methodologies, one of which is the statistical analysis of suicide, recognized by World Health Organization as very useful in research to gain a better understanding of the phenomenon.

Research data from statistical analysis collected from various countries shows that there are gender-by-culture differences in rates of suicide completion and it has been reported that biological, social and psychological factors affect suicidal behavior differently in men and women.

Several variables were characterized by the authors not only to establish the gender differences in suicide completion in the central Portugal but also to compare this reality with nacional and european patterns.

The authors present a retrospective study of forensic autopsies performed between 2006 and 2010 in the central portuguese regions of Aveiro, Castelo Branco, Coimbra, Covilhã, Figueira da Foz, Guarda, Leiria, Viseu and Tomar. Among 8148 forensic autopsies 15% (N=1248) were due to suicide and data collected from these forensic post mortem exams helped to establish the profile and circumstances of suicide in men and women.

Health care professionals must consider gender differences in treating patients who are at risk for suicide, although this field clearly deserves more research attention to generate information that can guide clinical practice and prevention strategies.