

P-1429 - THE ANALYSIS OF SUICIDE NOTES

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Introduction: Suicide notes are the only personal interpretation evidence of his action causes among all possible information sources about suicide.

Objectives: To improve quality of suicide prevention by the mean of suicide notes analysis. Objects of the study: 77 suicide notes of Belarusian citizens who had committed suicide and corresponding prosecutor's reports.

Methods: Evaluation of the formal visual characteristics of notes and demographic data, content analysis (note addressee, stated reason, manifested affect, dominant theme and direction of the charges).

Results: The mean age of the sample was 43.8 years, 87% were male. 75% of the notes had specific addressee, 32.2% of them were directed to a spouse. In 55.8% of notes the main theme was "apology", in 50.7% it was "inability to stand the pain / illness", but the main emotion displayed by half of cases was "guilt". The vast majority of notes with the theme "charge" belonged to men (92.6%), 60% of these charges were directed to their wives. Women most frequently reported such reasons as "avoiding" (80%) and "self-punishment" (40%), men - a "protest / revenge" and "coercion" - in 32.8% and 23.9% respectively. Notes of women were characterized by higher volume, accuracy, consistency, and literacy. For persons aged 26-35 years the main causes of suicide were "protest / revenge" and "coercion", and for those at the age of 66-75 years - "avoidance" and "rational denial".

Conclusion: Age and gender tendencies of suicide causes should be considered in planning the suicide prevention strategies in different age groups.