

Evaluation of suicide attempts with drug poisoning in North-West of Iran

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Deliberate Self-Poisoning (DSP) or drug induced suicide is the most common method of suicide in the developed countries and is associated with significant morbidity and mortality (1-3). Factors associated with DSP include economic and social factors, culture, religion, and health (4-6). Other symptoms that may influence suicide encompass demographic information like age, sex, and ethnicity (6-8). A study conducted in Penang General Hospital during the years 2000–2004, showed that the people who were hospitalized due to intentional suicide were approximately 652050 people (9). Among these, 46.5%, 42.5% and 10.6% were from China, Malay, and India respectively. DSP admission in hospitals was 8.1 cases per month that estimated 14.91 cases per 100,000 people. Totally 70.3% of subjects were female (<45 years) (10). Suicide is one of the causes of death worldwide (11-13), and one of the main risk factors associated with suicide is par suicide. 3-10% of suicides are due to death and 50% of the DSP was noting that history of previous suicide intentional (14-16). In United States (US) 4-5% of people had suicide behaviors (17). Reducing the DSP is an important public health issue in the US, UK, and for WHO. Thus, appropriate programs and prevention strategies about DSP are aimed to provide health for all (18). In another study, the biggest cause of self-harm was DSP (85-90%) in which 658 patients were referred to hospitals for DSP. Among these, 370 (56%) were females with mean age of 30 years (age range 22-29 years), 190 (29%) were married, and 167 (23%) were employees (19). Worldwide,

suicides are the three major causes of death among people in the age range of 15-44 years (both sexes) (20). (DSH) Individual self-harm is an important factor in hospital admissions for patients in the West poses (21). In many countries, suicide occurs in rural areas more than urban areas (22,23). DSP as a major health problem has been recognized with significant mortality in the world, and many patients will be admitted in the ICU. In a study between 2001 to 2002, among 217 patients referred to hospitals 34 (15.7%) cases were hospitalized in the ICU with the average age of 35.9 years in which 65.4% were women (24). DSP in Great Britain was considered as the most common reason for acute hospital admission (25). The incidence of drug toxicity in young people especially women was more than men and also it was more common in people with social and economic backgrounds, people with social deprivation, and people suffering from depression and alcohol usage. Risks of suicide are significant after repeated drug toxicities (26). In a study that was conducted in Iran (66% of people were male and 34% were female) a significant statistical relationship ($P < 0.05$) was noted between the type of poison, patient age, gender, occupation, level of education, and marital status (27).

In our study in East Azerbaijan, between 2008-2011, the patients who came to all hospitals in Tabriz with the report of self poisoning were 8454, in which 3868 (45.8%) were male and 4586 (54.2%) were female. Patients in the age group of 21-30 years had the highest frequency among the other 3651 (43.2%). The incidence of self-poisoning in urban areas was 8058 (95.3%) in comparison to the number of 382 (4.5%) in rural areas. It should also be noticed that the most frequent months in which suicides occurred were from March to April with 1035 (12.2%) patients. This accrue in urban about 8058 (95.3%) that rural space. Also among these cases 14 people died and the others were treated.

According to findings different study and this study regions, due to the large number of female patients who at a young age (21-30 years), recommended to help this people and surveyed in situations such as universities with psy-

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chological support systems such as psychologists, families and can be prevented people before committing suicide and DSP.

Ethical issues

Not applicable.

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