Epidemiology of suicide in the elderly

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Background: having suicide is the most violent method to terminate the life. Self-suicide in elderly may be due to mental disorders, family disputes, financial stress, and other reasons. Self-suicide is the most frequent event in the elderly. The present study was conducted to investigate the suicide in elderly.

Methods: A retrospective study (2013-2019) was done with the medical records of patients older than 60 years in the Imam Khomeini Hospital. Data were analyzed using SPSS 14.

Results: A total of 133 cases of suicide were reported and the mean age of the patients was 80.9 ± 8.7 years. The sex ratio was equal. Most of the patients had a history of illness and depression. The most common cause of death was hangman's noose. Suicide attempts were reported to be the most common method. Most of the patients had a history of depression and anxiety.

Conclusion: Self-suicide in the elderly is due to various reasons, including family disputes and financial problems, and other treatments are not effective in all cases. It should be considered as an important mental health problem in community. It is necessary to report the elderly in community and don't impose the family to treat their needs. Therefore, a comprehensive organization is necessary to help elderly in painful and stressful moments.

Key words: elderly, suicide, family.