

# South Kazakhstan State Pharmaceutical Academy

## Foreign Languages Department

# SIW

**Theme: Suicide**

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# **Plan**

**1.Introduction**

**2.The main section**

**A)Risk factors for humans**

**B) Mental disorders, Problem  
gambling**

**C)Prevention**

**3.Conclusion**

**4.Literature**

# Introduction

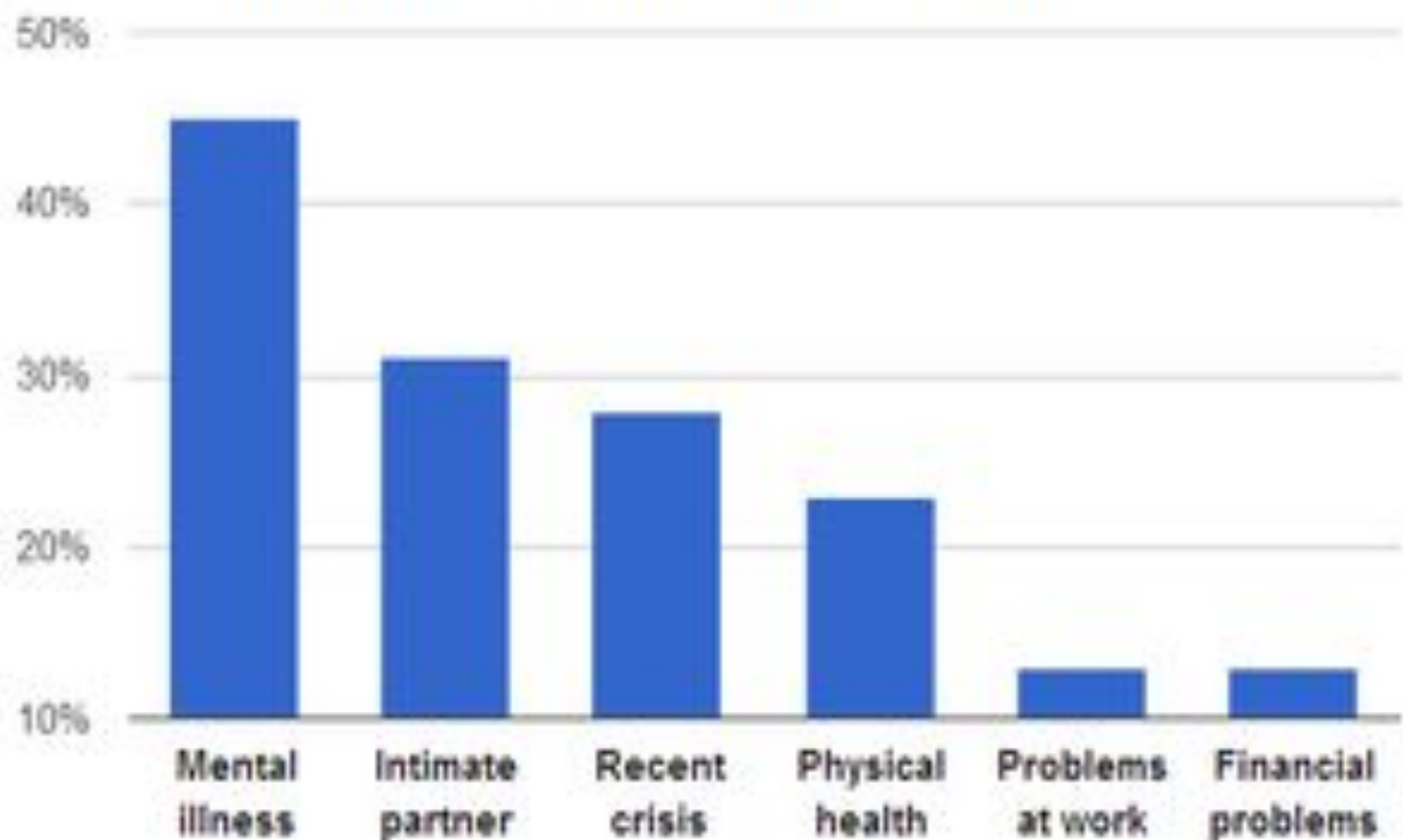
**Suicide** is the act of intentionally causing one's own death. Risk factors include mental disorders such as depression, bipolar disorder, schizophrenia, personality disorders, alcoholism, or substance misuse. Others are impulsive acts due to stress such as from financial difficulties, troubles with relationships, or from bullying. Those who have previously attempted suicide are at higher risk for future attempts



## **The main section**

Factors that affect the risk of suicide include mental disorders, drug misuse, psychological states, cultural, family and social situations, and genetics. Mental disorders and substance misuse frequently co-exist. Other risk factors include having previously attempted suicide, the ready availability of a means to take one's life, a family history of suicide, or the presence of [traumatic brain injury](#). For example, suicide rates have been found to be greater in households with firearms than those without them.

## Precipitating Factors in Suicide



Socio-economic problems such as unemployment, poverty, homelessness, and discrimination may trigger suicidal thoughts. About 15–40% of people leave a suicide note. Genetics appears to account for between 38% and 55% of suicidal behaviors. War veterans have a higher risk of suicide due in part to higher rates of mental illness such as post traumatic stress disorder and physical health problems related to war.

Mental disorders are often present at the time of suicide with estimates ranging from 27% to more than 90%. In Asia, rates of mental disorders appear to be lower than in Western countries. Of those who have been admitted to a psychiatric unit, their lifetime risk of completed suicide is about 8.6%. Half of all people who die by suicide may have major depressive disorder; having this or one of the other mood disorders such as bipolar disorder increases the risk of suicide 20-fold





Problem gambling is associated with increased suicidal ideation and attempts compared to the general population. Between 12 and 24% pathological gamblers attempt suicide. The rate of suicide among their spouses is three times greater than that of the general population. Other factors that increase the risk in problem gamblers include mental illness, alcohol and drug misuse.

Suicide prevention is a term used for the collective efforts to reduce the incidence of suicide through preventative measures. Reducing access to certain methods, such as firearms or toxins can reduce risk. Other measures include reducing access to charcoal and barriers on bridges and subway platforms. Treatment of drug and alcohol addiction, depression, and those who have attempted suicide in the past may also be effective. Some have proposed reducing access to alcohol as a preventative strategy (such as reducing the number of bars).

In young adults who have recently thought about suicide, [cognitive behavioral therapy](#) appears to improve outcomes. [Economic development](#) through its ability to reduce poverty may be able to decrease suicide rates. Efforts to increase social connection, especially in elderly males, may be effective. The [World Suicide Prevention Day](#) is observed annually on September 10 with the support of the [International Association for Suicide Prevention](#) and the [World Health Organization](#).

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**  
**1-800-273-TALK (8255)**  
**suicidepreventionlifeline.org**





# Literature

- 1 . *Stedman's Medical Dictionary (28th ed.). Philadelphia: Lippincott Williams & Wilkins. 2006. [ISBN 978-0-7817-3390-8](#).*
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**Thank you very much  
for your attention!!**