

RESEARCH ARTICLE

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# Non-fatal suicidal behaviour, depression and poverty among young men living in low-resource communities in South Africa

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## Abstract

**Background:** Suicide is a serious public health problem in low- and middle-income countries. Understanding the context- and gender-specific risk factors for non-fatal suicidal behaviour is the cornerstone of evidence-based public health interventions to reduce suicide. Poverty and symptoms of depression are well-established risk factors for suicidal behaviour. However, little is understood about how proximal economic factors (such as losing one's job, or food insecurity) may confound the effects of symptoms of depression to increase the risk of non-fatal suicidal behaviour in vulnerable populations, such as young men living under conditions of endemic poverty. The aim of this study was to explore the extent to which a wide range of poverty-related variables account for non-fatal suicidal behaviour independent of, or in addition to, symptoms of depression among young men living in low-resource communities in South Africa (SA).

**Methods:** Data were collected from a clustered sample of 647 young men living in low-resource communities in the Western Cape province of SA. Multivariate regressions were used to identify the associations between poverty-related measures, symptoms of depression, and past-month prevalence of non-fatal suicidal behaviour.

**Results:** Non-fatal suicidal behaviour in the last month was reported by 47 (6.13%) participants; suicidal ideation ( $n = 43$ ; 5.97%); suicide plan ( $n = 5$ ; 0.77%); suicide attempt ( $n = 4$ ; 0.62%), and deliberate self-harm without intent to die ( $n = 4$ ; 0.62%). Past-month prevalence of non-fatal suicidal behaviour was significantly associated with particular dimensions of poverty (living in a home without a toilet on the premises, having previously been fired, and food insecurity), but not with other dimensions of poverty (such as prolonged unemployment and low levels of income). However, symptoms of depression were a more significant predictor of non-fatal suicidal behaviour than any measure of poverty (aOR=1.093, 95% CI=1.058-1.129,  $p < .000$ ).

**Conclusions:** Depressive symptoms are more strongly associated with non-fatal suicidal behaviour than a range of proximal and distal economic factors among young men living under conditions of endemic poverty in South Africa. This has important public health implications and highlights the importance of increasing young men's access to psychiatric services and targeting depression as an integral component of suicide prevention in low resource communities.

**Keywords:** Non-fatal suicidal behaviour, Poverty, Depression, Men, South Africa, Public health, Suicide prevention

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**Joel Harvey**



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*Suicidal Behaviour* Updesh Kumar, 2014-11-13 *Suicidal Behaviour* Underlying dynamics is a wide ranging collection of articles that builds upon an earlier volume by the same editor *Suicidal Behaviour Assessment of people at risk* 2010 and delves deeper into the dynamics of suicide by synthesizing significant psychological and interdisciplinary perspectives The volume brings together varied conceptualizations by scholars across disciplines from around the globe thereby adding on to the available theoretical understandings as well as providing research based inputs for practitioners in the field of suicidal behaviour This book contains sixteen chapters divided into two broad sections The volume opens with a discussion about the Theoretical Underpinnings of suicidal behaviour spread through the initial eight chapters that conceptualize the phenomenon from different vantage points of genetics personality theory cognitive and affective processes stress and assessment theories The second section brings in the Varied Research Evidences and Assessment Perspectives from different populations and groups Building upon the theoretical foundations the chapters in this section discuss the nuances of dealing with suicidal behaviours among sexual minority populations alcoholics military personnel and within in specific socio cultural groups The section closes with an intense focus on a significant issue encountered often in clinical practice that of assessment of suicide risk and ways of resolving the cultural ethical and legal dilemmas *Introduction to Psychopathology* Alessandra

Lemma, 1996-08-22 I was most impressed by the author's thoroughness in writing this book She seems to leave no stone uncovered this is a work which should become a necessity for all counsellors counselling psychologists psychiatric nurses and psychotherapists This is a book to which I will make reference time and time again and one which will occupy a prominent place in my library *Counselling The Journal of the British Association for Counselling* An invaluable handbook for students of psychotherapy and a good reference for established therapists I recommend that all therapists have a copy of this book on their shelf *Psychology Health Medicine Assessment* and refer

**World Report on Violence and Health** World Health Organization, 2002 This report is part of WHO's response to the 49th World Health Assembly held in 1996 which adopted a resolution declaring violence a major and growing public health problem across the world It is aimed largely at researchers and practitioners including health care workers social workers educators and law enforcement officials **Oxford**

**Textbook of Suicidology and Suicide Prevention** Danuta Wasserman, 2021 Part of the authoritative Oxford Textbooks in Psychiatry series the new edition of the Oxford Textbook of Suicidology and Suicide Prevention remains a key text in the field of suicidology fully updated with new chapters devoted to major psychiatric disorders and their relation to suicide

*Suicide Across Cultures* Meryam Schouler-Ocak, Murad Moosa Khan, 2024-09-04 Over 700 000 people globally take their own lives every year which equates to one death by suicide every 40 seconds Among teenagers and young adults suicide is the second most common cause of death after road traffic accidents Overall almost three times as many men than women die by suicide There are however significant variations in the patterns of suicide across cultures gender age geographic locations

and personal history due to the complex relationship of how these factors converge One thing that remains consistent is that every death is a tragedy for family friends and all colleagues Traditions of suicidal behaviour are deeply rooted in any given culture and so examining the cultural influences can be of paramount importance in the understanding and assessment of a suicidal crisis Suicide Across Cultures offers the opportunity to expand knowledge beyond majority groups and to look further than the dominant paradigm in suicide research treatment and prevention With the majority of global suicides taking place in non Western societies minority groups are an essential area in suicide research Written by experts from around the world this fascinating textbook includes topics and regions that are not usually covered in texts on suicide and self harm It provides a unique and important insight for academics and students in psychiatry as well as anyone from the wider public with an interest in the psychiatry of suicide across cultures Psychotherapy with Suicidal People Antoon A.

Leenaars,2004-05-14 Almost a million people die by suicide every year WHO estimate The sheer numbers have made suicide prevention a major health target but effective prevention is not straightforward Suicide is a complex event more complex than most of us imagine calling for an equally complex response Psychotherapy with Suicidal People provides a multi component approach with rich clinical data including many case histories to guide the reader Based on decades of research from across the globe Antoon A Leenaars takes the reader into the mind of the suicidal person from the young to the elderly from the anonymous to the famous There is no better way to know and thus to treat a person A plethora of special features makes this volume an international classic and includes Reflections of many suicidologists such as Heraclitus Plato Sigmund Freud Emile Durkheim and Edwin Shneidman A unique window on the clinical mind of the author Empirically supported definition with applications across age gender historical time as well as culture The report of the International Working Group on Ethical and Legal Issues in Suicidology Psychotherapy with Suicidal People A Person centred Approach is essential reading for clinical psychologists psychiatrists and their trainees and all clinicians who work with suicidal people

**Companion to Psychiatric Studies E-Book** Eve C Johnstone,David Cunningham Owens,Stephen M Lawrie,Andrew M McIntosh,Michael D. Sharpe,2010-07-26 2011 BMA Book Awards Highly Commended in Psychiatry A new edition of a classic textbook now published for the first time with colour Covering the entire subject area both basic sciences and clinical practice in an easily accessible manner the book is ideal for psychiatry trainees especially candidates for postgraduate psychiatry exams and qualified psychiatrists New edition of a classic text with a strongly evidenced based approach to both the basic sciences and clinical psychiatry Contains useful summary boxes to allow rapid access to complex information Comprehensive and authoritative resource written by contributors to ensure complete accuracy and currency of information Logical and accessible writing style gives ready access to key information Ideal for MRCPsych candidates and qualified psychiatrists Expanded section on psychology including social psychology to reflect the latest MRCPsych examination format Discussion of capacity and its relationship to new legislation Text updated in full to reflect the new Mental Health Acts

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**Suicide** Matthew K. Nock,Guilherme Borges,Yutaka Ono,2012-03-22 Presents a unique global perspective on suicidal behaviors using new data collected in 21 countries on 6 continents

**Forensic Psychology** Joanna R. Adler,Jacqueline M. Gray,2010 This book brings together academics practitioners and experts in the field of forensic psychology to demonstrate the scope of the discipline and push its parameters Its aim is to go beyond introductory texts to challenge perceptions to raise questions for research and to pose problems for practice The editors hope to inspire and stimulate debate about how forensic psychology can aid the practice of justice The book is divided into six sections addressing key topics from the discipline investigation and prosecution testimony and evidence serious and persistent offending treat

*A Million Person Household Survey: Understanding the Burden of Injuries in Bangladesh* Adnan A. Hyder,Olakunle Alonge,2018-08-07 This book is a printed edition of the Special Issue A Million Person Household Survey Understanding the Burden of Injuries in Bangladesh that was published in IJERPH

*The Cambridge Handbook of the International Psychology of Women* Fanny M. Cheung,Diane F. Halpern,2020-08-06 There is a growing knowledge base in understanding the differences and similarities between women and men as well as the diversities among women and sexualities Although genetic and biological characteristics define human beings conventionally as women and men their experiences are contextualized in multiple dimensions in terms of gender sexuality class age ethnicity and other social dimensions Beyond the biological and genetic basis of gender differences gender intersects with culture and other social locations which affect the socialization and development of women across their life span This handbook provides a comprehensive and up to date resource to understand the intersectionality of gender differences to dispel myths and to examine gender relevant as well as culturally relevant implications and appropriate interventions Featuring a truly international mix of contributors and incorporating cross cultural research and comparative perspectives this handbook will inform mainstream psychology of the international literature on the psychology of women and gender

**Mental Disorders in Primary Care** Andre F. Carvalho,2017 An invaluable guide to psychiatric presentation diagnosis and treatment in a primary care setting

**Suicidal Behavior in Muslim Majority Countries** S. M. Yasir Arafat,Mohsen Rezaeian,Murad M. Khan,2024-06-07 The book is about suicidal behavior in Muslim majority countries Islam is the second largest religion in the world There are also sizable Muslim populations in non Islamic countries Suicide is strongly prohibited in Islam and based on this tenet suicide and self harm remain criminalized acts in many Islamic countries When compared to the global estimates

for suicide rates and to non Islamic countries Muslim majority countries have lower rates indicating that Islamic faith and practice may be protective against suicidal behaviors However several factors such as criminal status stigma toward suicide extreme dearth of research low quality data and under reporting make it difficult to draw any firm conclusions Hence this book aims to do a deeper study of suicidal behaviors in Muslim majority countries covering epidemiology risk factors and the challenges of suicide prevention in Muslim majority countries

**Mental and Neurological Public Health** Vikram Patel,Alistair Woodward,Valery Feigin,Stella R. Quah,Kristian Heggenhougen,2010-06-07 Colin Mathers who leads the Global Burden of Disease group in WHO has confirmed that in the 2004 GBD 13 1% of global Daily Adjusted Life Years are attributable to mental or neurological disorders While the proportions vary very widely from about 10% in low income countries to over 25% in high income countries it is clear that there is a need for understanding how to address this issue This volume aims to provide a comprehensive overview of the public health principles of mental and neurological disorders This vast range of health conditions affects people across the life course from developmental disabilities in childhood to schizophrenia and substance abuse in adults and dementia in old age Despite this diversity they all share many features they are mostly mediated through brain dysfunction or abnormalities are often chronic in course typically benefit from multi component interventions and are amongst the most neglected conditions in global health The volume will bring together chapters from the Psychiatry Neurology Substance Abuse and Child Development sections of the Encyclopedia of Public Health The volume will be the first comprehensive text on a public health approach to this diverse group of health conditions and has no obvious competitor Highlights the common features of many mental and neurological disorders Provides insights into potential cross over methods of identification and treatment Includes chapters on the most frequently diagnosed mental and neurological challenges faced by public health systems

**Self-Harm in Young People: A Therapeutic Assessment Manual** Dennis Ougrin,Tobias Zundel,Audrey V Ng,2009-08-28 Self harm is a distressing and all too common presentation to emergency departments and yet there is no clear understanding of what it represents and success rates of interventions to prevent future episodes are enormously variable Therapeutic Assessment for self harm is a pragmatic model developed by the authors of this book and forming an orga

The International Handbook of Suicide and Attempted Suicide Keith Hawton,Kees van Heeringen,2000-11-21 Recent research in the area of suicidology has provided significant new insights in the epidemiological psychopathological and biological characteristics of suicidal behaviour The International Handbook of Suicide and Attempted Suicide is the first book to bring together this expertise and translate it into practical guidelines for those responsible for policy issues and for those involved in the treatment and prevention of suicidal behaviour Leading international authorities provide a truly comprehensive and research based reference to understanding treating and preventing suicidal behaviour They explore concepts and theories which best guide work within this field and detail key research which has supported conceptual developments preventive interventions and clinical treatment No self respecting

worker in deliberate self harm and suicide prevention either clinical or research can afford to be without access to this comprehensive handbook possession and regular use may well become a marker of serious involvement in the subject This is the most comprehensive up to date informative and well written source of information on suicide and suicidal behaviour an invaluable work of reference which will be essential for clinicians and researchers for many years to come Andrew Sims Emeritus Professor of Psychiatry St James's University Hospital Leeds UK British Journal of Psychiatry

**Mood Disorders** Eric J. L. Griez, 2005-04-08 Written by an outstanding team of internationally recognised experts this practical textbook is based on the European Certificate in Anxiety and Mood Disorders It provides a thorough overview of diagnosis and treatment of mood disorders and analyses the most recent developments and scientific evidence Covers the most important clinical topics in the field including symptomatology natural course and diagnosis Treatment strategies are reviewed in the light of all available empirical evidence Outstanding list of international contributors

**Seminars in General Adult Psychiatry** George Stein, Greg Wilkinson, 2007-04 This second edition of Seminars in General Adult Psychiatry provides a highly readable and comprehensive account of modern adult psychiatry Key features of the first edition that have been retained are the detailed clinical descriptions of psychiatric disorders and historical sections to give the reader access to the classic studies of psychiatry as well as the current evidence Additional topics covered here for the first time include liaison psychiatry psychosexual medicine clinical epidemiology and international and cultural psychiatry Clinical management is given due prominence with extensive accounts of modern drug management cognitive therapy the main psychosocial approaches and current guidelines such as those published by the National Institute for Health and Care Excellence An essential text for trainees studying for their MRCPsych this book is also a one stop reference work for established practitioners providing comprehensive coverage of the whole of adult psychiatry

**Young Men in Prison** Joel Harvey, 2012-12-06 This book examines how young men between the ages of 18 and 21 make the transition to prison life and how they adapt practically socially and psychologically Based on extensive research in Feltham Young Offenders Institution this book examines in particular the role of social support both inside and outside prison in relation to their adaptation along with the constructs of trust locus of control and safety It concentrates both on the successful adaptation to prison life and on the experience of individuals who have difficulties in adapting it pays special attention to those who harm themselves whilst in prison It is the first study to provide an in depth account of the psycho social experience of imprisonment for young adults Understanding this early stage of imprisonment is of major importance to policy makers and practitioners in the light of the fact that up to a half of completed suicides occur within the first month in prison

**Understanding Repeated Self-Injury** Digby Tantam, Nick Huband, 2009-03-31 Why do some people repeatedly injure themselves How common is this form of self harm How can professionals offer appropriate intervention and support to those whose lives are troubled by it either directly or indirectly This authoritative and systematic book adopts a holistic approach to the problem of repeated self injury and the

difficult emotions and experiences that it gives rise to Bringing together theory research and a wealth of case vignettes Understanding Repeated Self Injury examines both the psychological and physical aspects of self injury The authors explain how deliberate cutting or burning of the skin is used by many as a way to overcome and temporarily escape bad feeling and thus transcend the limits of their identity In particular the book Presents a unifying model for theory and practice based on the phenomenology of self injury Examines the important role of identity and dissociation in perpetuating self injury Considers the wider impact of self injury on family and friends and on staff Addresses treatment strategies and self help resources Each chapter draws on the authors considerable clinical experience across a range of contexts and is written with professionals and trainees particularly in mind This book is an essential introduction and indispensable resource for those working or considering to work in counselling therapeutic and health care settings where they are or might be confronted with the complexities of self injury



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## **Table of Contents Non Fatal Suicidal Behaviour Among**

1. Understanding the eBook Non Fatal Suicidal Behaviour Among
  - The Rise of Digital Reading Non Fatal Suicidal Behaviour Among
  - Advantages of eBooks Over Traditional Books
2. Identifying Non Fatal Suicidal Behaviour Among
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Non Fatal Suicidal Behaviour Among
  - User-Friendly Interface
4. Exploring eBook Recommendations from Non Fatal Suicidal Behaviour Among
  - Personalized Recommendations
  - Non Fatal Suicidal Behaviour Among User Reviews and Ratings
  - Non Fatal Suicidal Behaviour Among and Bestseller Lists

5. Accessing Non Fatal Suicidal Behaviour Among Free and Paid eBooks
  - Non Fatal Suicidal Behaviour Among Public Domain eBooks
  - Non Fatal Suicidal Behaviour Among eBook Subscription Services
  - Non Fatal Suicidal Behaviour Among Budget-Friendly Options
6. Navigating Non Fatal Suicidal Behaviour Among eBook Formats
  - ePub, PDF, MOBI, and More
  - Non Fatal Suicidal Behaviour Among Compatibility with Devices
  - Non Fatal Suicidal Behaviour Among Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Non Fatal Suicidal Behaviour Among
  - Highlighting and Note-Taking Non Fatal Suicidal Behaviour Among
  - Interactive Elements Non Fatal Suicidal Behaviour Among
8. Staying Engaged with Non Fatal Suicidal Behaviour Among
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Non Fatal Suicidal Behaviour Among
9. Balancing eBooks and Physical Books Non Fatal Suicidal Behaviour Among
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Non Fatal Suicidal Behaviour Among
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Non Fatal Suicidal Behaviour Among
  - Setting Reading Goals Non Fatal Suicidal Behaviour Among
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Non Fatal Suicidal Behaviour Among
  - Fact-Checking eBook Content of Non Fatal Suicidal Behaviour Among
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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