

## **Epidemiology of intentional Self Poisoning in Students of Tehran-Iran.**

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**Objective:** Among students, intentional self poisoning is a leading cause of injury. The compilation of all suicidal causes of death has reached the second highest ranking of mortality among teenagers following unintentional deaths in Iran. This study describes the epidemiology of intentional self poisoning among students in Loghman-Hakim Poison Center, Tehran. **Methods:** A cross sectional prospective study using questionnaire carried out for all hospital admissions of self-poisoned students aged 12-20 in during 2006. The variables of age, gender, grade of class, agents used, access, history of previous Repetition, family history of attempted suicide, presence or lack of a cohesive family unit, current smoking and substance abuse and psychiatric diagnosis were measured. **Results:** The 432 of students participated in study, 302(70%) of them were in high school and 130 (30%) student were studied in secondary grades. 338 (78.2%) of them were female. The mean age was  $17\pm 2.5$  years. Eighty nine (20.6%) students had taking psychotropic drugs and 97(22.5%) had chronic physical disease, 118(27.3%) had previous repetition. Lack of a cohesive family unit was claimed in 338(78.2%). Seventy two (61%), 23(19.5%) and 23(19.5%) students had one, two and more than 2 times self harm history respectively which represents a patient-based rate for repetition of 27.3%. Home and pharmacy were place of poison/drug access in 333(77.1%) and 79(18.3%). Pharmaceutical agents were used in 92.4% of cases. Benzodiazepines were the most commonly used (16.7%), followed by acetaminophen derivatives (15.7%), cardiovascular agents (8.1%), tramadol (7.9%), other NSAIDS (7.2%), Tricyclic antidepressants (6.9%) and anticonvulsants (6.9%) in known drugs. Agricultural poisons and corrosive agents were seen in 30(6.9%) and 3(0.7%) subjects respectively. 24(25.5%) male subjects and 14(4.1%) females were cigarette smoker while 16(17%) male subjects and 10(3%) females were using illicit drugs ( $P<0.001$ ). 372 (86.1%) subjects underwent psychiatric assessment. Of whom adjustment disorder (72%) and depression (23.1%) was the main diagnosis. **Conclusion:** This study show the intentional self poisoning rate in Tehran students' students was high; and therefore efforts need to be targeted toward suicide prevention, especially among female students.