

Suicide among children in Iran.

T.Seghatoleslam PhD, O. Rezaee MD, S .Shahbaigi MD.

Shahid Beheshti Medical University (SBMU), Tehran, Iran

Aims: Regarding the hazards of the issue of suicide as a psychiatric emergency, and also its known stresses and side effects, this study has been conducted on children referred to Loghman Hakim Hospital due to suicide in 2001- 2004. **Methods:** We reviewed the existing data on children definitely diagnosed as suicidal cases. The children's age, sex, the exact time and means of suicide, parental awareness of the potential source of suicidal behavior were all collated in a data sheet Children Suicide Questionnaire (CSQ). Where the file was incomplete, it was ignored. **Results:** The files pertaining to 60 children aged 6-13 met our criteria; 62% were male and the remaining 38% female. The results have revealed that suicides took place in autumns more than other seasons. The suicide attempts occurred at weekends and after 6p.m. more frequently than at other times. We identified disintegrated families and academic difficulties as the main stress factors. Suicide attempts were mainly practiced through the use of drugs (93.4%). Depression constituted the most common underlying disorder. Meanwhile, children had learnt about suicide attempts by watching TV, or witnessing suicidal attempts of their family members, especially those of their mothers. **Discussion:** Further studies to determine the exact role of psychiatric, social and biological aspects of the problem are strongly recommended. However, an experimental study to assess family training could be helpful.