

## **The Common Substances Used for Deliberate Self-Poisoning**

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**Objective:** Deliberate Self-Poisoning is one common cause of referring to emergency services and misdiagnosis of this situation could lead to hazardous outcome. It is the first method of self harm in Iran and most countries. To evaluate the substances used for Deliberate Self-Poisoning the present study was done. **Methods:** A cross sectional study was done on 1062 hospitalized acute deliberate self-poisoning cases which were treated in the Loghman-Hakim Poison Hospital in 2006. The following factors were studied: gender, age, marital and employment status, literacy level, psychiatric diagnosis and the substances used for deliberate Self-Poisoning. **Results:** Our study shows that 981 patients (92.3%) had taken tablets (of different types) for DSP and 57 patients (5.3%) had used poisons (of different types). Opium had been used by 9 patients (0.9%), caustic agents by 6 (0.6%) and detergents by 3 (0.3%). The other patients had used other substances including alcohol, heroin, and hydrocarbon. 23% of patients had bought the substances from drugstores, 72% of them had found them at their houses, 2% of the patients had got them from their friends and the other ones used different other means to get the substances. The percentage of women was statistically significantly higher. Mean age was  $24\pm 8$  years while mode was 22 (Min 13, Max 79). Regarding marital status 571 patients (53.7%) were never married, 345 (32.5%) were married, 97 (9.1%) were engaged, 41 (3.9%) were divorced and 8 (0.8%) were widowed. Literacy level was 5.9 %, 21.5%, 59.5% and 23.1% for elementary, middle, high school and more respectively. Boy/girl friends and engaged relationship problems in 88 (8.3%), hopelessness in 81 (7.9%), emotional stresses in 73 (7.1%), economical problems in 40 (3.9%), unemployment and job difficulties in 17 (1.7%), educational difficulties in 16 (1.5%) and grief reaction in 13 (1.2%) were the most common psychosocial factors for DSP. Of 944 (88.9%) psychiatric assessment, adjustment disorder (59.8%) and depression (33.5%) were the main diagnosis. Housewives were the most common vulnerable patients in this study (36.6%) while 432 students (18.3%) and 76 matriculated and college students (7.2%) were attempting to DSP. Unemployed and black marketers consisted 174 (16.4%) of the patients. **Conclusions:** As tablets, of different types, are the most common substance used for Deliberate Self-Poisoning, physicians should not prescribe unnecessary or additional tablets for patients; moreover, drugstores should not give every kind of tablets as over the counter.