

## **Self-Poisoning Suicide among Students in Tehran, Iran: A Cross Sectional Study**

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**Objective** : Deliberate Self Harm (DSH) is a major problem in the students(1,2). 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** : cross-sectional descriptive study, using questionnaire carried out for all hospital admissions to Loghman Hakim Hospital Poison Center (LHHPC) of Self-poisoned student aged 12-18 in Tehran, Iran, during one year starting in 21th March 2006. The study factors were demographic data, substance abuse, personal history, familial history, cause of attempting suicide. The poisoned student evaluated by psychiatric specialist in poison ward for finding psychotic disorder. The Data were analyzed by SPSS software (Version 13, Chicago, IL, USA). **Results** : 248 of students participated in study, 148(59.67%) of them were in high school and 100 (40.33%) student were studied in middle school. 200 (80.64%) of them were female. The mean age was  $16.3 \pm 1.42$  years. Pharmaceutical agents were the most common which used in 87.5% of cases. 23.6 % of student poisoned had a history of psychological problem. 10.48 % of student who committed suicide had substance abuse and 15.31 % had history of cigarette smoking. Also 21.08% of student had a history of child abuse and 22.5% had a broken family and family history of affective disorder was observed in 33.5% of students. The most common reason of suicide attempt was family conflict (54.4%) followed by emotional problem 29.4 %. subjects underwent psychiatric assessment. Of whom adjustment disorder (84.7%) and depression (18.1%) 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. **Reference** : 1. [Brener, N.D .](#), [Krug, E.G .](#), & [Simon, T.R .](#) (2000). Trends in suicide ideation and suicidal behavior among high school students in the United States, 1991- 1997. [Suicide Life Threatening Behavior](#), 30, 304-31. 2. [Dervic, K .](#), [Akkaya- Kalayci, T .](#), [Kapusta, N.D .](#), [Kaya, M .](#), [Merl, E .](#), [Vogel, E .](#), [Pellegrini, E .](#), & [Friedrich, M.H .](#) (2007). Suicidal ideation among Viennese high school students. [Wiener klinische Wochenschrift](#) , 119, 174- 180.