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## Research Article

# CONCEPTUAL FRAMEWORK - RINGS OF SUICIDE

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### ABSTRACT

Suicide is one of the major psychiatric problems. About 800,000 people commit suicide every year. Suicide is preventable but, we failing due to lack of theory and concepts about suicide<sup>13</sup>. There are few theories about interpersonal factors, symptoms of suicide etc. In this conceptual framework we linking between the risk factors, signs of suicide, Lines of Defense and suicide. The risk factors are common among most of the people but our coping mechanism helps in maintain the equilibrium. Some people show Warning Signs we assume that its coz of the failure of coping mechanism which we use on daily basis. Defense mechanism is the final line of defense that prevents attempting suicide. By Knowing this lineage we can have a better direction towards prevention of Suicide.

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## INTRODUCTION

Even though we know suicide is preventable we fail in taking necessary action. One of the significant reasons is less research in the area of suicide. The risk factors and warning signs are known aspects but even then it's difficult to study suicidal behavior as it's a one way ticket and we won't get samples due to ethical reasons. Another reason is there are few theoretical models explaining the linkage of ethological factors, signs and defense mechanism<sup>11</sup>

Here we propose Rings of suicide to explain the unexplained facts about suicide and its relation with Risk factors, Warning Signs and Protective factors like coping strategies and defense mechanism.

### Components of Framework

1. Outer Rings: Risk factors
2. Middle Ring: Warning Signs
3. Inner Ring: Suicide
4. Lines of Defense:
  - a. First Line of defense: Coping Strategies
  - b. Second Line of defense: Defense Mechanisms

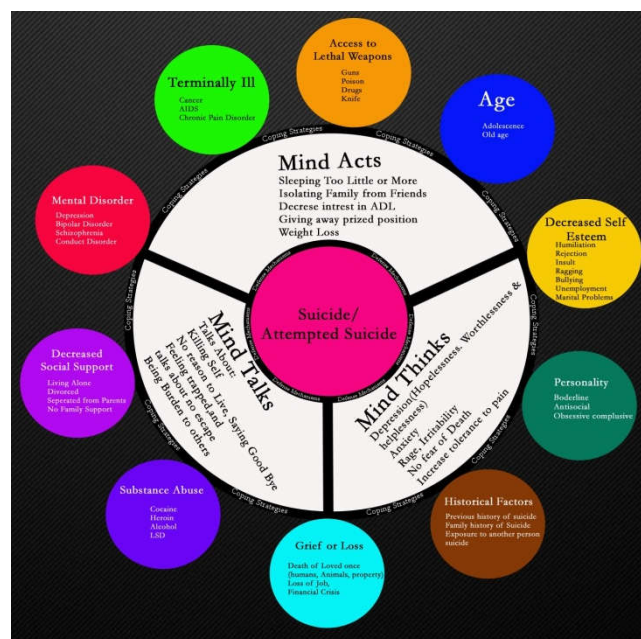


Fig 1 Conceptual Frame work of Rings of Suicide

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### **Outer Rings: Risk factors**

These are variables in presence of which there is a increases probability of committing Suicide.

Risk factors are the initial indicators which is the first step in the construction of Etiological framework

The Risk factors which we considered in the framework are:

1. Age: Many studies have indicated that Adolescence and Old age are more prone for suicide as the incidence among this group of population is high compared to other. This links with the mindset of the population impulsive, aggressive and temper which leads to risky behavior like suicide. In old age, the things are different it links with hopelessness, helplessness and worthlessness due to perception of death and loneliness.
2. Decreased Self Esteem: It happens due to multiple factors like humiliation, rejection, insult, ragging, unemployment, Abuse, this factors leads to low self esteem which is one of the leading cause in many youngsters suicide.
3. Access to lethal weapons: The way one commits suicide or ideas of suicides depends upon the surrounds and accessibility to lethal weapons like gun, knife<sup>3</sup>, etc
4. Terminally Ill: The illness like AIDS, Cancer, and Amputation can lead to depression and feeling of worthlessness, hopelessness and worthlessness<sup>6</sup>.
5. Mental disorders: Mental disorders which can lead to suicide are depression, schizophrenia, BPAD, Conduct disorder etc<sup>3</sup>.
6. Decreased Social Support: it means not having family or friends to share the problems or to find support in their life events.
7. Substance Abuse: One who is dependent on alcohol and drugs will have more chances of having symptoms of suicide<sup>3</sup>
8. Grief and Loss: Loss of loved once, or house or property or financial crisis, failure in exam, Death of loved once can lead to suicide
9. Historical Factors: family history, History of Suicide and witnessing suicide will lead to a mind set and belief that suicide is a way to escape from pain or problem.
10. Personality: the personality of an individual such as aggressive, antisocial or borderline personality has higher chances of suicidal attempts<sup>7,12</sup>.

### **Middle Ring: Warning Signs**

It consist of 3 things which give a clue about a person having suicidal ideas they are Mind Talks, Mind Thinks and Mind Acts.

- Mind Thinks: The Thinking of a person with suicidal ideation will mainly have Depression(hopelessness, helplessness, worthlessness), Anxiety, Increased tolerance to pain, Fearlessness about death, Loneliness, Shame,
- Mind Talks: Every suicidal client will talk some clues about suicide. the common talks include taking about suicide, Planning of Suicide, helpless- nothing I do can make a difference, damaged – I made a Irreversible mistake, Alone – no body cares, Escape- I cant take it

anymore, Guilt- Its all my fault, No Future – things are not getting better.

- Mind Acts/Behaviour: This is the actions or activities a person will show when having Suicidal Ideations. The common acts are Irritability, Sudden Change in personality, Writing Will, Isolating from family and Friends, decreased interest in ADL, Giving Away prized Possession, saying good bye.

### **Inner Ring: Suicide**

Many think there are only 2 types of suicide- Fatal and attempted suicide but in recent years we had many classification describing the types of Suicidal behavior. Colombia Classification Algorithm of Suicidal assessment have helped in standardizing the types like suicide, suicide attempt, active suicidal ideation, Passive suicidal ideation, non Suicidal self injury, Suicidal events, preparatory acts towards imminent suicidal Behavior, Deliberate self harm<sup>2,8</sup>.

**Lines of Defense:** They are the methods or strategies which help a person having suicidal ideas to overcome it they are mainly 2 lines of defense coping strategies and defense mechanisms.

### **Coping Strategies (line between risk factors and Warning signs)**

Coping is the way people deal with and overcome difficulties. Coping skills are methods available for individual in doing each action. Having an efficient system of coping skills strengthens individual's sense of self-control and self-direction. But when a person's vulnerability is high, the individual shows non-adaptive behavior even in times of mild stresses. However, the higher the coping resources of people, the lower the possibility of getting caught in situations they are vulnerable<sup>10</sup>. There are two types of coping skills when facing stress:

Action-based coping skills include dealing directly with the cause of stress.

Emotional based coping skills decrease the stress symptoms without addressing the main sources of stress.

Action based stress include solving the problem, getting financial help, preparing for exam, finding a new job, Making new friends, consulting a counselor/ Doctor, avoiding drug abuse etc.

Crying, sleeping or discussing about stress with a friend are among emotional based coping strategies. These kinds of skills improve the person's feelings, but will not ultimately lead to solution of problems. Thus, it seems that action-based coping skills are superior to emotional based ones; because they directly reduce the sources of stress<sup>5</sup>.

### **Defense Mechanisms:**

**(Line between Warning Signs and Suicide)** defense mechanisms are the last method to overcome the stress. Many may have signs of suicide what prevents them is defense mechanism<sup>1</sup>.

There are many Defense mechanism existing but a suicidal client uses Displacement more than any other. Several immature ego defenses (denial, projection, and regression) possibly amplify aggression, which then is directed inward, against the self, by the real adaptive overuse of introjection,

displacement, and repression. Some studies indicate suicidality may represent maladaptive use of ego defenses such as displacement. Conversely, the mature ego defenses, sublimation and compensation, are possible protective factors.

#### Assumptions

1. The Presence of Risk factors relatively increases the chances of having Mind talks, Mind Thinks and Mind Acts
2. Adaptive coping strategies and defense mechanism can reduce the risk of suicide whereas maladaptive methods can increase the risk of suicide.
3. Mind thinks alone can lead to suicide even in absence of mind acts and mind talks.
4. The outcome of Suicidal Signs will not always be Suicide.

#### CONCLUSION

Life is precious and the main goal of health care system is keeping us alive and healthy and suicide is a Pandora box having many dimensions, but it can be prevented by proper identification & Intervention. In this theory we tried to connect the linkage of risk factors, signs and protective factors of suicide in a view to show better light in process & prevention of suicide.

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