

# Index

Numbers in italics indicate *tables* and *figures*.

- activity scheduling 261
- adolescent developmental vulnerabilities
  - coping with success and failure 234
  - ego development 233–4
  - egocentrism 232
  - self-identity 232–3
  - separation-individuation 231–2
- adoption studies 86–7
- African-Americans
  - attempted suicide 14
  - completed suicide 2, 6, 12
  - socioeconomic status of suicides 23
- aftercare patterns 77–9
- age and suicide rates
  - attempted 13–14
  - completed 1–3
- aggression
  - animal studies *see* animal studies on aggression
  - carbohydrate metabolism and 136
  - catecholamines and 133–4
  - cholesterol and 132
  - GABA/benzodiazepine system and 132–3
  - hormones and 134–5
  - serotonin system and 121–2
    - biological link with suicidality 128–30
  - and suicidal behavior 73–4, 105
- alcohol
  - dependency and the serotonin transporter gene 120
  - and suicidal behavior 71
- Amish family studies 89–90, 207
- analgesic overdose 70, 71
- androgens and aggression 135
- anger management 240, 262
- anger and suicidal behavior 74, 217
- animal studies on aggression
  - carbohydrate metabolism 136
  - GABA 132–3
  - hormones 134–5
  - serotonin 128
- anomie* 174
- anonymous assessments 29–30
- anorexia nervosa 162
- anxiety and suicidal behavior 76–7, 126, 217
- assessment of suicidal behavior 211–26
  - concept of death 213–14
  - developmental level of cognitive capacity 211–14
  - emotional state 216–17
  - in epidemiological surveys 29–30
  - importance 211
  - informant interviews 218–19
  - intentionality 63–4, 212
  - interview process 214–16
  - risk/protective factor profiles 220–1
    - case examples 221–3
  - scales 157, 219–20
  - through play 218
  - see also* cognitive behavioral therapy (CBT):
    - assessment of patients
- attachment
  - balance with individuation 231–2
  - cultural differences 186–7
  - styles 154–5, 187
  - theory 186–7
- attempted suicide 63–85
  - aftercare patterns 77–9
  - assessment of suicidal intent 63–4, 212
  - biological factors *see* biological factors in youth suicide

## 314 Index

- attempted suicide (*cont.*)
  - in children 63
  - cognitive factors 19, 229
  - defined 67
  - epidemiology
    - age-related rates 13–14
    - ethnicity-related rates 14–15
    - gender-related rates 14, 67
    - geographical variation 68
    - hospital-based data 66
    - Oregon study 69, 70–1
    - repetition rates 68–9
    - serious attempts (Canterbury study) 52–3, 69–70
    - WHO study 66–8, 71
    - Youth Risk Behavior Survey 13, 44, 65–6
  - follow-up *see* follow-up studies
  - links with other risk behaviors *see* suicidality and other adolescent risk behaviors
  - methods *see* methods of suicide
  - premeditation 254
  - prognostic implications 71–3
  - psychopathology 253
    - aggression 73–4
    - anger 74, 217
    - anxiety 76–7, 217
    - depression 74–5
    - impulsivity 75–6
    - other disorders 77
  - reasons for 70
  - see also* risk factors for youth suicide
- auditory hallucinations 215–16
- behavioral problems 280
  - see also* suicidality and other adolescent risk behaviors
- behavioral techniques 261
- benzodiazepines and aggression 133
- bereavement by suicide 294–312
  - adult
    - loss of child 298–9
    - loss of spouse 297–8
  - community responses 299–300
  - interventions *see* bereavement interventions
  - obstacles to normal grieving 308
  - parental death 295, 297
  - peer responses 299
  - psychosocial problems 295–7
  - sibling death 295, 296
  - symptom differentiation from major depression 300
    - case example 300–1
  - symptom differentiation from PTSD 301–2
    - case example 302–3
- bereavement interventions
  - guidelines
    - attendance at the funeral 306–7
    - communication about the death 306
    - focus on immediate experiences 307
    - monitor for psychosocial problems 307–8
  - school programs 308–9
  - studies
    - bereavement programs 304, 305–6
    - crisis interventions 304
- biological factors in youth suicide 118–49
  - catecholamines 130–1, 133–4
  - cholesterol 131–2, 133
  - EEG activity 136–7
  - GABA/benzodiazepine system 132–3
  - hormones 133–4, 135–6
  - serotonin *see* serotonin (5-HT) system and youth suicide
    - see also* candidate gene studies
- bipolar disorder and youth suicide 15
- body, alienation from 161, 162
- borderline personality disorder and suicidality 77
- candidate gene studies
  - approaches 96
  - characterization of clinical phenotypes 101–2
  - choice of genes 96–7
  - ethnic differences 101
  - functional significance of polymorphisms 101
  - genes
    - monoamine oxidase A 100, 124
    - serotonin receptor 2A 100
    - serotonin transporter 99–100, 120–2
    - tryptophan hydroxylase 97–9, 122–3
  - sex differences 101
- Canterbury Suicide Project 52–3, 69–70
- carbohydrate metabolism and aggression 136
- CARES (Children's Attitudes, Responses, and Emotions Toward Suicide) program 305–6
- case studies in youth suicide 198–210
  - Amish family studies 89–90, 207
  - case of patient in debt 203–4
  - Cobain suicide, absence of imitation effect 200–2

## 315 Index

- drowning, Bobby Severn case 204–5, 206
- family tree in murder defense 208
- Native American studies 202–3
- in problem-oriented instruction 203–4
- suicide note analysis 205–7
- value of 200, 209
- catecholamines and youth suicide 130–1, 134–5
- CBT *see* cognitive behavioral therapy (CBT)
- child cognitive development 212–13
- Children's Attitudes, Responses, and Emotions  
     Toward Suicide (CARES) program 305–6
- cholesterol 131–2, 133
- clonidine 130
- clusters of suicides 21–3, 237
- Cobain, Kurt 200–2
- cognitive behavioral therapy (CBT)
  - assessment of patients
    - chronic problems 256
    - motivation for help 256
    - precipitants of attempts 255
    - psychiatric disorders 256
    - strengths 257
  - behavioral techniques 261
  - cognitive techniques 241–2
    - cognitive restructuring 261
    - self-monitoring 260
  - conduct disorders 262
  - contraindications
    - inappropriate developmental stage 263
    - severe cases 263–4
    - unsuitable social context 264
  - depressive disorders 262, 267–8
  - efficacy 267–8
  - explanation to adolescent and family 258
  - family sessions 265
  - formulation 258
  - group programs 264
  - individual programs 264
  - length of programs 267
  - parental involvement 258–9, 265
  - problem-solving 238–9, 240–1, 259–60
  - problems
    - parent 266
    - patient 266
    - therapist 265–6
  - rationale for use 254–5
  - therapist stance 257
- cognitive development, Piaget's concepts 212–13
- cognitive dysfunctions in youth suicide 19, 229
- cognitive restructuring 261
- completed suicide
  - adolescent profile 198
  - clusters 21–3
    - see also* imitative suicides
  - epidemiology
    - age-related rates 1–3
    - ethnicity-related rates 2, 5–6
    - gender-related rates 2, 3–4, 284
    - geographical distribution 4, 6, 7–8, 176–82
    - secular trends 8, 10–12
  - follow-up 283–5
    - see also* risk factors for youth suicide
- concepts of death 171, 213–14
- concepts of suicide 211–14
- conduct disorders
  - cognitive behavioral therapy 262
  - and suicidal behavior 45, 46, 77
- “continuum of adolescent self-destructiveness”
  - 41
  - see also* suicidality and other adolescent risk behaviors
- conventionality 51–2
- cortisol 136
- crisis interventions 304
- culture
  - socio-psychological definition 171
  - and youth suicide *see* international variation in youth suicide
- dependent depressive trait 156, 157, 161
- depression
  - and bereavement 295, 296, 300–1
  - cognitive behavioral therapy 262, 267–8
  - CSF 5-HIAA levels and suicide 125–6, 128–9
  - parental 105, 252
  - parental divorce and 188
  - in peers of adolescent suicides 299
  - prevalence in youth suicide 15
  - and suicidal behavior 15, 74–5, 217, 228–9, 253
  - treatment effect on suicide rates 11–12
  - vulnerability subtypes 156–8
- Depressive Experiences Questionnaires (DEQs)
  - 157
- divorce and youth suicide 21, 187–9, 252
- dopamine 130
- drowning, case study 204–5, 206
- drug overdoses 5, 6, 9, 70–1

## 316 Index

- education
  - about suicide 236–7
  - problems and youth suicide 23–4
- ego
  - defenses 221
  - development 233–4
  - functions 221
- egocentrism 232
- electroencephalographic (EEG) activity and
  - suicidality 136–7
- emergency room data 66, 69
- emotional regulation skills 239–40
- epidemiology of youth suicide 1–40
  - attempted suicide *see* attempted suicide:
    - epidemiology
  - completed suicide *see* completed suicide:
    - epidemiology
  - research information sources
    - official mortality statistics 25–6
    - psychological autopsy studies 16–17, 26–7
    - surveys *see* surveys of suicidal behavior
  - risk factors *see* risk factors for youth suicide
  - suicide methods *see* methods of suicide
- epinephrine 134, 135
- escape from mental pain 151–3, 228
- ethnicity
  - and attempted suicide rates 14–15
  - and completed suicide rates 2, 5–6
  - effects on genetic studies 101
- failure, ability to cope with 234
- familial transmission of youth suicide 86–117
  - adoption studies 86–7
  - candidate gene studies *see* candidate gene studies
  - clinical implications 110
  - family-environmental studies 52–3, 252–3
    - environmental stressors 103
  - exposure to suicidal behavior 106–7
  - family discord 21, 102–5
  - parental divorce 21, 187–9, 252
  - parental loss 107–8, 154
  - parental psychopathology 20–1, 105, 252
  - sexual abuse 105–6
  - violence 105
- family studies 89–96, 119–20, 207–8
- model 108–9
- twin studies 88–9
- fear management 240
- “feeling thermometer” technique 244
- fenfluramine 124, 130
- firearm suicides 9, 10–11, 49, 173, 184–5
- flooding 239
- follow-up studies 271–93
  - completed suicide
    - critical periods 284–5
    - length of follow-up 283–4
    - risk factors 284, 285
  - injuries/ death from other causes 280
  - prognosis 71–3
  - psychosocial functioning
    - behavior 280
    - compared with other psychiatric patients 280–1
    - education 279
    - overall adjustment 272, 279
    - social functioning 279–80
  - repeat attempts
    - critical periods 282–3
    - estimates of 68–9, 72, 281–2
    - protective factors 288
    - risk factors 282
  - studies summarized
    - adult and adolescent attempters combined 278
    - prospective studies 273–5
    - retrospective record reviews 276
    - suicide ideators and attempters combined 277
- survival analysis 288
- treatment compliance
  - enhancement interventions 287–8
  - factors affecting 286–7
  - rates 285–6
- types of study 271–2
- Freud, Sigmund 151
- funerals, participation of bereaved children 306–7
- gamma-aminobutyric acid (GABA)/
  - benzodiazepine system 132–3
- gatekeeper training programs 236
- gender differences in suicide
  - effect of divorce 188
  - method preferences 5, 6, 9, 185–6
  - prognosis following attempts 48, 73
  - specific risk factors 48, 52
- suicide rates
  - attempted 14, 67
  - completed 2, 3–4, 284
  - cross-cultural variation 172, 177–84

## 317 Index

- geographical variation
  - attempted suicide rates 68
  - completed suicide rates 4, 6, 7–8
  - see also* international variation in youth suicide
- grieving
  - obstacles to 308
  - see also* bereavement by suicide
- group therapy 238–9, 241, 264
- guilt feelings in bereaved children 296, 308
- hallucinations 215–16
- hanging, suicide by 9, 173, 185–6
- haplotype relative risk method (HRR) 121
- heterogeneity of adolescent suicidality 46–7
  - comorbidity patterns 47–8
  - gender-related vulnerability 48
  - personality vulnerability patterns 48
- homosexuality and youth suicide 24
- homovanillic acid (HVA) 126, 130, 131
- Hong Kong, suicide rates in 174
- hopelessness and youth suicide 19, 229, 254
- hormones
  - and aggression 134–5
  - and suicidal behavior 134–5, 136
- household surveys 18, 28
- 5-HT *see specific serotonin entries*
- 5-HTT (serotonin transporter) gene 99–100, 120–2
- 5-hydroxyindoleacetic acid (5-HIAA)
  - CSF levels
    - and aggression 127, 130
    - genetic control 96–7
    - and suicidality 125–6
  - link between suicidality and aggression 128–9
- hyperinsulinemia and aggression 136
- hypoglycemia and aggression 136
- hypothalamic-pituitary-adrenal axis (HPA) 136
- hypothalamic-pituitary-thyroid axis (HPT) 135–6
- idiographic approach *see* case studies in youth suicide
- imitative suicides
  - family/friend suicides 106–7
  - media stories 22
  - prevention after Cobain's death 200–2
- impulsive aggression
  - familial transmission 87, 92, 93, 109, 110
  - serotonin system and 100, 127, 128
- impulsivity 50, 75–6
- individuation, balance with attachment 231–2
- ingestion, suicide by 5, 6, 9, 70–1
- insulin 135
- intent to kill oneself 63–4, 212
- international variation in youth suicide 170–97
  - comparative analysis
    - attachment relationships 186–7
    - countries examined 176
    - divorce 187–9
    - gender ratios 182–4
    - methodology 174–6
    - suicide methods 173, 184–6
    - young female suicide rates 4, 177, 180, 181, 182
    - young male suicide rates 4, 177, 178, 179
  - cultural factors 170–1
  - inaccurate assumptions 172–3
  - social change 173–4
- Japan, suicidal behavior in 172–3
- Jessor's Problem Behavior Theory 51–2
- jumping from a height 173, 185
- Latino youth suicidal behavior 5, 14–15
- loss and youth suicide 107–8, 153–4, 228
- Love, Courtney 202
- media
  - impact of suicide stories in 22, 200
  - invasion of privacy 299
  - responsible reporting of Cobain's suicide 201–2
- "memes" 187
- Methods for the Epidemiology of Child and Adolescent Mental Disorders (MECA) Study 45, 53
- methods of suicide
  - age preferences 9
  - availability hypothesis 184
  - gender preferences 5, 6, 9, 185–6
  - international variation 173, 184–6
  - interviewing about 216
  - Oregon study 70–1
  - substitution hypothesis 184
  - and trends in youth suicide 10–11, 13
  - WHO study 71
- 3-methoxy-4-hydroxy-phenylglycol (MHPG) 127, 130, 133
- monoamine oxidase (MAO) 100–1, 124
- Monroe, Marilyn 200
- Multidimensional Perfectionism Scale 157
- murderers, CSF 5-HIAA levels in 127

## 318 Index

- narcissism 162–3
- Native Americans
  - death rates 5–6
  - suicide explanatory hypotheses 203
  - suicide rates 6, 202–3
- negative emotions, management of 239–40
- norepinephrine 130, 134, 135
- official mortality statistics 25–6
- Oregon study 69, 70–1
- overdoses 5, 6, 9, 70–1
- pain thresholds in suicidal adolescents 162
- paracetamol overdose 71
- parasuicide *see* attempted suicide
- parent–child relationships and youth suicide 21, 53, 186–7
- parent(s)
  - attitudes to children's problems 266
  - bereaved 298–9
  - divorce and youth suicide 21, 187–9, 252
  - as informants 219
  - involvement in CBT 258–9, 265
  - lack of support from 53
  - loss and youth suicide 107–8, 154, 297
  - psychopathology and youth suicide 20–1, 219, 252
  - in self-care development 161–2
  - suicide of 297, 300–1
- Past Feelings and Acts of Violence Scale (PFAVS) 121
- peer suicide 299
- peer support programs 237
- perfectionism and suicide 157, 158–61, 234
- peripheral benzodiazepine receptors (PBRs) 133
- personal growth enhancement 242–3
- personality disorders 48, 126, 129, 136
- phenylacetic acid 133
- Piaget's concepts of cognitive development 212–13
- play, identification of suicidal behavior using 218
- postmaterial values 174
- postmortem receptor-binding studies 125, 131
- posttraumatic stress disorder (PTSD) 295–6, 301–2
  - case example 302–3
- prevention of suicide 235–47
  - integrative approach 244–7
  - primary, secondary and tertiary interventions 235–6
  - programs
    - cluster prevention 237
    - educational 236–7
    - gatekeeper training 236
    - screening 237
  - tactics 237–8
    - awareness of inner experiences 243–4
    - cognitive therapy 241–2
    - emotion management training 239–40
    - group support 238–9
    - personal growth enhancement 242–3
    - problem-solving skills training 238–9, 240–1, 259–60
  - see also* cognitive behavioral therapy (CBT)
- problem-solving skills
  - deficiency in suicidal individuals 19, 229
  - training in 238–9, 240–1, 259–60
- problems, irresolvable 230
- prolactin response to fenfluramine
  - and impulsive aggression 127
  - and suicidality 124
- propranolol 134
- prospective studies 271
- psychodynamics of youth suicide 150–69, 227–31
  - adolescence as a period of risk 162–3
  - attachment *see* attachment
  - development of self-care 161–2
  - early work 150–1
  - escape from mental pain 151–3, 228
  - Freud's insights 151
  - hopelessness 19, 229, 254
  - irresolvable problems 230
  - loss 107–8, 153–4, 228
  - low self-esteem 231
  - self-criticism 158–60
  - self-deterioration 230–1
  - social isolation 229–30
  - subtypes of depressive vulnerability 156–8
  - suicidal careers 229
  - see also* adolescent developmental vulnerabilities
- psychological autopsies
  - case of Bobby Severn 204–5, 206
  - studies of youth suicide 16–17, 26–7, 204
- psychopathology of youth suicide 118
  - aggression 73–4
  - anger 74, 217
  - anxiety 76–7, 126, 217
  - depression *see* depression
  - impulsivity 50, 75–6
  - other disorders 15, 77
  - substance abuse 15, 19

## 319 Index

- traits shared with other risk behaviors 50–1
- PTSD *see* posttraumatic stress disorder (PTSD)
- repeated suicide attempts 68
  - see also* follow-up studies: repeat attempts
- Republic of Ireland, youth suicide
  - gender differences 182, 184, 189
  - rise in rates 189
  - social and cultural factors 190–1
- retrospective studies 271
  - see also* psychological autopsies
- revenge 216
- rewards 261
- risk factors for youth suicide
  - biological *see* biological factors in youth suicide
  - classification into domains 220–1
  - cognitive 19, 229
  - contagion 21–3
  - family 20–1
  - history of suicidal behavior 71–3
  - interactions between factors, case examples 221–3
  - psychopathological *see* psychopathology of youth suicide
  - school problems 23–4
  - sexual orientation 24
  - socioeconomic status 23
  - stressful life events 19–20
- scales, assessment 219–20
- schizophrenia 15, 126, 129
- school-based surveys 18, 28–9
- schools and youth suicide
  - postvention programs 308–9
  - prevention programs 245–7
  - problems at school 23–4
  - screening programs 237
- selective serotonin-reuptake inhibitors (SSRIs) 129–31
- self-care, development of 161–2
- self-control, loss of 230–1
- self-criticism
  - and suicide 158–61
  - and vulnerability to depression 156, 157–8
- self-devaluation 231
- self-esteem 231, 241–2
- self-identity 232–3
- self-management 239–40
- self-monitoring of cognitions 260
- separation-individuation imbalances 231–2
- serotonin (5-HT) receptors 100, 123–4, 125
- serotonin (5-HT) system and aggression 127–8
- serotonin (5-HT) system and youth suicide 24–5
  - areas for further research 137
  - biological link with aggression 128–30
  - CSF 5-HIAA studies 96–7, 125–6, 128–9, 130
  - developmental psychopathology 130
  - genetic studies
    - monoamine oxidase A 100
    - serotonin receptor 2A 100
    - serotonin transporter gene 99–100, 120–2
    - tryptophan hydroxylase gene 97–9, 122–3
    - see also* candidate gene studies
  - neurochemical studies 123–4
  - neuroimaging studies 124–5
  - postmortem binding studies 125
  - serotonin disturbances and suicide risk 119
- serotonin transporter gene (5-HTT) 99–100, 120–2
- Severn, Bobby 204–5, 206
- sexual abuse and youth suicide 105–6
- sexual orientation and youth suicide 24
- SLC6A4 120
- Smith, Susan 208
- smoking, association with suicide 45
- social change and youth suicide 173–4
- social isolation and youth suicide 229–30
- social responses to suicide 299–300
- social support and stress 53
- socioeconomic status (SES) and youth suicide 23, 66
- state-dependent recall 217
- stigma attached to suicide 297, 300
- Strange Situation Test 187
- stress, moderation by social support 53
- stressful life events and youth suicide 19–20, 51
- substance use and youth suicide 11, 15, 19, 45, 77
- success, ability to cope with 234
- suicidal careers 229
- suicidal ideation
  - assessment by adolescents 30
  - associated psychopathology 19
  - epidemiologic studies 18, 52–3
- suicidality and other adolescent risk behaviors 41–62
  - analytical approaches 55
  - “continuum of self-destructiveness” 41
  - importance of understanding the relationship 42
  - pathogenic processes 49

320 Index

suicidality ( <i>cont.</i> )	Youth Risk Behavior Survey 13–15, 44, 65–6
psychiatric diagnoses in common 45–6	Survivors Support Program 305
shared family /social risk factors 51–3	
shared psychopathological traits 50–1	Tadesse, Sinedu 159–60
studies supporting the link 43–5	testosterone and aggression 134–5
“vicious cycle” of problem behaviors	tryptophan 25
48–9	tryptophan hydroxylase (TPH) gene studies 97–9,
suicide	122–3
children’s concept of 171–2, 213	twin studies 88–9
contagion 21–3	tyrosine hydroxylase 131
notes, analysis of 205–7	
prevention <i>see</i> prevention of suicide	unconventionality 51
suprachiasmatic nucleus 136	University students, suicide rates 66
surveys of suicidal behavior 18	
Canterbury Suicide Project 52–3, 69–70	violence <i>see</i> aggression
limitations 27–8	vital aspirations 156
methodological features	
assessment 29–30	Werther effect 200
generalizability 28–9	WHO/EURO Multicentre Study on Parasuicide
informant choice 30	66–8, 71, 78
sampling frames 28	World Values Surveys 175
Oregon study 69, 70–1	
WHO/EURO Study on Parasuicide 66–8, 71, 78	Youth Risk Behavior Survey (YRBS) 13–15, 44, 65–6