



SUICIDE RISK ASSESSMENT ON ADOLESCENTS

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INTRODUCTION

Adolescence is a crucial phase marked by rapid physical, emotional, and social changes. During this period, individuals often face academic pressure, identity struggles, and relationship challenges. These stressors can sometimes lead to mental health problems, making adolescents vulnerable to suicidal thoughts and behaviors. Suicide has become a significant public health concern worldwide, highlighting the importance of early risk assessment and intervention.

DEFINITION

Suicide risk assessment is a systematic clinical process used to evaluate the likelihood that



an adolescent may engage in self-harm or suicidal behavior by analyzing their thoughts, intentions, and surrounding circumstances.



Risk factors of SUICIDE

- Mental health disorders (e.g., depression, anxiety)
- Previous suicide attempts
- Psychosis
- Social isolation
- Loss (Relational, work or financial)
- Substance abuse
- Sense of hopelessness



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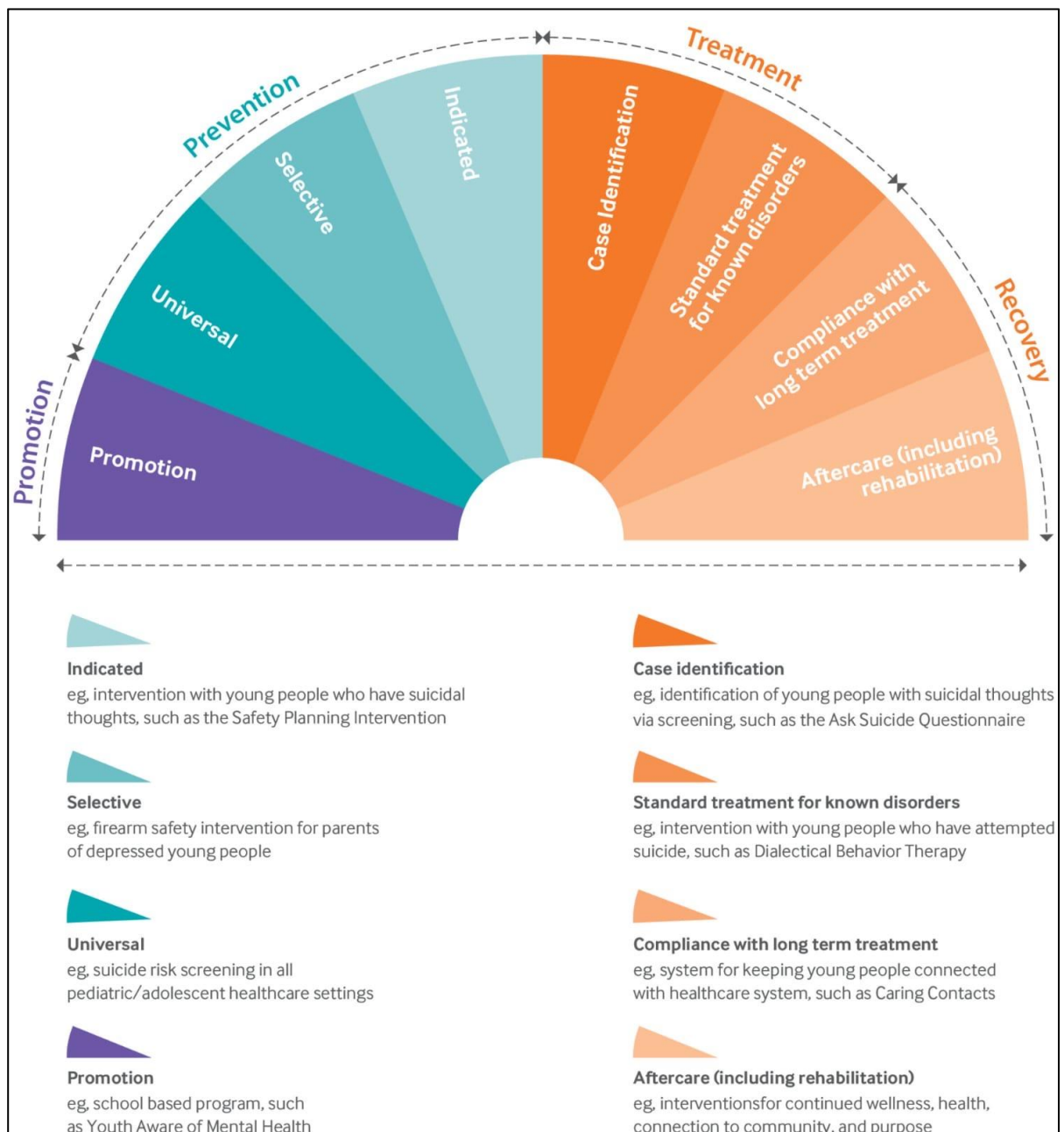
WHY ASSESSMENT IS IMPORTANT

Many adolescents do not openly express their distress. Some may show subtle warning signs, while others may hide their feelings completely. Proper assessment helps in identifying these hidden risks, allowing timely support and prevention. It also helps healthcare providers decide the level of care required

RISK FACTORS

Suicide in adolescents is usually not caused by a single factor but a combination of multiple influences.

Emotional and psychological factors:



Depression, anxiety, low self-esteem, and feelings of hopelessness play a major role. Sudden mood changes and emotional instability are also warning signs.

Past history:

Previous suicide attempts or self-harming behavior significantly increase the risk.

Family environment:

Lack of emotional support, family conflicts, abuse, or neglect can negatively affect an adolescent's mental well-being.

Social influences:

Bullying, peer pressure, academic stress, and relationship failures can contribute to distress.



SUICIDE RISK ASSESSMENT

SEX (MALE)

AGE (< 19 & > 45)

DEPRESSION

PREVIOUS SUICIDE ATTEMPT

EXCESSIVE ALCOHOL or SUBSTANCE USE

RATIONAL THINKING LOSS

SEPARATED or SINGLE

ORGANIZED PLAN

NO SOCIAL SUPPORT

SICKNESS



OSMOSIS
from Elsevier

Substance use:

Use of alcohol or drugs may impair judgment and increase impulsive actions.

PROTECTIVE FACTORS

Certain factors can reduce suicide risk. Strong family bonds, supportive friendships, positive coping skills, and access to mental health services act as protective elements. Cultural and religious values may also discourage self-harm.

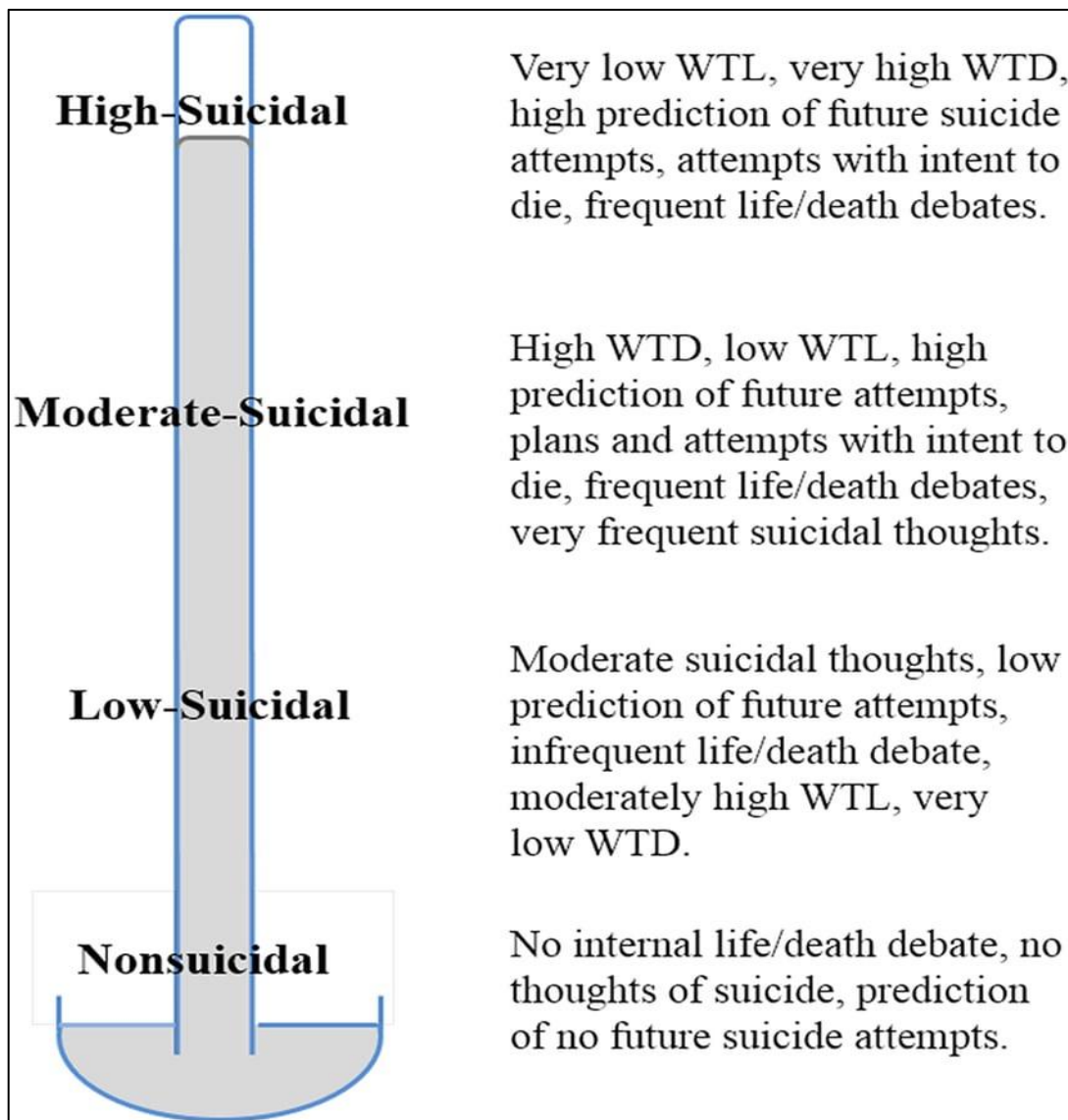
KEY ELEMENTS OF ASSESSMENT

A proper suicide risk assessment includes careful evaluation of:

Suicidal thoughts: frequency, intensity, and duration

Plan: whether a specific method has been considered

Intent: seriousness of the desire to act



Means: access to harmful objects or substances

Mental state: mood, behavior, and judgment

Life situation: recent stressors and social environment

ASSESSMENT TOOLS

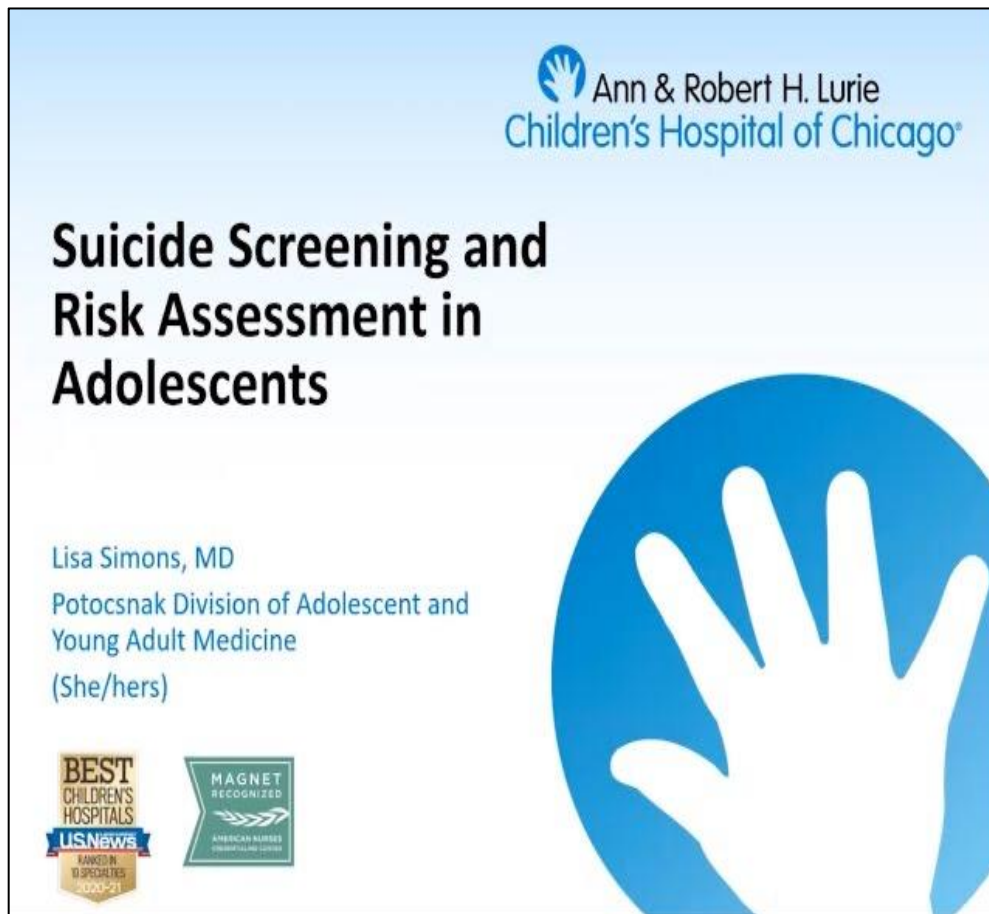
Standardized tools such as the Columbia Suicide Severity Rating Scale (C-SSRS) and Ask Suicide-Screening Questions (ASQ) are often used to support clinical judgment and ensure accurate evaluation.

LEVELS OF RISK

Suicide risk is generally categorized into:

Low risk: passive thoughts without plan or intent

Moderate risk: active thoughts with some planning



High risk: clear plan, strong intent, or previous attempts
MANAGEMENT

Management depends on the level of risk. Low-risk individuals may benefit from counseling and regular monitoring. Moderate-risk cases require professional mental health support and close observation. High-risk adolescents need immediate intervention, removal of harmful means, and sometimes hospitalization.

CONCLUSION

Suicide risk assessment in adolescents is not a one-time task but an ongoing process. Understanding the emotional and social challenges faced by young individuals is essential for early detection. With proper assessment, timely intervention, and supportive care, many lives can be saved.

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