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Suicide risk in a Portuguese non-clinical sample of adults

Rui C. Campos*
Ronald R. Holden**

* Department of Psychology and Research Center on Education and Psychology (CIEP), University of Évora, Portugal

** Ronald R. Holden, Department of Psychology, Queen's University, Canada

PORTUGAL

CANADA

ABSTRACT – Background and Objectives: This exploratory study simultaneously tests the contribution of socio-demographic, clinical, distress, and personality variables for identifying suicide risk in a non-clinical sample.

Methods: A convenience sample of 810 adults ranging in age from 19 to 67 years ($M = 36.34$, $SD = 12.46$) and living in various Portuguese regions participated. Their education varied from 6 to 21 years of schooling ($M = 11.74$, $SD = 5.14$). Participants responded to socio-demographic questions, the Depressive Experiences Questionnaire, the Center for the Epidemiological Studies of Depression Scale, and the Suicide Behaviors Questionnaire-Revised.

Results: In the present sample, 4.3% of participants indicated past suicide attempts, 27.9% reported some lifetime suicide ideation, and 6.4% indicated a past suicide plan. Depressive symptoms, having seen a psychologist or psychiatrist, self-criticism, and education discriminated between participants who had attempted suicide ($n = 35$) and those who had not attempted to die by suicide ($n = 775$). Depressive symptoms, having seen a psychologist or psychiatrist, self-criticism, psychiatric disease and age discriminated between participants who scored below ($n = 650$) and who scored equal to or above ($n = 160$) the cut-off score for the Suicide Behaviors Questionnaire-Revised.

Conclusions: Results have implications for the assessment of suicide risk.

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