

# Suicidalnost u starijih osoba

## / *Suicide in Older Adults*

Porin Makarić<sup>1</sup>, Domagoj Vidović<sup>1,2</sup>, Ivan Ćelić<sup>1</sup>, Tihana Jendričko<sup>1,3</sup>,  
Petra Brečić<sup>1,2</sup>

<sup>1</sup>Klinika za psihijatriju Vrapče, Zagreb, <sup>2</sup>Sveučilište u Zagrebu, Odsjek za psihologiju, Hrvatski studiji, <sup>3</sup>Sveučilište u Zagrebu, Pravni fakultet, Katedra za područja socijalnog rada, Zagreb, Hrvatska

/ <sup>1</sup>University Psychiatric Hospital Vrapče, Zagreb, <sup>2</sup>University of Zagreb, Centre for Croatian Studies, Department of Psychology, <sup>3</sup>University of Zagreb, Faculty of Law, Social Work Study Centre, Zagreb, Croatia

### ADRESA ZA DOPISIVANJE /

#### CORRESPONDENCE:

Porin Makarić, dr. med.

Klinika za psihijatriju Vrapče

Bolnička cesta 32

10090 Zagreb, Croatia

E-pošta: porin.makaric@gmail.com

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Prema posljednjim podacima WHO-a oko 800 000 ljudi godišnje počinu suicid što bi otprilike značilo da si svakih 40 sekundi jedna osoba oduzme život. Najveća globalna stopa suicida je u Europi te iznosi 15,4/100 000 stanovnika. Zastrašujući je podatak da je samoubojstvo drugi vodeći uzrok smrti u osoba između 15. i 29. godine života. Iako su pokušaji suicida češći u adolescenata i mlađih odraslih osoba, muškarci i žene starije životne dobi u gotovo svim zemljama svijeta imaju veću stopu počinjenog suicida. Nadalje, stopa suicida se povećava u osoba starijih od 60 godina. Među čimbenicima rizika za suicidalno ponašanje kod starije populacije su duševni i neurokognitivni poremećaji, narušeno tjelesno zdravlje te socijalni aspekti života. Depresivni simptomi se često kod starijih osoba zanemaruju ili pak povezuju s ranim stadijima demencije, a zapravo prema nekim istraživanjima do 97 % starijih osoba koje su

According to the latest WHO data, every year approximately 800,000 people die due to suicide, which is one person every 40 seconds. As the region with the highest rate of suicide in the world, Europe has a suicide rate of 15.4 per 100,000 people. Suicide is the second leading cause of death in people between 15 and 29 years of age. Although suicide attempts are more common in adolescents and young adults, in most countries in the world older men and women have a higher rate of suicide. Furthermore, suicide rates are increasing in people over 60 years of age. The risk factors for suicidal behaviour in the elderly include mental and neurocognitive disorders, impaired physical health, and social aspects of life. Depressive symptoms in the elderly are often neglected or associated with the early stages of dementia, and in fact, according to some studies, up to 97% of older people who committed suicide

počinile suicid su bolovale od nekog poremećaja raspoloženja. U osoba oboljelih od demencije najrizičnija skupina su bolesnici u ranoj fazi bolesti kod kojih su kognitivne funkcije još uvijek očuvane u mjeri dostatnog uvida o daljnjem negativnom tijeku bolesti. Prevalencija različitih tjelesnih bolesti kao i njihova kumulacija s dobi povećavaju rizik za suicid u usporedbi sa zdravom osobom istih godina. Gubitak voljene osobe i socijalna izoliranost su jednako važni faktori koje ne smijemo zanemariti. Prevencija samoubojstva u starijoj životnoj dobi složen je zadatak i proces koji zahvaća različite grane medicine i zahtijeva specijaliziranu edukaciju kako bi se na vrijeme moglo prepoznati rizične faktore te adekvatno djelovati.

had suffered from mood disorders. In people with dementia, the risk for suicide is highest during the early stage of the disease, as the cognitive function is still preserved and the patients have sufficient insight into the negative course of the disease. Compared to a healthy person of the same age, the prevalence of various physical ailments and their cumulation with age increase the risk of suicide. The loss of a loved one and social isolation are also important risk factors that should not be ignored. Suicide prevention in the elderly is a complex task that requires collaboration of different branches of medicine and specialized education in order to identify risk factors in a timely manner and act accordingly.

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