

## PW01-109 - EPIDEMIOLOGY AND CHARACTERISTICS OF SUICIDAL BEHAVIOUR IN GENERAL POPULATION IN SLOVENIA

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**Objectives:** To study and to evaluate the mental health of the general population of Slovenia with a special emphasis on suicidal behaviour.

**Methods:** The representative sample consisted of 846 randomly selected adult Slovene inhabitants, chosen from a pool of telephone subscribers (N = 2433). Data were gathered by the means of a telephone interview using standardised measures (RSES, Questionnaire of social support, Sense of Mastery) on specific variables related to mental health and suicidal behaviour, e.g. presence of mental illness, use of psychotropic substances, self esteem, sense of mastery of life, social support, etc.

**Results:** 10% of participants have had suicidal ideation, 2% have had a plan for a suicide attempt (in both cases statistically significantly more women) whereas only 1% of the respondents actually attempted suicide. Greater risk for suicide was found among divorced and single persons and those living in rural areas. More than half of suicidal individuals didn't seek help for their problems anywhere and those who did, mostly turned to relatives and friends. We observed statistically significant differences in help seeking among men and women (the later asking for help more). Suicidal individuals reported of statistically significant smaller social network, of smaller emotional support, lower self-esteem and lower feelings of having control over their own lives when compared to non-suicidal individuals.

**Conclusion:** Our results accord with specific theories of risk factors (sociological, psychological, etc.) and bear potential for directions to be taken when tailoring suicide prevention strategies, in particular when addressing the general population.