

Objectives: The present review would like to focus on any existing correlations between NLR and suicidal risk in patients with mood disorders.

Methods: We sourced articles on the topic found in major scientific literature databases, combining the keywords “neutrophil/lymphocyte ratio”, “NLR”, “mood disorders”, “major depressive disorder”, “bipolar disorder” and “suicide risk”.

Results: There are congruent findings of significantly higher NLR values in depressed patients attempting suicide than in depressed patients with no suicidal behaviors or healthy controls. In addition, violent means appear typical in this subgroup of depressed suicidal patients, suggesting that patients with higher levels of NLR are at risk of attempting suicide and to be successful in self-harming. Similar results have been found in patients with bipolar disorder, showing a positive correlation between NLR and suicide risk, evaluated by the Suicide Behaviors Questionnaire-Revised (SBQ-R). Moreover, in patients with a positive family history for suicide attempts, NLR was found to be a significant positive predictor of suicide risk.

Conclusions: These findings, although limited, support the notion that NLR might be a useful marker for suicide vulnerability in both BD and MDD patients.

Disclosure: No significant relationships.

Keywords: Mood disorders; neutrophil/lymphocyte ratio; suicide risk; NLR

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Sequences for reporting on mild and serious types of suicidal behaviours: A population-based study in Latvia in 2010-2018

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Introduction: Latvia is listed as a country with one of the highest suicide mortality rates in European Union (National Statistical System of Latvia, 2021).

Objectives: To assess the sequences for reporting of suicidal behaviours (SB) in Latvian general population.

Methods: The study is based on secondary data of the Health Behaviour Among Latvian Adult Population survey, provided by the Centre for Disease Prevention and Control of Latvia (representative sample of the Latvian population aged 15-64 in 2010, 2012, 2014; 15-74 in 2016, 2018; (n=16,105). Respondents were asked to report the occurrence of life-weariness (LW), death wishes (DW), suicidal ideation (SI), suicidal plans (SP), suicide attempts (SA) during the previous year.

Results: Statistically significant differences between genders were found for LW ($X^2=17.118$; $df=1$; $p<0.001$; $AR=\pm 4.1$), DW ($X^2=17.764$; $df=1$; $p<0.001$; $AR=\pm 3.8$) and any type of SB ($X^2=15.721$; $df=1$; $p<0.001$; $AR=\pm 3.8$). Frequencies of individual sequences of reporting last year SB are presented in Table.

Sequences for reporting on SB in 2010-2018		
	N	%
Continuous		
LW	885	35.3
LW+DW	746	29.7
LW+DW+SI	255	10.2
LW+DW+SI+SP	300	12.0
LW+DW+SI+SP+SA	51	2.0
Continuous not complete		
DW	146	5.8
DW+SI	13	0.5
Non-continuous		
LW+DW+SI+SA	0	0.0
LW+DW+SP	13	0.5
LW+SI	44	1.8
LW+SI+SP	7	0.3
LW+SI+SP+SA	1	0.0
LW+SP	8	0.3
DW+SI+SA	0	0.0
DW+SP	0	0.0
SI	16	0.6
SI+SA	0	0.0
SI+SP	3	0.1
SP	13	0.5
Other	9	0.4
Total	2510	100

Conclusions: Further research is warranted to identify vulnerable groups in the Latvian general population in relation to suicidality and thus to develop targeted preventive measures.

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Keywords: Suicide; suicide prevention; suicidal behaviour; public health

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Sudden Death of Mental Health Service Users During a Pandemic; a follow up study of consecutive unexpected deaths during the current pandemic compared to a previous consecutive cohort of persons who took their own lives

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