

TABLE 4. Factors Associated With an Increased Risk for Suicide

Suicidal thoughts/behaviors

- Suicidal ideas (current or previous)
- Suicidal plans (current or previous)
- Suicide attempts (including aborted or interrupted attempts)
- Lethality of suicidal plans or attempts
- Suicidal intent

Psychiatric diagnoses

- Major depressive disorder
- Bipolar disorder (primarily in depressive or mixed episodes)
- Schizophrenia
- Anorexia nervosa
- Alcohol use disorder
- Other substance use disorders
- Cluster B personality disorders (particularly borderline personality disorder)
- Comorbidity of axis I and/or axis II disorders

Physical illnesses

- Diseases of the nervous system
 - Multiple sclerosis
 - Huntington's disease
 - Brain and spinal cord injury
 - Seizure disorders
- Malignant neoplasms
- HIV/AIDS
- Peptic ulcer disease
- Chronic obstructive pulmonary disease, especially in men
- Chronic hemodialysis-treated renal failure
- Systemic lupus erythematosus
- Pain syndromes
- Functional impairment

Psychosocial features

- Recent lack of social support (including living alone)
- Unemployment
- Drop in socioeconomic status
- Poor relationship with family^a
- Domestic partner violence^b
- Recent stressful life event

Childhood traumas

- Sexual abuse
- Physical abuse

Genetic and familial effects

- Family history of suicide (particularly in first-degree relatives)
- Family history of mental illness, including substance use disorders

TABLE 4. Factors Associated With an Increased Risk for Suicide (continued)

Psychological features

Hopelessness
Psychic pain^a
Severe or unremitting anxiety
Panic attacks
Shame or humiliation^a
Psychological turmoil^a
Decreased self-esteem^a
Extreme narcissistic vulnerability^a
Behavioral features
Impulsiveness
Aggression, including violence against others
Agitation

Cognitive features

Loss of executive function^b
Thought constriction (tunnel vision)
Polarized thinking
Closed-mindedness

Demographic features

Male gender^c
Widowed, divorced, or single marital status, particularly for men
Elderly age group (age group with greatest proportionate risk for suicide)
Adolescent and young adult age groups (age groups with highest numbers of suicides)
White race
Gay, lesbian, or bisexual orientation^b

Additional features

Access to firearms
Substance intoxication (in the absence of a formal substance use disorder diagnosis)
Unstable or poor therapeutic relationship^a

^aAssociation with increased rate of suicide is based on clinical experience rather than formal research evidence.

^bAssociated with increased rate of suicide attempts, but no evidence is available on suicide rates per se.

^cFor suicidal attempts, females have increased risk, compared with males.