

## Z warsztatów badawczych i doświadczeń klinicznych

# WYBRANE PSYCHOSPOŁECZNE KORELATY OSÓB UZALEŻNIONYCH OD ALKOHOLU PO PRÓBACH SAMOBÓJCZYCH Badanie pilotażowe

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### PSYCHOSOCIAL CORRELATES OF ALCOHOL DEPENDENT PERSONS AFTER ATTEMPTED SUICIDES. A PILOT STUDY

**ABSTRACT** – Suicidality among alcohol dependent persons is a crucial problem as viewed from the diagnostic, therapeutic, and especially preventive perspectives. The aim of the study was to find which of the selected psychosocial variables were correlates of suicidal behaviours in alcohol dependent persons.

Three groups of 30 subjects each were compared: a) alcoholics who attempted suicide in the past 4 years, b) alcoholics without previous suicidal attempts, and c) persons with no dependence or suicidal attempts. The two control groups (b and c) were pair matched for sex, age and education. All alcohol dependent subjects were patients of three outpatient clinics or an alcohol inpatient ward in Warsaw. Three instruments were used: a sociological SSS questionnaire (measuring the social support system), Beck's Depression Inventory, and the Orientation to Life Questionnaire SOC-29, developed by Antonovsky, to measure the sense of coherence (SOC). Eleven hypotheses were verified in the study. Results of statistical analyses indicate the following 7 variables as correlates of suicidal behaviours: 1. unemployment or low status in the workplace, 2. more limited and weaker system of social support (quantitatively and qualitatively), 3. higher number of negative life events, 4. more frequent family problems (divorce, separation) and loneliness, 5. longer history of alcohol abuse and more hospitalisations for alcohol problems, 6. more intensive depressive symptoms, 7. weaker SOC. Generalisation of these findings and their implementation in diagnostic, therapeutic and preventive terms would require replication of the study on large, representative random samples.

**Key words:** alcohol dependence, attempted suicides.

## WSTĘP

Polska należy do grupy krajów europejskich o relatywnie niskim współczynniku samobójstw w całym okresie drugiej połowy wieku XX (od 1951 do 1999 r.).

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