

## Rozpowszechnienie myśli i zachowań samobójczych wśród pacjentów leczenia odwykowego

### Prevalence of suicidal ideation and behaviours among patients of alcohol treatment centres

Włodzimierz Adam Brodniak<sup>1</sup>, Marek Zwoliński<sup>2</sup>

<sup>1</sup>Zakład Organizacji Ochrony Zdrowia

<sup>2</sup>Zakład Psychologii i Promocji Zdrowia Psychicznego, Instytut Psychiatrii i Neurologii, Warszawa

**Abstract** – *Aim.* To estimate suicidal ideation, plans and attempts prevalence among patients of alcohol treatment centres.

*Method.* Prevalence of suicidal ideation, plans and attempts was assessed using the Suicidal Subscale of the Montgomery-Åsberg Depression Scale in 2 204 alcohol dependent patients from 12 alcohol treatment centres nationwide. The sample was representative for in- and outpatients of all alcohol treatment centres in Poland.

*Results.* In the sample studied almost 14% of the patients had at least one suicide attempt in their lifetime, while almost 6% attempted suicide at least twice. In that sample 8.3% reported a suicide attempt in the past three years.

Occasional suicidal thoughts, frequently associated with a feeling of being tired with life were reported by almost 12% of the patients, frequent suicidal ideation by 13%, while suicidal plans by almost 7% of the respondents.

The risk for suicidal behaviours is directly proportional to the intensity of suicidal ideation and plans.

---

Badanie, na podstawie którego powstał artykuł, było finansowane z grantu Ministerstwa Nauki i Informatyzacji na lata 2003–2005, nr 3 PO5D02424.

As compared to patients free from suicidal ideation and plans, those:

- 1) occasionally thinking of suicide and tired with life were at 2.9 times as great risk for attempting suicide;
- 2) with frequent suicidal ideation were at 7.2 times as great risk for suicidal behaviours;
- 3) planning suicide were at 45.4 times as great risk for suicidal attempt.

**Key words:** suicidal behaviour, prevalence, patients, alcoholism