



SOCIO-DEMOGRAPHIC AND CLINICAL PROFILE OF SUICIDAL AND NON-SUICIDAL DEPRESSION PATIENTS

P. Rastogi	M.D & Associate Professor, Department Of Psychiatry MGM Medical College, Indore
S. P. Baral*	D.P.M & Resident (MD), Department Of Psychiatry MGM Medical College, Indore *Corresponding Author
V. S. Pal	M.D & Professor, Department Of Psychiatry MGM Medical College, Indore

ABSTRACT **BACKGROUND:** Depression is the most common cause of suicide. Socio-demographic profile of the patients form the basis of the disease dynamics upon which suicidal behaviour develops and clinical profile of the patients heavily influence the suicidal behaviour.

MATERIALS AND METHODS: A total of 100 depressive patients and 100 healthy matched control subjects were recruited from mental hospital, Indore. Socio-demographic data was collected and HAM-D, Beck SSI, SBQ were applied.

RESULTS: Patients had significantly less total income/month and were significantly more from joint family as compared to control group. Patient groups (depression with suicide and without suicide) were significantly more from joint family as compared to control groups. There were significantly more Hindu in control groups as compared patient groups.

CONCLUSION: Socio-demographic profile and clinical profile of patients of Depression play a crucial role in determining their suicidal behaviour.

KEYWORDS : depression, suicide, socio-demographics

INTRODUCTION

Suicide is a significant public health issue . In India the number of suicides during the decade (2004–2014) has recorded an increase of 15.8% (1,31,666 in 2014 from 1,13,697 in 2004). In the year 2015, the all India rate of suicides was 10.6 (NCRB adsi-2015). Majority of suicides were reported in Maharashtra (16,970) followed by 15,777 suicides in Tamil Nadu and 14,602 suicides in West Bengal, accounting for 12.7%, 11.8% and 10.9% of total suicides respectively. Karnataka (10,786 suicides) and Madhya Pradesh (10,293 suicides) accounted for 8.1% and 7.7% of the total suicides reported in the country respectively. These 5 States together accounted for 51.2% of the total suicides reported in the country (NCRB adsi-2015). Depression is the most common cause of suicide. Socio-demographic profile of the patients forms the basis of the disease dynamics upon which suicidal behaviour develops and clinical profile of the patients heavily influence the suicidal behaviour. In a study of patients with major depressive disorder with suicidal ideation, incidence of suicidal attempt was 16.6%, all attempters were <30 years old (Srivastava et al.,

2005).

Suicidal attempt has also been found to be positively correlated with severity of depression (Srivastava et al., 2000). Dysthymia underlying suicidal behavior is commoner in India than in the West (Chandrasekaran et al., 2003). Chronicity and severity of disorder have been associated with increased suicidal risk (Brent et al., 1993).

AIM:

To compare the Socio-demographic and clinical profile of suicidal and non-suicidal Depression patients.

METHODOLOGY:

A total of 100 depressive patients (according to ICD-10 ,aged 18-60 years, drug naïve or drug free (for 3 months) and 100 healthy age and sex matched control subjects were recruited from mental hospital, indore. Patients with comorbid psychiatric illness, were excluded.. Patient group was assessed on HAM-D, SBQ, beck SSI.

TABLE 1: Comparison Of Sociodemographic Variables Between Depression Patients And Controls

Variables		Depression Patients (N=100) n(n%)/ Mean ± SD	Control (N=100) n(n%)/ Mean ± SD	X ² /t	P
Age in years		32.22±11.24	32.15±11.11	0.044	0.965
Total income of patients (per month)		168,38.00±7736.54	21490.00±19502.96	-2.414	0.017*
Gender	Male	59(59%)	59(59%)	0.000	1.000
	Female	41(41%)	41(41%)		
Education	Primary	42(42%)	51(51%)	19.624	0.142
	Secondary	29(29%)	14(14%)		
	Graduate+	29(29%)	35(35%)		
Marital status	Married	70(70%)	56(56%)	5.001	0.082
	Unmarried	30(30%)	44(44%)		
Religion	Hindu	67(67%)	96(96%)	.313	.576
	Non-Hindu	33(33%)	4(4%)		
Habitat of participant	Rural	38(38%)	38(38%)	0.000	1.000
	Urban	62(62%)	62(62%)		
Family type	Joint	70(70%)	42(42%)	16.379	0.000***
	Nuclear	30(30%)	58(58%)		

*p< 0.05; **p< 0.01; ***p< 0.001

TABLE 2 Comparison Of Socio-demographic Profile Between Depression Patients (suicidal And Non- Suicidal) And Normal Healthy Controls(Categorical variables)

Variables	Depression atients n (n%)		Healthy controls n (n%)		X ²	P	
	Suicidal n (n%)	Non-Suicidal n (n%)	Control	Control			
Gender	Male	30(60%)	29(58%)	29(58%)	30(60%)	0.083	0.99
	Female	20(40%)	21(42%)	21(42%)	20(40%)		
Religion	Hindu	38 (76%)	29(58%)	48(96%)	49(98%)	35.686	0.000***
	Others	12(24%)	21(42%)	2(4%)	1(2%)		

Habitat	Rural	19(38%)	19(38%)	24(48%)	14(28%)	4.244	0.236
	Urban	31(62%)	31(62%)	26(52%)	36(72%)		
Family type	Joint	30(60%)	40(80%)	24(48%)	18(36%)	23.681	0.001***
	Nuclear	20(40%)	10(20%)	26(52%)	31(64)		
Education	Primary	21(42%)	22(44%)	25(50%)	26(52%)	35.046	0.768
	Secondary	12(24%)	17(32%)	7(14)	7(14)		
	Graduate+	17(34%)	11(22%)	18(36%)	17(34%)		
Marital status	Married	34(68%)	35(70%)	26(52%)	30(60%)	7.813	0.252
	Unmarried	16(32%)	15(30%)	24(48%)	20(40%)		

TABLE 3: Comparison Of Socio-demographic Profile Between Depression Patients (suicidal And Non- Suicidal) And Normal Healthy Controls (continuous Variables)

Variables	Depression patients		Healthy Controls		F ratio	P
	Suicidal	Non-Suicidal	Control	Control		
	Mean+SD	Mean+SD	Mean+SD			
Age (in years)	31.34±11.21	33.1±11.33	31.52±11.11	32.78±11.18	0.312	0.817
Total Income	17520.00± 9006.21	15240.00± 6096.00	21990.00± 20268.22	20990.00± 19313.86	2.159	0.094

*p< 0.05; **p< 0.01; ***p< 0.001

TABLE 4: CLINICAL CHARACTERISTICS OF THE DEPRESSION PATIENTS (CONTINUOUS VARIABLES)

Variables	Suicidal depression patients Mean± SD	Non-Suicidal depression Patients Mean± SD
Age of onset of illness (in years)	28.64±8.76	27.66±9.20
Duration of illness (in months)	45.48±46.08	53.64±45.49
HAM-D SCORES	28.64±5.24	21.60±4.88
BECK'S SSI SCORES	21.18±4.79	
SBQ-R SCORES	13.88±2.38	

TABLE 5: CLINICAL CHARACTERISTICS OF THE DEPRESSION PATIENTS (CATEGORICAL VARIABLES)

Variables	Depression patients N=100 n (%)
Precipitating factor	Yes 60(60%)
	No 40(40%)
Family history	Not present 81(81%)
	Present 19(19%)
Onset	Insidious 12(12%)
	Acute 88(88%)
Past history	Not present 91(91%)
	Present 9(9%)
Suicidal Behaviour	Not present 50(50%)
	Present 50(50%)
Suicidal Behaviour	Ideation 38(38%)
	Attempt 12(12%)
N=50	

RESULTS AND DISCUSSION

Mean age in years of patient group and control group was 32 ± 11 years. Mean age in years of depression patients (suicidal) and their controls is 31 ± 11 years whereas mean age of depression patients (non-suicidal) and their controls is 33 ± 11 years. In the Indian study conducted by patra et al., at AIIMS the mean age in study group was 32.47 ± 11.41 years while it was 32.63 ± 11.20 years for the control group which is similar to the current study (Patra et al., 2014).

When age, gender, education, marital status, habitat were compared both patients (depression) and control group were similar whereas patients had significantly less total income/month and were significantly more from joint family as compared to control group. In terms of socio-demographic variables studies have shown that depression is more common in subjects from poor economic background (Poongothai et al., 2009; Mohandas et al., 2009 ; Bagadia et al., 1973).

Patient groups (depression with suicide and without suicide) were significantly more from joint family as compared to control groups. There were significantly more Hindu in control groups as compared patient groups. There was no statistically significant difference among the groups regarding gender, habitat, education and marital status.

The mean age of onset of illness of suicidal depression patients was 28.64± 8.76 years. The mean age of onset of illness of non-suicidal depression patients was 27.66± 9.20. The mean duration of illness of

suicidal depression patients was 45.48± 46.08 months. The mean duration of illness of non-suicidal depression patients was 53.64± 45.49 months. This shows that the suicidal depression patients presented to the health-care settings earlier as compared to non-suicidal depression patients.

Most of patients had precipitating factor (60%), had no past history (91%), had no family history (81%) and had acute onset (62.5%). Out of 50% patients with suicidal behaviour, 38% had suicidal ideation, 12% had suicidal attempt.

Non-suicidal depression patients had a mean HAM-D score of 21.60± 4.88. Suicidal depression patients had a mean HAM-D score of 28.64± 5.24, BECK'S SSI Score of 21.18± 4.79 and SBQ-R Score of 13.88± 2.38. Suicidal patients have more HAM-D score as compared to non-suicidal patients due to more severity of depression in the former.

LIMITATIONS

There is lack of longitudinal follow-up.

There is lack of assessment of the effect of lifestyle factors, physical activity, dietary factors all of which can confound the lipid levels. Baseline assessment was not matched.

CONCLUSION

Socio-demographic profile and clinical profile of patients of Depression play a crucial role in determining their suicidal behaviour.

REFERENCES:

- ncrb.gov.in/StatPublications/ADSI/ADSI2015/chapter-2%20suicides-1.pdf
- Patra, B. N., Khandelwal, S. K., Chadda, R. K., & Ramakrishnan, L. (2014). A controlled study of serum lipid profiles in Indian patients with depressive episode. *Indian journal of psychological medicine*, 36(2), 129.
- Poongothai, S., Pradeepa, R., Ganesan, A., & Mohan, V. (2009). Prevalence of depression in a large urban South Indian population—The Chennai Urban Rural Epidemiology study (CURES–70). *PLoS one*, 4(9), e7185
- Mohandas, E. (2009). Roadmap to Indian psychiatry. *Indian journal of psychiatry*, 51(3), 173.
- Bagadia, V.N., Jeste, D.V., Doshi, S.U., Shah, L.P. (1973). Depression: A clinical study of 233 cases. *Indian Journal of Psychiatry*, 15, 224–30
- Hamilton, M. *Journal of Neurology, Neurosurgery, and Psychiatry*. 23:56-62, 1960.
- Beck, A. T., Kovacs, M., & Weissman, A. (1979). Assessment of suicidal intention: the Scale for Suicide Ideation. *Journal of consulting and clinical psychology*, 47(2), 343
- Osman, A., Bagge, C. L., Gutierrez, P. M., Konick, L. C., Kopper, B. A., & Barrios, F. X. (2001). The Suicidal Behaviors Questionnaire-Revised (SBQ-R): validation with clinical and nonclinical samples. *Assessment*, 8(4), 443-454.
- Srivastava, A. S., & Kumar, R. (2005). Suicidal ideation and attempts in patients with major depression: Sociodemographic and clinical variables. *Indian journal of psychiatry*, 47(4), 225.
- Srivastava, S., & Kulshreshtha, N. (2000). Expression of suicidal intent in depressives. *Indian journal of psychiatry*, 42(2), 184
- Chandrasekaran, R., Gnanaseelan, J., Sahai, A., Swaminathan, R. P., & Perme, B. (2003). Psychiatric and personality disorders in survivors following their first suicide attempt. *Indian journal of psychiatry*, 45(2), 45
- Brent, D. A., Johnson, B., Bartle, S., Bridge, J., Rother, C., Matta, J., ... & Constantine, D. (1993). Personality disorder, tendency to impulsive