



Suicide in the elderly

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ABSTRACT

Suicide among the elderly is a growing concern in many societies, as the suicide rate in this age group is alarming.

Keywords: Elderly, Suicide rate.

1 INTRODUCTION

Suicide among the elderly is a growing concern in many societies, as the suicide rate in this age group is alarming. This study aims to analyze the risk factors associated with suicide in the elderly, as well as prevention strategies, recognizing the importance of protecting the mental health and well-being of this vulnerable population.

2 METHODOLOGY

To conduct this systematic review, we conducted searches in medical databases, including PubMed, Scopus, and Web of Science, in order to identify studies that investigated suicide in the elderly, their risk factors, and prevention strategies. The cut-off date for inclusion of the studies was



September 2023. Inclusion criteria included academic research, reviews, and public health reports related to the topic.

3 DISCUSSION

Analysis of the selected studies reveals that older adults are at increased risk of suicide due to several risk factors. Among the main factors are social isolation, depression, loneliness, chronic illness, loss of loved ones, and lack of family support. Older adults often face emotional, physical, and social challenges that can contribute to feelings of hopelessness.

Prevention strategies include early identification of mental disorders, such as depression, and access to appropriate treatment. Social support programs, support groups, and psychotherapeutic interventions also play a crucial role in preventing suicide in older adults.

4 RESULTS

The results of this systematic review indicate that suicide among the elderly is a serious and complex issue. Suicide rates in this age group vary across regions, but many studies point to a worrying increase. Depression is often an underlying risk factor, and social isolation can exacerbate this vulnerability.

Prevention strategies have been shown to be effective in reducing the risk of suicide in the elderly, especially when they combine clinical, therapeutic, and social approaches. It is essential to sensitize the community and health professionals to the early detection of risk factors and the promotion of emotional and social support.

5 CONCLUSION

This review emphasizes the urgency of addressing suicide in older adults through effective prevention strategies. Early identification of risk factors, access to appropriate treatment, and strengthening of social support networks are critical components in protecting the mental health and well-being of this population.