

## **Suicidal behavior among bipolar patients at a primary care setting**

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**Introduction:** Suicides are responsible for more than 800,000 deaths worldwide each year. The estimated incidence of suicides is 15.1 per 100,000. Bipolar Disorder (BD) patients are at a high risk of suicide. Suicide is the leading cause of death in 20% of BD patients.

**Methodology:** This research was conducted at a primary care setting (PCS) in the South of Brazil (catchment area of 2800 people), city with medium incidence of 20 suicides per 100,000. People more than 15 years attending this PCS from February to November, 2006, were invited to participate, with 90% of acceptance. They were interviewed by a psychiatrist using Statistical and Clinical Diagnostic Interview (SCID), and answered a self-report suicide behavior questionnaire. We use chi-square test to verify the relationship between suicidal behavior and co-morbidities. 718 patients participated in the research.

**Conclusions:** Our results demonstrate higher prevalences of SI and SA in BD patients than reported in the literature (60% for SI and 20,5% for SA). The correlations of SA with lifetime diagnosis of panic, anxiety and somatoform disorders are in concordance with the literature, but the lack of correlation with substance addiction is not.

**Results:** A total of 42(5.84%) subjects had a positive diagnostic for BD, 32(76.2%) females, with medium age of 36.36 (SD 11.37). The lifetime suicide thought (ST), suicide ideation (SI), suicide plan (SP) and suicide attempt (SA) for BD are, respectively, 35(83.3%), 31(73.8%), 26(61.9%) and 25(59.5%). Among patients that attempted suicide, the statistics are  $m = 2.96$  (SD 2.07) attempts,  $md = 2$  (1-8), with 25% of patients relating 4.5 attempts or more. We found positive correlation of lifetime diagnosis of panic disorder with SP and SA, any anxiety disorder with ST, SI, SP and SA, and any somatoform disorder with SA. No correlations were found with lifetime diagnosis of substance addiction. BD patients with a lifetime diagnosis of panic disorder, any anxiety disorder and any somatoform disorder had a OR equal 12, 10, and 1.89, respectively, for suicide attempts.

**Keywords:** suicidal behavior, bipolar disorder, primary care setting