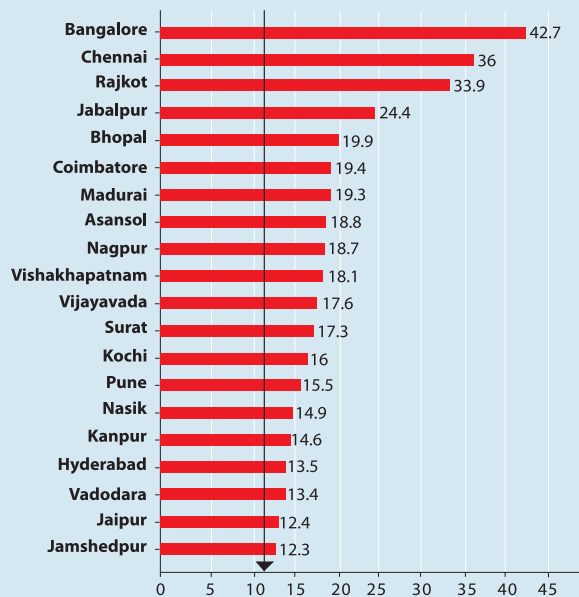


Bangalore has the highest suicide rate in country

Bangalore is recording highest number of suicides in the country. Most vulnerable are both sexes aged between 16 and 35, cutting across all sections of the society.

Rate of Suicide in major cities of India, 2007
(National Average 10.8/1,00,000)



DH NEWS SERVICE

The number of suicides in the country is rising constantly and the city of Bangalore has the dubious distinction of having one of the highest suicide rates in the country. A study released by the NIMHANS Bangalore Injury Surveillance Pro-

gramme (BISP) states that the number of suicides varied from 2000 to 2500 during 2000 to 2007.

It also states that for every completed suicide attempt, there are atleast 8-10 attempted suicides. While only 5,328 cases of attempted suicides were registered in the hospitals, the actual number could be in the range of 12,000 attempts per year.

The most vulnerable section of the people committing suicides are in the age of 16-35 years and cuts across both sexes and all sections of the society. Interestingly, more number of men attempted or completed suicides, except in the age category of 16 to 25 years, where women outnumbered the men. The survey also points out that nearly two thirds of both completed and attempted suicides occurred in people with low and moderate levels of education and occupation.

Home also proved to be commonest place for the act of suicide in 80 per cent of the cases, while hanging was the most frequently adopted method for completed suicides with 61 per cent of cases. The report states that hanging also resulted in immediate or early deaths with no scope for any intervention and management.

The BISP report points out that alcohol use for both short and long term periods was a definite risk factor.

Data revealed that 12 to 15 per cent of both completed and attempted suicides were linked to alcohol. This is a conservative estimate as information was missing in many instances. Previous studies by NIMHANS have shown that nearly 30-40 per cent of the suicides were linked to direct or indirect effects of alcohol.

As suicides are not fully investigated, records do not reflect complete information about the cases. According to National Crime Records Bureau 2007 report, causes were not known for nearly 42 per cent of the completed suicides. The report states that with so little understanding, it has been difficult to develop targeted interventions. While studies have also shown a clear association with mental health problems, especially depression alcohol and drugs, it has been difficult to target interventions due to the difficulty in recognising the cases at early stages of illness.

