

## Suicidal Ideation, Suicide Attempt/Suicide, Risk Factors in Adolescents and Young People in the Community of Portuguese Speaking Countries (CPSC)



Teresa Francisco Domingos Onofre<sup>1</sup>, Adelino Domingos Onofre<sup>2</sup>, Roda Isabel Marchal Nhavoto<sup>3</sup>, Kady Ismael Almeida Pereira<sup>4</sup>, Fernanda Pereira Labiak<sup>5</sup>

<sup>1</sup>Licenciada em psicologia Instituto Superior e Tecnologia Alberto Chipande-ISCTAC, Moçambique-Beira

<sup>2</sup>Doutor em Psicologia Universidade Federal de Santa Catarina-UFSC, Brasil, ORCID: <https://orcid.org/0000-0002-5262-7572>

<sup>3</sup>Doutoranda em Psicologia. Universidade Eduardo Mondlane-UEM, Moçambique

<sup>4</sup>Licenciada em Psicologia Universidade Católica de Moçambique-UCM, Moçambique-Beira

<sup>5</sup>Doutoranda em psicologia Universidade Federal de Santa Catarina, Brasil ORCID: <https://orcid.org/0000-0002-8272-711X>

**SUMMARY:** Attempts, ideations and suicides, seen as epicenters of the world's attention, encompassing the Community of Portuguese Speaking Countries. Suicidal ideation in adolescents becomes pathological when the intensity and recurrence of these thoughts increase, becoming the only way out of their disorders. **Objectives** to characterize the impact of risk factors for suicidal ideation and attempted suicide in adolescents and young people in CPSC. **Method** bibliographic review, with a qualitative approach, searching for studies over a period of 10 years, in Portuguese, English and Spanish, with filters for Scielo, PsycInfo and G. Academic databases, using Boolean descriptors “suicidal ideation” AND “attempt to suicide” AND “risk factors” AND “suicide” AND “adolescent” AND “youth” OR “CPSC”. **Results** 20 were part of the study, Brazil stood out with 10 and 18 registered in Portuguese. They illustrate mostly males as suicide perpetrators and females as suicide attempts and use the same methods. Mozambique leads the way in suicidal behavior in the African region. **Conclusions** that the CPLP countries reach the middle ground to face all this controversy, attempted suicide stands out for females and consummating suicide for males.

**KEYWORDS:** Attempts; Ideation; Suicide; Risk factors; Adolescence in Young People.

### INTRODUCTION

Attempts, ideations and suicides have currently been the epicenter of everyone's attention, encompassing the Community of Portuguese Speaking Countries “CPSC”, of which Mozambique is part. Suicidal ideation in adolescents becomes pathological when the intensity and recurrence of these thoughts increase, causing the individual to see suicide as the only way out of their disorders. Suicide attempts are considered notifiable diseases; they are intentional acts of self-harm that do not result in death, being a predictor of suicide. (Abreu & Souza, 2017).

Suicide is the second leading cause of death for young people and adults between 15 and 29 years of age, and for each completed suicide there are an average of 10 to 20 suicide attempts. In Brazil, the suicide rate among young people has increased by attempted suicide, with 69% in women and 31% in men. During this period, 55,649 deaths due to suicide were recorded, reaching a rate of 5.5/100 thousand inhabitants, with a male suicide risk of 8.7/100 inhabitants and a female suicide risk of 2.4/100 thousand inhabitants (WHO, 2016).

The teenager promotes the disconnection of thoughts originating in childhood, encouraging teenagers to take on responsibilities that help in their cognitive and behavioral development. Such transformations result in a process of psychosocial training in which the adolescent develops the essential pillars of their personality and moral values (Gadêlha & Gonçalves, 2017). This stage is marked by questioning, impulsive and insecure behavior, which can result in triggers for the development of problems, compromising mental health (Silva et al., 2015). Adolescent mental health is an extremely stigmatized topic, which results in these individuals being removed from health services (Silva, et al., 2019). The exposure of adolescents to risk factors, combined with the difficulty of this population in accessing health services, results in a lack of assistance for adolescents, making them vulnerable to various problems, including suicidal ideation.

(Braga, Marques & Alves, 2017).

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## Methods

This research was developed based on the “Sixth edition of APA Standards” manual. Its development was carried out thanks to the exploration of data on different websites, such as Google Scholar, Scielo and PsYINFO. It included research published in the last 10 years 2012 and 2022, in Portuguese, English and Spanish.

## Search Type

The method used in this review was bibliographic which, according to Lundin (2016), this type of research constitutes a secondary source, that is, it is one that consists of searching for data based on the elaboration of already published material, consisting mainly of books, magazines, publications in periodicals and scientific articles, newspapers, bulletins, monographs, dissertations, theses, cartographic material, internet and material available in online databases, with the aim of putting the researcher in direct contact with all material already written on the subject. Regarding the qualitative classification.

That according to Kauark et al. (2010), is one in which there is a dynamic relationship between the real world and the subject, that is, an inseparable link between the objective world and the subjectivity of the subject that cannot be translated into numbers, that is, that does not require the use of statistical methods and techniques. From the point of view of its objectives, the research is explanatory. It is concerned with identifying the factors that determine or contribute to the occurrence of phenomena. It deepens the knowledge of reality because it explains the reason, the why behind things.

## Data Sources

The data presented in this research were collected from works and works published by other authors, scientific articles, newspapers/magazines and manuals. There was a search and selection criteria for information, using three different types of languages (Portuguese, English and Spanish). Portuguese because it is the dominant language in the country in which the research was carried out and because it is easy for the researcher to understand and master. English for deifying several studies published on the subject around the world. Spanish because it is a language that is easy to compress because it is similar to Portuguese and because it presents several studies on Latin America. The following descriptors were used to collect information to answer the research objectives:

“Suicidal ideation” AND “suicide attempt” AND “risk factors” AND “suicide” AND

“Adolescent” AND “youth” OR “CPSC”. Regarding the period or age of publication of the selected articles, a period was considered with an interval of the last ten (10) years (2012 – 2022).

## Inclusion and Exclusion Criteria

Regarding the inclusion and exclusion criteria, articles that met the following criteria were included in the literature review: articles published in the last 10 years, articles in Portuguese, English and Spanish and articles that did not meet the objectives of the work were excluded.

## RESULTS

In the literature review according to the methodology used in this research, 85 studies were obtained from a database of the three proposals; in this case, Google Scholar was the supplier. It was difficult to find studies that dealt with the topic in question together, which is why the research was carried out on a single basis. Of the 85 studies, after reading titles, abstracts and full texts, 65 studies that did not meet the requirements imposed in the methodology were excluded, 20 of them were part of the research, studies were obtained on 3 American, European and African continents. Composed as follows:

Articles (n=8; 40%) “4, 7, 8, 10, 11, 13, 17, 19”; Dissertations (n=6; 30%) “2, 3, 9, 12, 14, 15”; Theses (n=5; 25%) “1, 5, 6, 16, 20”; and Monograph (n=1; 5%) “14”.

Analyzing the period in the production of studies by years, the behavior appears as follows: 2021 (n=5; 25%) “2, 5, 12, 14, 17”; 2020 (n=4; 20%) “1, 4, 6, 7”; 2017 (n=3; 15%) “8, 9, 16”; 2015-2018 (n=2; 10%) “3-20, 13-15” and 2016-2019-2022-2023 (n=1; 5%) “10, 19, 18, 11”.

Production by countries Brazil (n=10; 50%) “2, 4, 7, 8, 10, 11, 13, 14, 17, 18”; Portugal (n=6; 30%) “1, 3, 6, 9, 12, 20”; Mozambique (n=3; 15%) “5, 16, 19” and Cape Verde (n=1; 5%) “15”

As for languages being studied in Portuguese-speaking countries, there was a predominance of studies carried out, that is, written in Portuguese (n=20, 100%). General overview, the research found the most used titles are suicidal ideation, suicide attempt, suicide and risk factors in adolescents and young people (n=12; 60%) “1, 3, 4, 6, 8, 10, 11, 12, 13, 14, 17, 18”, varied studies on the topic (n=5; 25%) “5, 7, 15, 16, 19”, titles referring to variables that influence suicidal behavior (n=2; 10%) “2, 9” and which assesses depression and suicide in PALOP students (n=1; 5%) “20”.

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The researchers in this dispute preferred to analyze (n=5; 25%) “3, 6, 7, 8, 9”, describe- identify-investigate-relate- (n=2; 10%) “11-19, 13 -20, 14- 18, 4-10” and evaluate-characterizecompare-understand-study-perceive-verify (n=1; 5%) “5-17, 1, 15, 16, 12, 2”.

Results illustrate that the majority of males commit suicide and females commit suicide, both use the same means or methods to attempt or complete suicide.

**Table 1: Characterizes the 20 studies that illustrate author, date, country; kind of study; title; objectives and results.**

Nr	Author, Date, Country	Type of Study	Title	Objectives	Results	Languages
01	Abrantes, (2020)	Thesis	Suicidal ideation in institutionalized and noninstitutionalized adolescents	Compare risk and protective factors between groups of institutionalized adolescents and the normative population and analyze the mediating role of psychological variables in the relationship between negative life events and suicidal ideation	Institutionalized individuals have high levels of suicidal behavior and a negative lifestyle. Normative group greater satisfaction with social support	Port
	Portugal		Institutionalized: a comparative study			
02	Bezerra (2021)	Dissertation	Predictive variables of young people's willingness to help people at risk of suicide	Verify the predictive power of affective, sociodemographic and psychosocial variables on the willingness of young people to help people at risk of suicide	Young people could help with prevention if they had people exposed to suicide. Variables empathy, gender, age and experience with suicide may be associated with helping behaviors.	
	Brazil					
03	Caldeira, (2015)	Dissertation	Suicide attempt and suicidal ideation in adolescence: a clinical sample	To analyze some protective and risk factors in a sample of adolescents with suicidal ideation and who attempted suicide.	Females take the lead in suicide attempts, which are syndromatically accompanied by depression and anxiety that converge socially, family and individually	Pot
	Portugal					
04	Cordeiro et al., (2020)	Article	Suicide attempt and factors associated with the pattern of alcohol use and abuse. SMAD, Electronic Magazine Mental Health Alcohol and Drugs	Relate patterns of use, abuse and alcohol-related problems among patients who attempted suicide.	High prevalence for young women up to 38 years old, single, unemployed and with a low level of education.	Port
	Brazil					

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05	Cumbe (2021)  Mozambique	Theses	Integration of care for suicide and epilepsy in primary health care in Mozambique	Assess the prevalence of suicidal behaviors and risk factors associated with primary health care in Mozambique	Within a month, they already expressed suicidal ideation, suicide plans, and reported suicide attempts throughout their lives. Females made the most attempts.	Port
06	Cunha, (2020)  Portugal	These	Suicidal ideation in adolescents on São Miguel Island	Analyze suicidal ideation and risk and protective factors in adolescents	Adolescents had fewer risk factors and more factors that are protective; depression is the best predictor of suicidal ideation.	Port
07	de Oliveira et al. (2020).  Brasil	Article	Time series of suicide in Brazil: what changed after Yellow September? Health Collection Electronic Magazine	Analyze the prevalence of suicide notifications in Brazil before and after the launch of the Yellow September Campaign	It showed that the majority of people commit suicide with an unknown cause, on the other hand, depressive disorders are on the list, and females are at the forefront, during this period new cases increased.	Port
08	de Oliveira Soares & Nascimento, (2017).  Brazil	Article	Suicide and attempted suicide: contributions from Brazilian Nursing	Analyze the scientific production of Brazilian nursing on suicide and attempted suicide,	Increase in publications of suicide attempts and suicides in adolescents, where suicide is for men and suicide is attempted for women. Methods used by both are the same	Port
09	de Sousa, (2017)  Portugal	Dissertation	The impact of relational and individual variables on adolescence: relationship with suicidal ideation and behaviors Self-injurious	Analyze the impact that family functioning and social support have on suicidal ideation and selfharm behaviors among adolescents, as well as explore the relationship between anxiety, depression and stress and suicidal ideation and involvement in these behaviors.	More family support means less suicidal ideation, and teenagers with high rates of anxiety, depression and stress are more likely to engage in selfinjurious behavior.	Port

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10	Félix et al. (2016)  Brazil	Article	Risk factors for attempted suicide: Knowledge production in Brazil. Context & Health Magazine	Relate patterns of use, abuse and alcohol-related problems among patients who attempted suicide.	High prevalence for young women up to 38 years old, single, unemployed and with a low level of education.	Port
11	Ferreira et al. (2023).  Brazil	Article	Risk of suicide among nursing students at a public university. Consider Nursing	To describe the risk rates of suicide in Nursing students of different nationalities with Portuguese-speaking students	Religious and spiritual beliefs do not prevent suicidal acts, family history is an indicator for suicide and many suicides are planned, where Brazil stands out.	Port
12	Lascas, (2021).  Portugal	Dissertation	Suicide in Adolescence in Portugal: Bibliographical Review.	Understand the situation of this problem in Portugal.	Male adolescents have a higher risk factor and use lethal methods and female adolescents have a higher rate of suicide ideation and attempts. Academic difficulties, depression, anxiety stand out as risk factors.	Port
13	Maynara, & Karine, (2018).  Brazil	Article	Predisposing factors that lead young adults to ideation suicide and suicide in Brazil.	Identify the factors that predispose to suicidal ideation and suicide in young adults in Brazil	People living with some type of mental disorder are predisposed to suicidal ideation and suicide attempts	Port
14	Nascimento (2021)  Brazil	Monograph	Factors associated with suicidal ideation in young university students.	Investigate the frequency and factors associated with suicidal ideation in young university students in the health field	The students presented a high frequency of suicidal thoughts, mostly female, with an emphasis on anxiety, negative relationships with their father or mother and illicit drugs.	Port
15	Real, (2018).  Cape Verde	Dissertation	Relationship between family functioning, suicidal ideation and self-injurious behaviors in adolescents	Understand the relationship between family functioning in three households (father, mother and child).	Several adolescents present self-injurious behavior, with lower family functioning, greater self-injurious behavior/suicidal ideation, poor relationship between father, mother and child, greater self-injurious behavior.	Port

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16	Ribeiro (2017).  Mozambique	Theses	Risk behaviors, risk and protective factors in Mozambican adolescents and young people.	Study risk behaviors associated with bio-sociodemographic characteristics and other variables such as gender, failures, number of people in the household, among others.	Risk factors include bullying/humiliation, punching/beating, getting pregnant/becoming pregnant, suicide, use of legal and illicit substances and others. Successful young people engage less in risky behaviors.	Port
17	Soster et al. 2021)  Brazil	Article	Suicidal ideation, suicide attempt or suicide in adolescents: narrative review	Characterize what has been produced about the risk factors for suicidal ideation, suicide attempt or suicide in adolescents	The research noted suicidal ideation, suicide attempt as a combination of several factors involving the individual	Eng
18	Sunde et al. (2022)  Brazil	Article	Risk factors associated with suicide in university students:	Investigate academic risk factors associated with suicidal ideation and suicidal behavior in university students.	Three factors that influence risk factors in academics were observed: Relationship with peers, teachers and academic adaptation.	Port
19	Valentin et al., (2019)  Moçambique	Article	Suicide prevention group in the university context: an experience in Mozambique.	To describe the experience of a suicide prevention group in a university context in Maputo, Mozambique.	The Maputo experience demonstrates that witchcraft, rejection and shame are seen as a risk factor	Span
20	Varela, (2015)  Portugal	Theses	Assessment of the risk of depression and suicide in PALOP students in higher education in Coimbra	Identify levels of depression and suicidal ideation in students from the PALOP	The rate varies across PALOP; methods used pesticides, reinforcement and firearms. In recent decades, as taxes increase in the PALOP, Mozambique stands out with 27.4 suicides per 100 thousand inhabitants.	Port

Table 1: Reports results of the 20 studies covering the 3 continents “America, Europe and Africa” America was the continent with the most production, represented by Brazil with (n=10; **50%**). It demonstrated an irregular temporal production over the years, with emphasis on 2021 (n=5; **25%**). Studies with Articles predominated in the research (n=8; **40%**). Regarding Languages, Portuguese stands out (n=18; **90%**). Regarding titles, Suicidal ideation, suicide attempt, suicide and risk factors in adolescents and young people stood out (n=12; **60%**). The researchers in this dispute preferred to analyze... with (n=5; **25%**). Results show that the majority of males commit suicide and females commit suicide, both use the same means to attempt or complete suicide. The objectives of our study were achieved as described in table 1, detailing the three (3).

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**Table 2: Describes situations identified in the CPLP regarding the three objectives proposed in the research.**

<p><b>1<sup>st</sup> Identify situations of suicidal ideation, suicide attempts/suicide and risk factors in CPSC.</b></p>
<p>4 combinations were identified in CPSC <input type="checkbox"/> Suicidal ideation and risk factors.</p> <ul style="list-style-type: none"> <li>➤ Suicidal ideation and suicide attempt.</li> <li>➤ Suicide attempt and risk factors.</li> <li>➤ Attempted suicide and suicide.</li> </ul> <p>In these combinations, the female gender stands out for ideation and attempted suicide and the male gender for completed suicide, both using the same methods.</p>
<p><b>2<sup>o</sup>- Describe relevant aspects of suicidal behavior in the CPSC</b></p>
<p>Relevant aspects identified in the CPSC in this research stand out:</p> <ul style="list-style-type: none"> <li>➤ <b>Clinical:</b> Depression, anxiety, mental illness in the family, chronic diseases...</li> <li>➤ <b>School:</b> School difficulties, relationships with teachers, academic adaptation...</li> <li>➤ <b>Behavioral:</b> Consumption of psychoactive substances, hanging, getting pregnant and being pregnant...</li> <li>➤ <b>Social:</b> Significant loss of limbs, poverty, assets, unemployment, negative coexistence with parents, rejection...</li> </ul>
<p><b>3<sup>o</sup>- Compare evidence on the topic in the reference countries.</b></p>
<p>Analyzing the evidence on the topic in CPSC, we found sociodemographic, sociocultural, academic, economic, regional diversities, among others that contribute to the topic in question.</p> <p><b>Brazil</b></p> <ul style="list-style-type: none"> <li>➤ Relationships with peers, teachers and academic adaptation.</li> <li>➤ Combination of several factors: anxiety, negative coexistence with parents, consumption of psychoactive substances.</li> <li>➤ Living with some type of mental disorder</li> <li>➤ Family history: single, unemployed and low education</li> </ul> <p><b>Portugal</b></p> <ul style="list-style-type: none"> <li>➤ Uses more pesticides</li> <li>➤ Hanging</li> <li>➤ Firearms</li> <li>➤ Academic difficulties</li> <li>➤ Depression, anxiety, low family support and negative life.</li> </ul> <p><b>Mozambique</b></p> <ul style="list-style-type: none"> <li>➤ Witchcraft stands out</li> <li>➤ Rejection</li> <li>➤ Shame</li> <li>➤ Threats/humiliation</li> <li>➤ Have become pregnant/become pregnant <input type="checkbox"/> Psychoactive substances.</li> </ul> <p><b>Cape Verde</b></p> <ul style="list-style-type: none"> <li>➤ Lower family functioning</li> <li>➤ Weak relationship with parents</li> </ul>

Table 2: It illustrated that adolescents and young people from the CPSC practice 4 combinations for suicidal behavior, in these combinations the female gender stands out for ideation and attempted suicide and the male gender for completed suicide. Relevant aspects include clinical, school, behavioral and social aspects. Regarding evidence, we can say that there is diversity for each country, especially for countries described in the table.

## **DISCUSSION**

**In the research, we found that adolescents and young people living in institutions have a higher risk of suicidal ideation, compared to non-institutionalized people.** A result that was verified in Abrante (2020) when he studied suicidal ideation in institutionalized and non-institutionalized adolescents, with the aim of comparing risk and protective factors between groups of institutionalized adolescents and the normative population and analyzing the mediating role of psychological variables in the relationship between negative life events and suicidal ideation. Observed institutionalized group reveals higher levels of suicidal behavior and negative life events, presents greater satisfaction with social support. The relationship between negative events and suicidal ideation is partially mediated by self-esteem and fully mediated by depressive symptoms. In the non-institutionalized group, this relationship is partially mediated by satisfaction with social support.

**We observed that young people can indeed provide support to people living at risk of suicide or suicidal behavior.**

This finding was verified in a study on variables that predict the willingness of young people to help people at risk of suicide. Objective to verify the predictive power of affective, sociodemographic and psychosocial variables on the willingness of young people to help people at risk of suicide. As mentioned, young people could play an important role in preventing suicide if they had the willingness of people exposed to the risks of this behavior. Affective variables such as empathy, sociodemographic variables, gender and age, and psychosocial variables such as exposure to and experience with suicide may be associated with young people engaging in helping behaviors. (Bezerra 2021).

**We found that female adolescents commit more suicide attempts, accompanied by depression, anxiety and social convergence.**

Findings that corroborate previous studies. They showed that there continues to be a greater number of suicide attempts among females, the majority of the syndromatically diagnosis is depression and anxiety; the explanations and meanings of suicidal behavior continue to demonstrate a convergent multidimensionality at three levels: social, family and individual. (Caldeira 2015; de Oliveira, Soares & Nascimento, 2017). Study on a time series of suicide carried out in Brazil, aiming to analyze the prevalence of suicide notifications before and after the launch of the Yellow September Campaign (CSA) by the Ministry of Health. It found 452,579 people in Brazil, 15% (67,966) would have committed an attempt of suicide and 10% (45,901) had unknown causes. Recurrent depressive disorder (F33) killed 236 people, of which 57% (134) were female. The CSA showed increasing incidence after its implementation. (de Oliveira et al., 2020).

**We also found that ideations, suicide attempts, suicides and self-injurious behaviors have a direct relationship with family functioning and social support.**

Based on a study carried out by Souza (2017), on the impact of relational and individual variables in adolescence: relationship with suicidal ideation and self-injurious behaviors. The objective is to analyze the impact that family functioning and social support have on suicidal ideation and self-harm behaviors among adolescents, as well as exploring the relationship between anxiety, depression and stress and suicidal ideation and involvement in these behaviors. Results showed that greater family functional balance among adolescents and better social support from the family led to lower suicidal ideation. Individual variables establish a relationship with suicidal ideation and self-injurious behaviors, adolescents with high levels of anxiety, depression and stress reveal a higher rate of suicidal ideation and greater involvement in self-injurious behaviors.

Real (2018). Studied the relationship between family functioning, suicidal ideation and self-injurious behavior in adolescents. It aimed to understand the relationship between family functioning in three households (father, mother and child). The results show that 35.4% of adolescents present self-injurious behaviors (N=29), 64.6% do not present these behaviors (N=53) and 13.4% of adolescents present suicidal ideation, with the majority presenting symptoms suicidal, adopts self-injurious behaviors (72.7%). They also demonstrate a strong influence of family functioning on the adoption of self-injurious behaviors/suicidal ideation, with the correlation established by these variables being negative, that is, the better the family functioning, the lower the presence of self-injurious behaviors/suicidal ideation. They also demonstrate differences in the perception of family functioning between children and mothers in adolescents who exhibit self-injurious behavior.

**We found in the research that Brazil is the CPLP country that has high suicide rates compared to other countries.**

This observation has been combined when we base ourselves on a study by Ferreira et al. (2023), carried out a study on the risk of suicide among nursing students at a public university in Brazil. Objective: to describe suicide risk rates in Nursing students of different nationalities with Portuguese-speaking students (Angola; Brazil; Cape Verde; Guinea-Bissau; Mozambique and São Tomé and Príncipe). Results of the 192 participants, 28.6% did not present religious/spiritual factors capable of preventing the suicidal act, 12.5% had a family history of suicide and 2.6% had suicide plans (Brazil n=130, 67.7%; Guinea -Bissau nr=39, 20.3%; Angola nr=15, 7.8%; Cape Verde nr=4, 2.1%; São Tomé and Príncipe nr=3, 1.6% and Mozambique nr=1, 0.5%.



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**It was clear in this research that males are characterized by completed suicide using lethal methods.**

Approach verified in previous studies Teenage Suicide in Portugal, with the aim of understanding the situation of this problem. Male adolescents have more risk factors and tend to use more lethal methods, making them more capable of committing suicide, while female adolescents are associated with higher rates of suicide ideation and attempts. Among the various risk factors addressed are academic difficulties, depression, eating disorders, feelings of inadequacy and shame, anxiety, among others. Reasons for living are important protective factors against suicide in adolescence, and should be an item included in suicide risk screening protocols. (Lascas, 2021, & Varela, 2015). Suicide and Suicide Attempts: Contributions from Brazilian Nursing, with the objective of analyzing the scientific production of Brazilian nursing on suicide and suicide attempts, an increase in publications on suicide attempts, suicide and adolescents was observed. Suicide attempts for men and women. Hanging, intoxication and firearms are the most commonly used means of suicide and suicide attempts. (by Oliveira Soares & Nascimento, 2017).

**The study made it clear that people living with some type of mental disorder are predisposed to suicidal ideation and attempted suicide. As well as with prevalence in young women.**

In the study on predisposing factors that lead young adults to suicidal ideation and suicide in Brazil. Objective: Identify the factors that predispose to suicidal ideation and suicide in young adults. Result based on studies, showed that suicidal ideation and attempted suicide is the result of a complex and various causes, where the majority of people suffer from some type of mental disorders. (Maynara & Karine, 2018). They highlighted studies by Cordeiro et al. (2020) & Félix et al. (2016), when referring to suicide attempts and factors associated with the pattern of alcohol use and abuse, they aim to relate patterns of use, abuse and problems related to alcohol among patients who attempted suicide. Results presented indicate a higher prevalence in young women, with an average age of 38 years, single, unemployed and with a low level of education. 41.4% need counseling for risk of alcohol consumption and 24.1% of patients do well.

**It became clear that suicidal ideation and attempted suicide are a combination of various factors involving individuals and academics**

Literature review on suicidal ideation, suicide attempt or suicide in adolescents that occurred in Brazil, with the aim of characterizing what has been produced about the risk factors for suicidal ideation, suicide attempt or suicide in adolescents. As a result, the research illustrates suicide as multifactorial, linked to social, biological and psychological aspects of each adolescent that relate to aspects of life. Soster et al. (2021). Risk factors associated with suicide in university students, aim to investigate academic risk factors associated with suicidal ideation and suicidal behavior in university students. The results suggest the existence of three factors associated with suicidal ideation, namely: Relationship with partners; social relationship with teachers or advisors and adaptation to the academic environment. Sunde et al. (2022). According to Valentin et al. (2019), suicide prevention group in the university context was their study topic, the objective of which was to describe the experience of a suicide prevention group in the university context in Maputo, Mozambique. Risk factors for suicide in Mozambican culture are Witchcraft, rejection and shame. Ribeiro (2017): Risk behaviors, risk and protective factors in Mozambican adolescents and young people. This study recommended studying risk behaviors associated with bio-socio-demographic characteristics and other variables such as gender, failures, number of people in the house, among others.

The study showed different indicators of risk factors and behaviors, the most reported being threats or humiliation, punching or beating, having become pregnant or becoming pregnant, suicide, use of legal and illicit substances. It also showed differences in factors and behaviors between the sexes. Girls are more susceptible to sexual abuse, forced sexual intercourse, early pregnancy and suicide than boys. Boys showed more antisocial behaviors, such as expulsion, school failure and risky behaviors related to the consumption of alcohol and illicit drugs. It was observed that individuals who expressed high levels of self-efficacy, self-esteem, expectations about the future, perceived family and community support engaged in risky behaviors less frequently compared to those who presented low levels of self-efficacy, self-esteem, expectations about the future, perceived family and community support. From the results obtained, it can be inferred that adolescents and young people in Mozambique, in situations of social vulnerability, present various risk behaviors, considered harmful to their health. Birth (2021). Studied factors associated with suicidal ideation in young university students. The objective is to investigate the frequency and factors associated with suicidal ideation in young university students in the health area, regularly enrolled at the Federal University of Ouro Preto (UFOP). A high frequency of suicidal thoughts was observed among students (47.7%), with the majority of the sample being female students (79.9%). Using multivariate Poisson analysis, with robust variance, the factors associated with suicidal ideation were investigated: moderate (1.3 – 3.1) and severe (1.7 – 4.1) anxiety level; poor coexistence with family members, father or mother (1.1 – 1.6) or both (1.3 – 2.6) and the use of illicit drugs (1.2 – 1.8).

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## CONCLUSIONS

The topic in question makes it clear to us at CPLP

- Suicidal ideation and attempted suicide is a predominant practice in females and completed suicide is recorded in males, using the same means to carry it out.
- Adolescents and young people living in institutional care are more prone to risk factors for suicidal ideation compared to non-institutionalized children.
- We also concluded that people experiencing low risk of suicide or suicidal behavior could receive support whenever young people were aware of those involved in the risk.
- Suicidal behaviors are visible in people with some mental disorder, as well as without an apparent cause, that is, unknown and prevalence in young women.
- Carrying out a suicide attempt or suicide is possible due to a combination of several factors affecting the individual.
- It became clear how much suicidal ideation, suicide attempts, as well as selfinjurious behaviors have a direct relationship with family functioning and social support.
- Brazil social relationship with teammates; social relationship with teachers or advisors and adaptation to the academic environment are considered risk factors.
- Cape Verde suicidal behavior is due to differences in the perception of family functioning, between children and mothers in adolescents who exhibit selfinjurious behavior.
- Mozambique origins of suicidal behavior come from social vulnerability, witchcraft, rejection, shame, getting pregnant and being pregnant.
- In Portugal, suicidal behavior occurs with academic difficulties, depression, anxiety stand out as risk factors.
- When analyzing risk rates in Portuguese language students, it was clear that Brazil has high suicide rates compared to other countries.

## RECOMMENDATIONS

- We recommend the Community of Portuguese Speaking Countries CPSC to highlight efforts or find strategies that can leverage scientists to produce more related studies, of the 8 countries, only 4 are those that have production in the area.
- Psychology professionals, who have encountered the harm that suicidal behavior brings to populations, intensify preventive measures to stop this social scourge.
- Let us consider some necessary evils as if they were not problems, for example getting pregnant and being pregnant, failing at school, losing a useful object,

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