



# Causes of Suicides in Pakistan: A Systematic Review

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## INTRODUCTION

Suicide is a behavior that results in death or several losses that are the immediate or final outcome. It is an act of harming oneself voluntarily and intentionally. Suicidal ideation is characterized as suicidal ideas. Suicidal thoughts are often referred to as thoughts of injuring or killing oneself. According to tradition, there are three suicidal terms that include suicidal ideas, attempts and successful suicides. Suicidal ideation refers to delusional ideas, self-harm, the preparation for suicide, and there is yet, a strong connection between intention and action.

## OBJECTIVE

This study aims to identify different causes of suicides in Pakistan. A better understanding of their effects on suicidal ideation and attempts can help formulate effective strategies to control suicide rate.

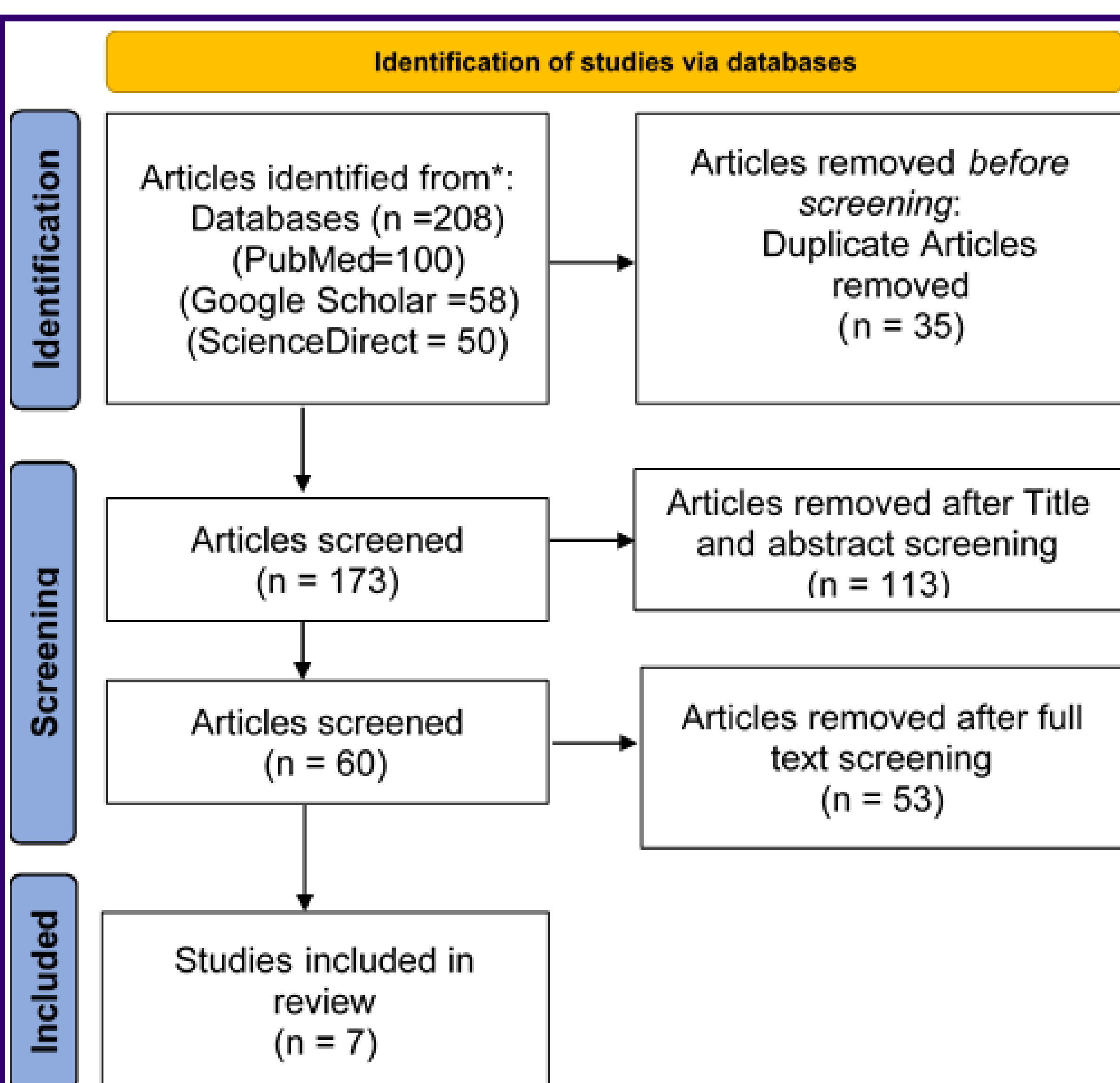
## METHODS

A systematic review was done to find out about the causes of suicide in Pakistan.

- **Databases:** PubMed, Google Scholar, ScienceDirect.
- No filters in terms of time, study design, language, country of publication, etc. were used in order to retrieve all the available literature. Forward citation was done to reach more articles.
- Total of 113 articles were screened out of which only 7 met our inclusion criteria.
- Qualitative data was extracted out of these articles and was tabulated and exposed the major causes of suicide in Pakistan.

**Inclusion Criteria:** Cross-sectional studies, case-control studies, Cohort studies, Review articles, Systematic reviews and original articles encompassing suicidal behaviour, suicidal ideation, attempted and complete suicides were included. Only English articles were added.

**Exclusion Criteria:** All non-English articles, non-peer reviewed literature, grey literature, technical articles, letters, editorials, case reports and case series studying causative factors for suicides were excluded

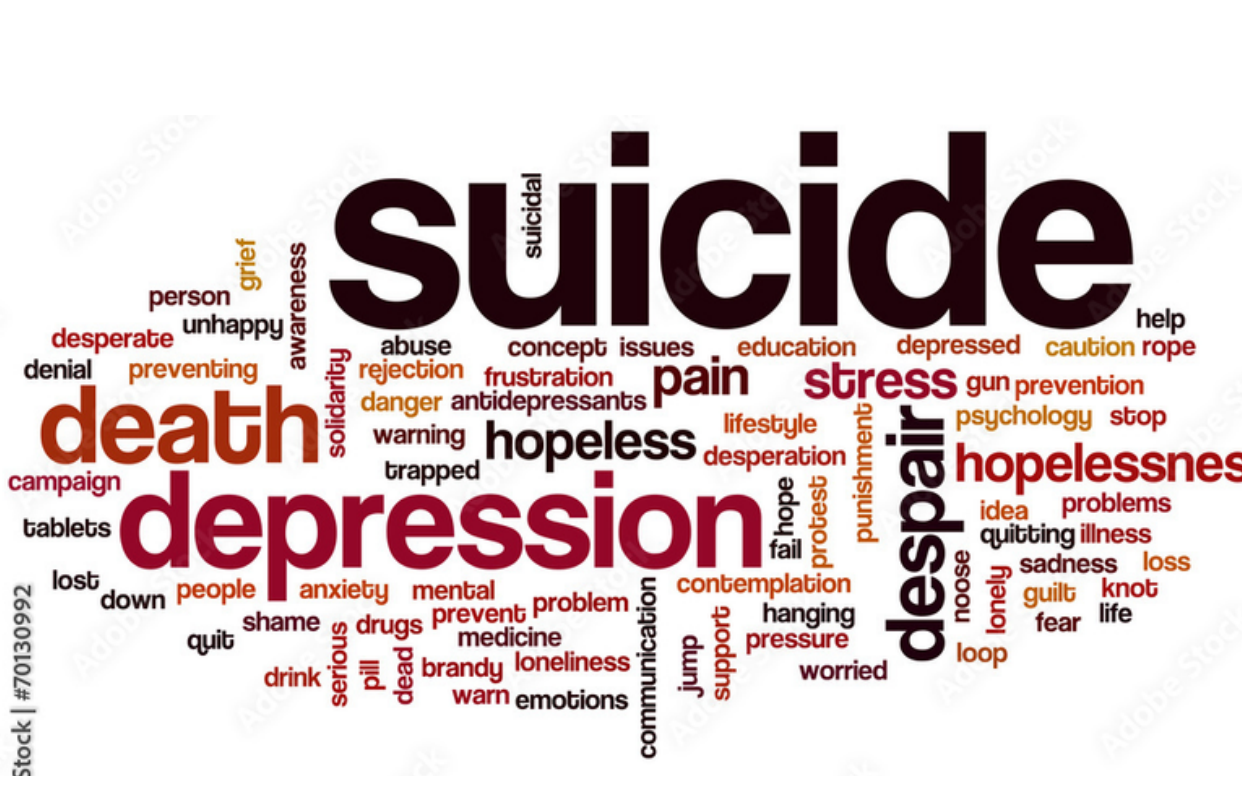


## KEYWORDS

“suicide”, “suicide attempt”, “etiology”, “causes”, “Pakistan”.

## RESULTS

- Suicides are prevalent in females, young people, students, unemployed people and laborers.
- Difference of class and social status, violation of human rights, violence and loosening of cohesion in society are the potential causes that are often neglected.
- Findings our review suggested following major causes of suicides:
  - ⇒ Low socioeconomic status and unemployment
  - ⇒ Mental disorders and chronic illnesses
  - ⇒ Domestic problems
  - ⇒ Negative family problems
  - ⇒ Physical & Sexual abuse
  - ⇒ Violation of human rights and violence in society
  - ⇒ Major failure in life and love



Author	Study Year	Sample Population	Time of Study	Causes of Suicides
Shah et al. <sup>1</sup>	2013	Teenage population of developing countries	2012	Psychosocial Stressors, Low self-esteem and hopelessness, Psychopathology, Poverty Unemployment, Biological Factors Sexual and Physical abuse, Bullying
Shahid et al. <sup>2</sup>	2018	General Population of Pakistan	1981-2006	Low socioeconomic status, Marriage issues, Family problems, Mental disorders
Ahmed et al. <sup>3</sup>	1981	General population of Karachi	1974 - 1978	Domestic troubles, Mental disorders, Unemployment, Prolonged illness, Financial problems, Failure in love, Fear of punishment, Failure in exams
Tahir et al. <sup>4</sup>	2013	General population of Mianwali	2011	Mental disorder, Financial problems, Unemployment, Domestic violence, Major failure in life
Rahnuma et al. <sup>5</sup>	2017	General Population of Gilgit-Baltistan	2016 - 2017	Domestic issue, Financial problems, Relationships with reference to marriage, Societal interference in success or failures of individuals
Tunio et al. <sup>6</sup>	2020	Female population of Nangarparkar	2019 - 2020	Failure in love, Social injustice, Mental illness
Bibi et al. <sup>7</sup>	2019	Female population of Chitral	2018	Inability to choose spouse, Inappropriate parenthood, Low socioeconomic status, High stress, Depression, Social Pressure, Domestic problems

## CONCLUSION

Suicide is not only a socio-cultural event, it is a critical health concern and should be considered as such in Pakistan. The most common reasons that compel an individual to take his/her own life are depression/mental illness, socioeconomic conditions, domestic violence and disputes, unemployment and some major failure in life. Some other causes include gender bias, intra marital problems, bullying and societal interference in success or failures of individuals.

## DESIGNED BY

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