

Magnitude of suicidal ideation and perinatal suicide risk in Spanish women. What are the factors involved?

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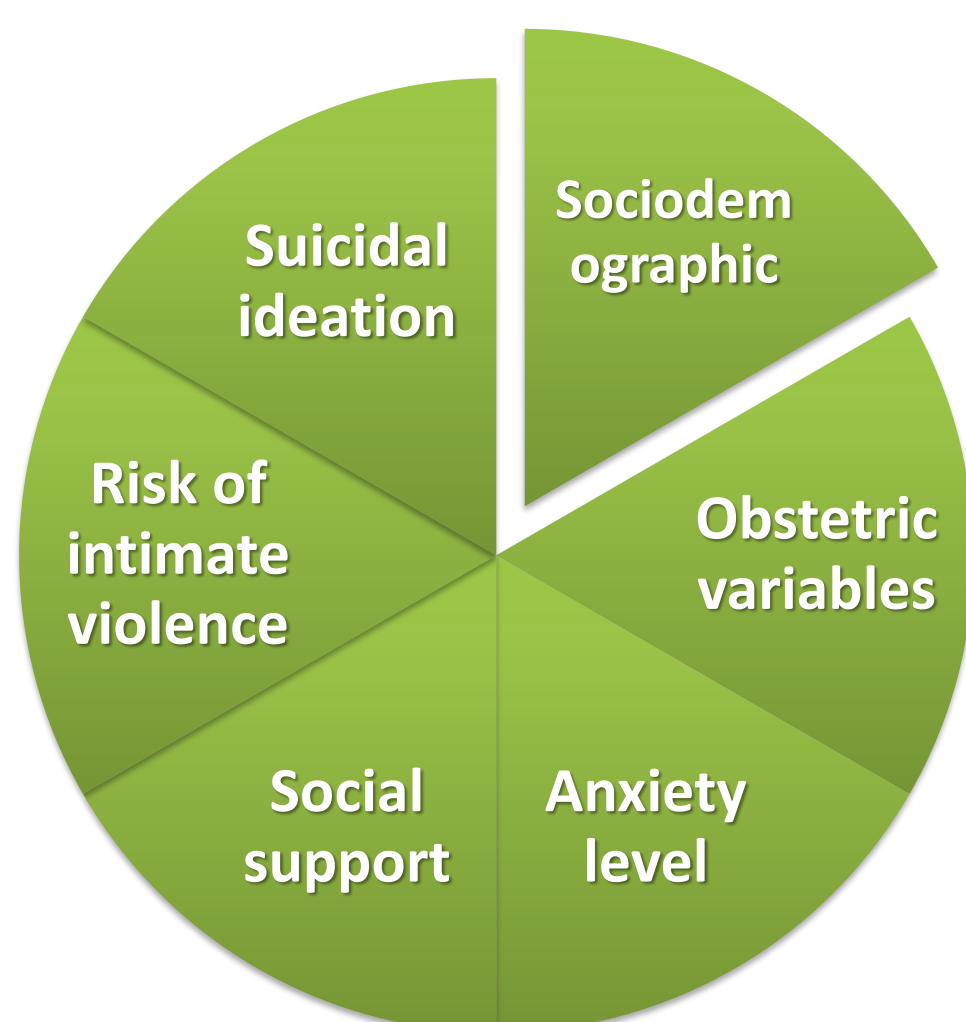
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INTRODUCTION & AIM

Suicide is one of the **leading causes** of death worldwide, and in the perinatal period, the trend is increasing, even up to **100 times in the US**. In the postpartum period, **36% of maternal deaths are due to suicide**. In different European countries, suicide is one of the **leading causes** of maternal mortality along with cardiovascular pathologies. There are no studies have been carried out with validated instruments despite the abundant recommendations to do so. **Suicidal ideation** is considered one of **the main predictors of suicide**. This study aims to determine the **prevalence of perinatal suicide risk** in Spanish women, as well as **the factors associated** with it.

METHOD

A cross-sectional study was carried out with **908 women in the perinatal stage**. Sociodemographic and obstetric variables, anxiety level (**GAD7**), social support (**DUKE-UNC**), risk of intimate violence (**WAST**), and suicidal ideation (**Paykel scale**) were collected. Crude (OR) and adjusted odds ratios (aOR) were calculated using logistic regression for the main risk factors for suicidal ideation.



Presenting **anxiety** or **depression**, **little social support**, and living in a **possible situation of intimate partner violence** are **associated** with a **greater risk of suicidal ideation** during the **perinatal stage**.

RESULTS & DISCUSSION

The prevalence of suicidal ideation was **19.3%** (175), and suicide attempt **2.4%** (22). A total of 215 (23.7%) women were pregnant at the time of the study, and 76.3% (693) were postpartum women. In the perinatal stage, the risk factors were **anxiety** [aOR of **1.08** (95% CI: **1.04-1.31**)], **experiencing a possible situation of intimate partner violence** [aOR of **1.59** (95% CI: **1.04-2.43**)], and a **risk of PPD** [aOR of **3.00** (95% CI: **1.86-4.81**)]. **Perceived social support** appears as a protective factor [aOR of **0.97** (95% CI: **0.95-0.99**)], along with **skin-to-skin** contact with the baby during childbirth [aOR **0.50** (95% CI: **0.28-0.88**)].



Almost **2** in every **10** women suffer from suicidal ideation

What can Professionals do?

PROMOTE

aOR **0.50** (95% CI: 0.28-0.88)

aOR **0.97** (95% CI: 0.95-0.99)

Skin to skin



Social Support

CONCLUSION

FUTURE WORK / REFERENCES

Martínez-Galiano, Juan Miguel, Martínez-Vázquez, Sergio, Peinado-Molina, Rocío Adriana, Hernández-Martínez, Antonio, Validation of the Paykel Suicide Scale and the Plutchik Suicide Risk Scale in Spanish Women during the Perinatal Period, Depression and Anxiety, 2024, 3741489, 11 pages, 2024. <https://doi.org/10.1155/2024/3741489>

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