

7. DIAGNOSTIC CRITERIA OF SUICIDAL AND PARASUICIDAL BEHAVIOR



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Introduction. Suicide behavior represents a totality of behaviors from suicide attempt to completed suicide. While, parasuicidal behavior is characterized by “any non-fatal, serious, deliberate self-harm with or without suicide intent”. The diagnosis of this type of behavior is a complex and delicate process that involves careful evaluation of specific criteria, which is crucial for taking appropriate intervention measures.

Aim of study. To explore the criteria used in diagnosing these behaviors, early identification and intervention to prevent the risk of suicide.

Methods and materials. Was identified national and international scientific literature which studies causes, criteria, coping mechanisms and treatment methods of patients with suicidal and parasuicidal behavior.

Results. One of the essential criteria in the diagnosis of suicidal behavior is the presence of suicidal thoughts or intentions expressed by the individual - desire to die, detailed planning of a suicidal act, or direct expression of the intention to seriously harm oneself or commit suicide. Another important criterion is the presence of previous suicidal or parasuicidal behaviors - suicide attempts or intentional self-harm, while parasuicidal behaviors involve self-injurious actions that are not ultimately aimed at suicide. Next important parameter includes the presence of psychological or sociodemographic risk factors, such as mental health disorders, substance abuse, social isolation, chronic stress, or family history of suicide. Also, there are two scales that assess the risk of suicide. C-SSRS evaluates the suicidal risk, and rates it from “wish to be dead” to “active suicidal ideation either specific plan”. Other scale SLAP - for specificity of the suicide plan, lethality of the means, availability of the means, and proximity of rescuers.

Conclusion. The diagnosis of suicidal and parasuicidal behavior should be conducted in a sensitive and empathetic manner, taking into account the individual context of each person. It is essential to involve mental health professionals in the evaluation process and to provide emotional support and appropriate treatment to those at risk. The criteria for diagnosing suicidal and parasuicidal behavior involve evaluating suicidal thoughts and intentions, previous behaviors, risk factors, and individual context. Early identification and intervention can play a crucial role in preventing suicide-related tragedies and promoting mental health and individual well-being.