

Prevention and treatment for adolescent suicidal behaviour in a changing society.

Suicide has in the last decades been one of the first to third leading cause of death among 15-24 year olds in many western countries (Centers for Disease Control and Prevention, 2015; Karolinska institutet, 2015; Directorate of Health, 2014).

The importance of being able to assess and prevent suicide behaviour in adolescents and young adults is never to strongly addressed in today's changing societies. There is a positive correlation between suicidal behaviour and mental disorders in adolescents. In a research done in 11 European countries results indicated that the prevalence of risk factors and psychopathology amongst European adolescents is relatively high, they increase with age and most of them are more frequent among boys (Carli, et al., 2014). Intrapersonal and interpersonal factors such as weak self-esteem, negative self image, hopelessness, peer group perceptions of social isolation and loneliness all represent a risk for adolescent suicide. It has been verified that strong self-esteem is an important interpersonal protective factor in adolescent suicidal behaviour. Therefore in a treatment program for adolescents and their families this component was especially addressed in group treatment for the adolescents. Results show that self esteem was stronger after treatment. The feeling of wanting to live and having better hope for the future also got stronger after the treatment.

We were very hopeful for the effectiveness of the program as in case of having three or more protective factors the risk of suicide attempts considerably diminishes.