

# DEVELOPMENT AND PERIODICITY OF HUMAN EXPOSURES IN SUICIDAL INTENTION REPORTED TO THE POISONS INFORMATION CENTRE (PIC) ERFURT FROM 2004 TO 2013

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## Objective

Exposures in suicide attempts are demanding for hospitals and poisons information centres (PICs). Therefore, the time characteristics of their frequency were studied.

## Methods

A retrospective analysis of all human exposures reported to PIC Erfurt from January 2004 to December 2013 was undertaken according to their frequency in the respective year, season, month, weekday, time of the weekday, circumstances of exposure, age and gender.

## Results

Of all exposures (n=137104), 59.7% were accidental, 23.4% occurred in suicide attempts and 3.3% in substance abuse. Their number continuously increased from 2422 in 2004 to 3458 in 2013, but their relative frequency remained almost constant at 23.4% (Fig. 1). 0.3% of the suicide attempts resulted in death.

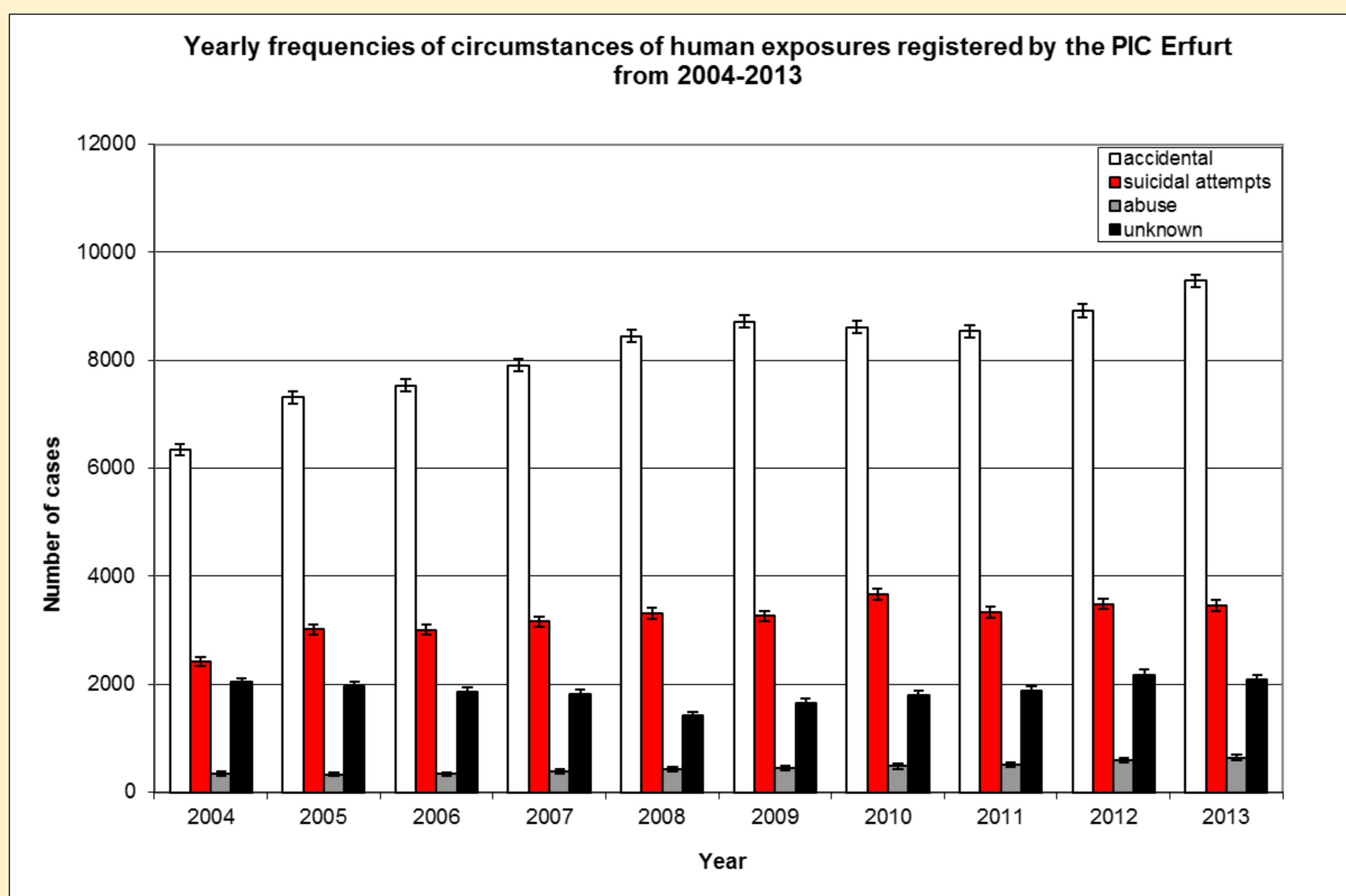


Fig. 1 Yearly frequencies of circumstances of human exposures registered by the PIC Erfurt from January 2004 to December 2013.

The highest numbers of suicide attempts were observed in the spring and summer (Fig. 2) with maxima in July and August and minima in February and September.

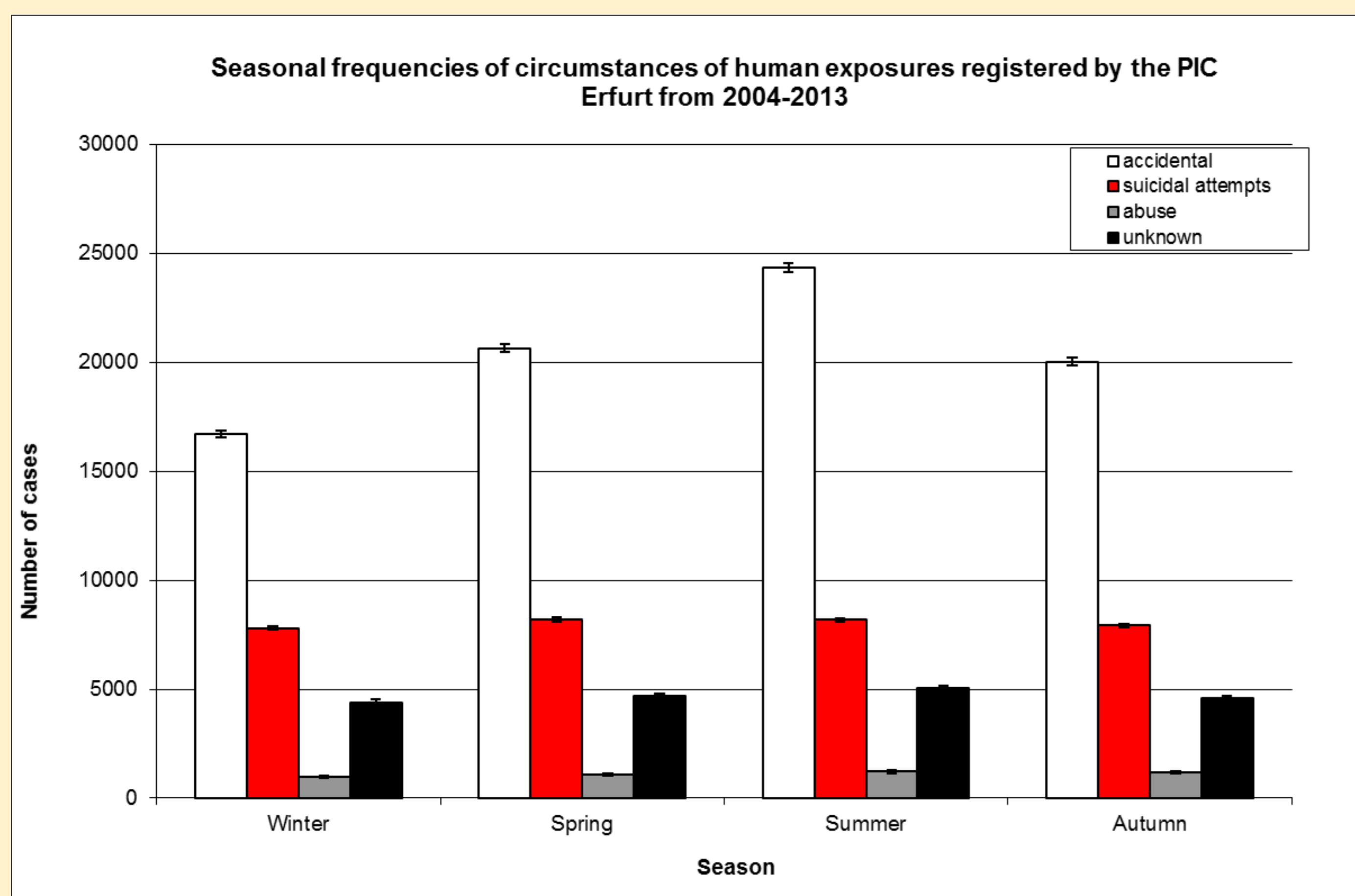


Fig. 2 Seasonal frequencies of circumstances of human exposures registered by the PIC Erfurt from January 2004 to December 2013.

During the week, most suicide attempts were observed between Sunday and Tuesday and the fewest on Friday (Fig. 3).

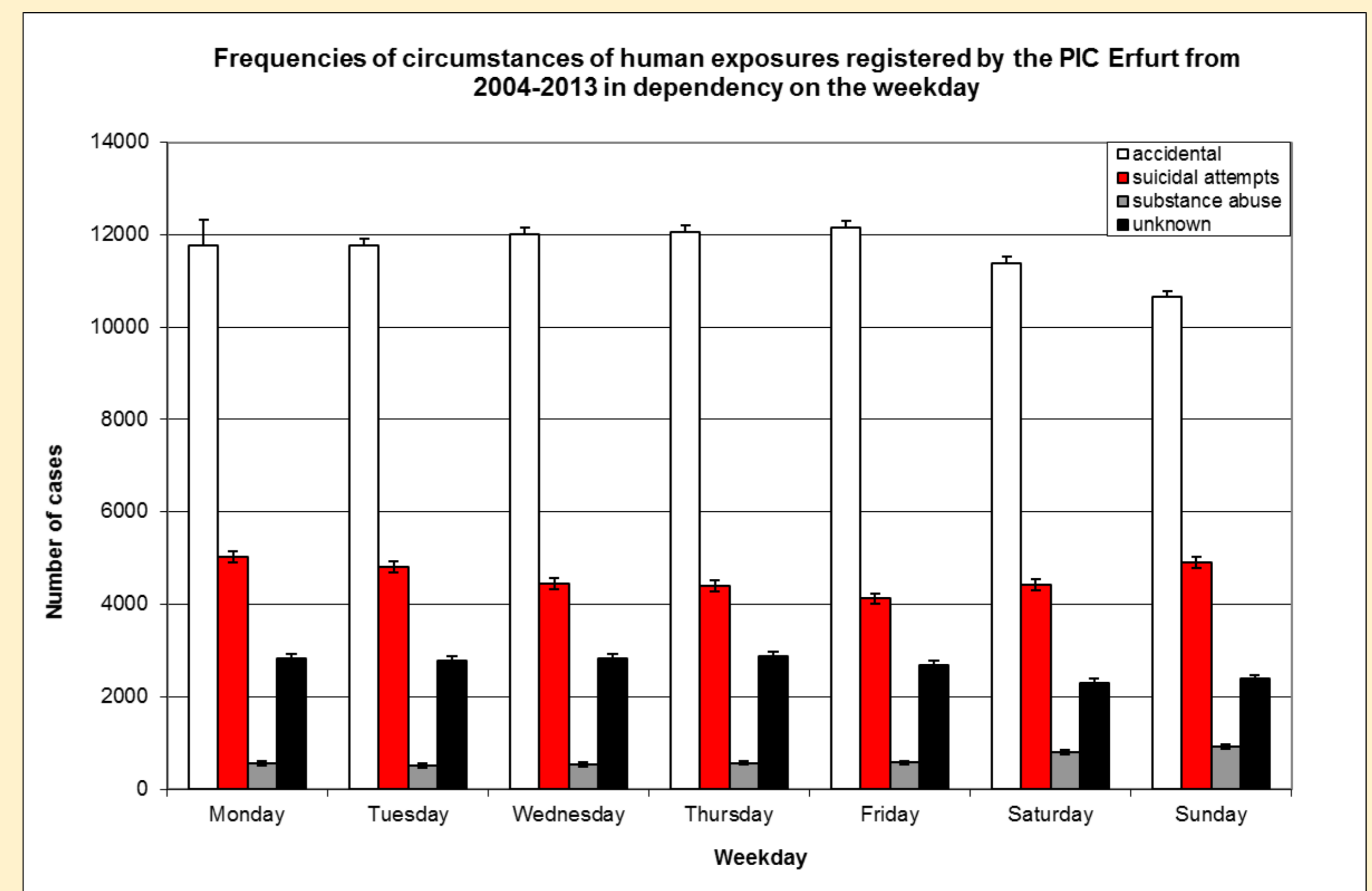


Fig. 3 Frequencies of circumstances of human exposures registered by the PIC Erfurt from January 2004 to December 2013 in dependency on the weekday.

The majority of suicide attempts occurred at 10 pm with the lowest rate at 6 am (Fig. 4).

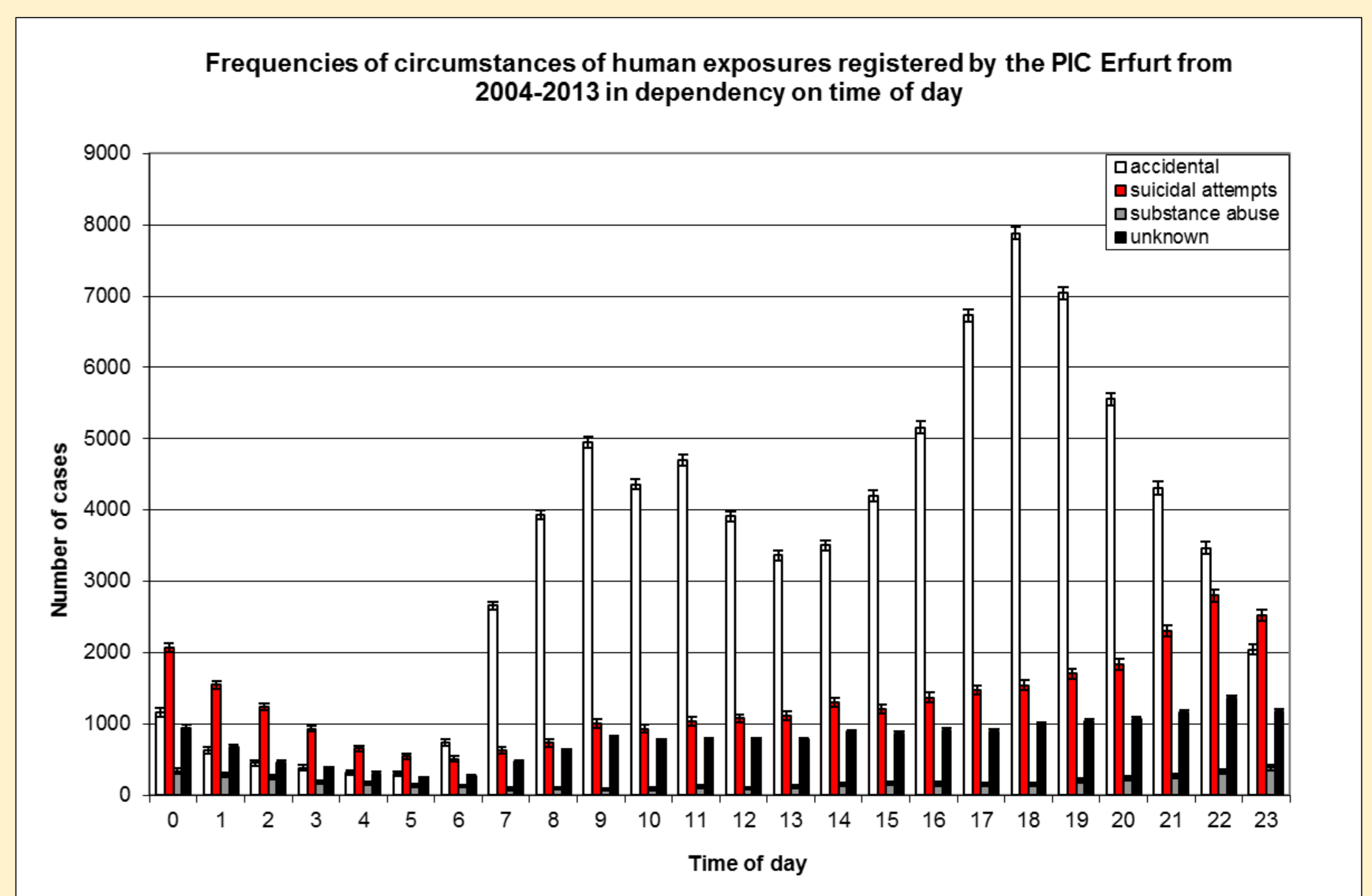


Fig. 4 Frequencies of circumstances of human exposures registered by the PIC Erfurt from the beginning of 2004 to the end of 2013 in dependency on the time of day.

## Conclusion

Hospitals counselled by the PIC Erfurt should be particularly prepared to exposures in suicide attempts

- in the spring and summer (especially in July and August),
- at the beginning of the week and
- shortly before midnight.
- The median of age was 39 years (first quartile 24 years, third quartile 50 years). The female proportion was almost twice as high as the male. This results are in accordance with literature (1)

## Reference

1. da Cruz Pires CM, de Paula Santana da Silva T, Pires dos Passos M, Botelho Sougey E, Coelho Bastos Filho O. Risk factors of suicide attempts by poisoning: review. Trends Psychiatry Psychother. 2014;36:63-67