

TABLE 3. Factors Associated With Increased Risk for Suicide**Suicidal thoughts/behaviors**

- Suicidal ideas (current or previous)
- Suicidal plans (current or previous)
- Suicide attempts (including aborted or interrupted attempts)
- Lethality of suicidal plans or attempts
- Suicidal intent

Psychiatric diagnoses

- Major depressive disorder
- Bipolar disorder (primarily in depressive or mixed episodes)
- Schizophrenia
- Anorexia nervosa
- Alcohol use disorder
- Other substance use disorders
- Cluster B personality disorders (particularly borderline personality disorder)
- Comorbidity of axis I and/or axis II disorders

Physical illnesses

- Diseases of the nervous system
 - Multiple sclerosis
 - Huntington's disease
 - Brain and spinal cord injury
 - Seizure disorders
- Malignant neoplasms
- HIV/AIDS
- Peptic ulcer disease
- Chronic obstructive pulmonary disease, especially in men
- Chronic hemodialysis-treated renal failure
- Systemic lupus erythematosus
- Pain syndromes
- Functional impairment

Psychosocial features

- Recent lack of social support (including living alone)
- Unemployment
- Drop in socioeconomic status
- Poor relationship with family^a
- Domestic partner violence^b
- Recent stressful life event

Childhood traumas

- Sexual abuse
- Physical abuse

Genetic and familial effects

- Family history of suicide (particularly in first-degree relatives)
- Family history of mental illness, including substance use disorders

Psychological features

- Hopelessness
- Psychic pain^a
- Severe or unremitting anxiety
- Panic attacks
- Shame or humiliation^a
- Psychological turmoil^a
- Decreased self-esteem^a
- Extreme narcissistic vulnerability^a
- Behavioral features
- Impulsiveness
- Aggression, including violence against others
- Agitation

Cognitive features

- Loss of executive function^b
- Thought constriction (tunnel vision)
- Polarized thinking
- Closed-mindedness

Demographic features

- Male gender^c
- Widowed, divorced, or single marital status, particularly for men
- Elderly age group (age group with greatest proportionate risk for suicide)
- Adolescent and young adult age groups (age groups with highest numbers of suicides)
- White race
- Gay, lesbian, or bisexual orientation^b

Additional features

- Access to firearms
- Substance intoxication (in the absence of a formal substance use disorder diagnosis)
- Unstable or poor therapeutic relationship^a

^aAssociation with increased rate of suicide is based on clinical experience rather than formal research evidence.

^bAssociated with increased rate of suicide attempts, but no evidence is available on suicide rates per se.

^cFor suicide attempts, females have increased risk, compared with males.