

PREVALENCE AND AGE-OF-ONSET DISTRIBUTIONS OF SUICIDAL THOUGHTS, PLANS AND ATTEMPTS AMONG STUDENTS OF NINE PUBLIC UNIVERSITIES IN WROCLAW, POLAND: WMH-CIDI FINDINGS

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Suicidality among university students represents an important and growing public health concern for which epidemiological data are needed.

This study aimed to estimate the prevalence of suicide thoughts, plans and attempts among students of nine public universities in Wrocław, Poland.

A representative quota sample of 370 (2,78%) out of 102160 students of nine public universities participated in the face-to-face structured interview using the polish version of WMH-CIDI 3.0.

Estimated lifetime prevalence of serious suicidal thoughts is 9,19%. Those thoughts occur for the first time on average at the age of 16,4. Serious plans of committing suicide were reported by 3,24% of all students who participated in the study.

Moreover 1,35% admitted planning suicide in 12 months prior to the interview. The average age in which such ideations occur for the first time is 15,5 years old. Lifetime prevalence of suicide attempt is 1,62%. One third of respondents who have ever try to kill themselves made such an attempt within a year before being interviewed.

Percentage of students experiencing serious suicidal thoughts is slightly higher than in the general sample CIDI studies in Europe. Suicidal symptoms occur early in lifetime. Therefore prevention campaigns aimed in reaching those who are suicidal for the first time, should be addressed to high schools students. High percentage of 12 months suicide attempts prevalence among those who tried to kill themselves indicates need of prevention directed for university students.