

The Role of Alcohol Consumption in Suicide Related Deaths

The topic I am examining is the effect of alcohol consumption on suicide related deaths and suicidal intent. I chose this topic because I have noticed a positive correlation between alcohol and suicide risk and wanted to further examine this topic. Suicide is also a leading cause of death, and more research needs to be done on risk factors and prevention. I searched the database PubMed (<https://pubmed.ncbi.nlm.nih.gov>) to find the sources for this review. The first article that I read was a systematic review and meta-analysis regarding the keyword's "alcohol" and "suicide". A systematic review answers a question by collecting and summarizing empirical evidence that fits rigid pre-specified criteria. A meta-analysis uses statistical methods to summarize the results of these studies. The second article was also a systematic review that reviewed studies of alcoholism and suicidal behavior available in MEDLINE, Institute for Scientific Information Databases (Science Citation Index Expanded, Social Sciences Citation Index, and Arts & Humanities Citation Index), EMBASE, and Cochrane Library. The first article analysis of the results showed that there is a relationship between alcohol use and suicide. The Risk Ratio (RR) between alcohol use and suicide was 1.65. In men, pooled RR was 1.56 with 95% CI = 1.20–2.03, and in women, the pooled RR was equal to 1.40 with 95% CI = 1.11–1.77. The risk ratio is commonly used in survey research to express the results of some clinical trials. When data from multiple surveys is combined, it will often be expressed as "pooled". These results express a positive correlation between alcohol consumption and suicide. A risk ratio of 1.65 for men and 1.40 for women averages 1.50, which means alcohol consumers are one and a half more times likely to commit suicide. The findings indicate that alcohol use is a risk factor for suicide. Therefore, it seems that prevention and control of alcohol use can be effective in

promoting mental health. The second article proved that Alcoholism is associated with a considerable risk of suicidal behavior. The study urges all individuals with alcoholism to receive a suicide risk assessment based on known risk factors. Neither of these articles examined racial or ethnic health disparities in the population. On gap minder I examined the correlations between alcohol consumption (in liters) and smoking in adults who committed suicide. In Russia alcohol consumption of 16 liters correlates with suicide. South Africa and the United States show a correlation of drinking 10 liters of alcohol with suicide, and China, with the largest population of total number of suicides, demonstrated a correlation between drinking 6 liters of alcohol with suicide. What I learned from this assignment is that there is a positive correlation between alcohol consumption and suicide. Acute alcohol consumption and suicide is the highest in Russia and the lowest in China. In terms of suicide prevention, identifying the risk factor of alcohol consumption and treating that could have a positive impact on suicide related deaths.

References:

L, S. (n.d.). *Alcoholism and suicidal behavior: A clinical overview*. Acta psychiatrica Scandinavica. Retrieved July 14, 2022, from <https://pubmed.ncbi.nlm.nih.gov/16390364/>

Alcohol use and risk of suicide: A systematic review and meta-analysis. Taylor & Francis. (n.d.). Retrieved July 14, 2022, from <https://www.tandfonline.com/doi/abs/10.1080/10550887.2020.1736757?journalCode=wjad>

Gapminder: Suicide related deaths compared with alcohol consumption (in liters) and smoking (%) in adults over 15

