



# ***Self-reported knowledge on suicidal risk and suicidal behavior in schoolchildren aged 16 to 19 years in Lithuania***

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## *Introduction*

- Suicide rates data in Lithuania already were among the worst in the European Union.
- Pandemic situation and strict lockdowns increased insecurity of the population, and risk for self-harm and suicides.
- Self-inflicted mortality risk exposure is the most dramatic for teenagers and young people.

*The aim* of the study was to explore the self-reported knowledge on suicidal risk and suicidal behaviour in schoolchildren aged 16 to 19 years.

*Methods.* 342 urban and rural schoolchildren participated in the survey.

## *Results (I)*

- The **minority** of schoolchildren know about verbal or behavioural warning signs before the suicide attempt, and that person with suicidal intends is talking about the plans to commit suicide.
- **Most** of teenagers do not know about the ambivalence of suicidal person, and that communication and timely conversation could save life.
- **Nearly half** of teenagers know peers with suicidal thoughts.

## Results (II)

- **19%** of investigated schoolchildren had suicidal thoughts.
- 7% of respondents had tried to attempt suicide.
- **Only 10.4%** schoolchildren stated that they had enough knowledge about suicide prevention; **rural inhabitants and boys had less** information and knowledge on suicide prevention.
- The study revealed that **20%** of young people have been involved in the activities on suicide prevention.

## Conclusions

- Schoolchildren aged 16 to 19 years have **insufficient knowledge** about the suicidal behaviour, suicide phenomenon, and suicide prevention.
- Therefore, awareness rising, preventive activities, and educational events need more efforts and attention for schoolchildren, teenagers, and young people.



**Thank you!**