

# **Suicide and Suicide Prevention in Asia**

**Editors:**

**Herbert Hendin, Michael R. Phillips, Lakshmi Vijayakumar,  
Jane Pirkis, Hong Wang, Paul Yip, Danuta Wasserman,  
José M. Bertolote, Alexandra Fleischmann**



Department of Mental Health and Substance Abuse

WHO Library Cataloguing-in-Publication Data

Suicide and suicide prevention in Asia / edited by Herbert Hendin... [et al.].

1.Suicide - prevention and control. 2.Suicide - trends. 3.Socioeconomic factors. 4.Asia.  
I.World Health Organization. II.Hendin, Herbert.

ISBN 978 92 4 159689 3

(NLM classification: HV 6545)

**© World Health Organization 2008**

All rights reserved. Publications of the World Health Organization can be obtained from WHO Press, World Health Organization, 20 Avenue Appia, 1211 Geneva 27, Switzerland (tel.: +41 22 791 3264; fax: +41 22 791 4857; e-mail: [bookorders@who.int](mailto:bookorders@who.int)). Requests for permission to reproduce or translate WHO publications – whether for sale or for noncommercial distribution – should be addressed to WHO Press, at the above address (fax: +41 22 791 4806; e-mail: [permissions@who.int](mailto:permissions@who.int)).

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall the World Health Organization be liable for damages arising from its use.

The named authors alone are responsible for the views expressed in this publication.

Printed by the WHO Document Production Services, Geneva, Switzerland.

## Contents

Contributors.....	iii
Foreword.....	v
Acknowledgements.....	vii
Introduction: Suicide and Suicide Prevention in Asia.....	1
Herbert Hendin	
1. Epidemiology of Suicide in Asia .....	7
Herbert Hendin, Lakshmi Vijayakumar, José M. Bertolote, Hong Wang, Michael R. Phillips, Jane Pirkis	
2. Socio-economic, Cultural and Religious Factors Affecting Suicide Prevention in Asia .....	19
Lakshmi Vijayakumar, Jane Pirkis, Tran Thanh Huong, Paul Yip, Rohini De A. Seneviratne, Herbert Hendin	
3. Creating Public Awareness in Asia of Depression as Treatable and Suicide as Preventable .....	31
Yoon-Young Nam, José M. Bertolote, Boon Hock Chia, Thambu Maniam, Michael R. Phillips, Jane Pirkis, Herbert Hendin	
4. Improving Portrayal of Suicide in the Media in Asia.....	39
Annette Beutrais, Herbert Hendin, Paul Yip, Yoshitomo Takahashi, Boon Hock Chia, Armin Schmidtke, Jane Pirkis	
5. Educating Gatekeepers in Asia .....	51
Yoshitomo Takahashi, Danuta Wasserman, Jane Pirkis, Shuiyuan Xiao, Tran Thanh Huong, Boon Hock Chia, Herbert Hendin	
6. Innovative Approaches in Asia to Identifying Those at Risk for Suicide.....	63
Paul Yip, Yoon-Young Nam, Tran Thanh Huong, Armin Schmidtke, Herbert Hendin, Rohini De A. Seneviratne, Jane Pirkis	
7. Reducing Access in Asia to Lethal Means of Self-harm .....	69
Michael R. Phillips, José M. Bertolote, Annette Beutrais, Paul Yip, Lakshmi Vijayakumar, Jane Pirkis, Herbert Hendin	
8. Improving Treatment in Asia of Depression and Other Disorders that Convey Suicide Risk .....	77
Shuiyuan Xiao, Murad Khan, Yoon-Young Nam, Michael R. Phillips, Prakarn Thomkangkoon, Jane Pirkis, Herbert Hendin	
9. Addressing in Asia the Problems of Survivors of Suicide .....	89
Murad Khan, Herbert Hendin, Yoshitomo Takahashi, Annette Beutrais, Prakarn Thomyangkoon, Jane Pirkis	
10. Suicide Prevention in Asia: Future Directions.....	97
Herbert Hendin, Hong Wang, Ulrich Hegerl, Shuiyuan Xiao, Xianyun Li, Michael R. Phillips, Tran Thanh Huong	



## Contributors

**Beautrais, Annette**, Ph.D. (New Zealand): Research Associate Professor, Canterbury Suicide Project, University of Otago.

**Bertolote, José M.**, M.D. (Switzerland): Coordinator, Management of Mental and Brain Disorders, Department of Mental Health and Substance Abuse, World Health Organization, Geneva.

**Chia, Boon Hock**, MBBS, DPM, FRANZ, M.D. (Singapore): Consultant Psychiatrist.

**Fleischmann, Alexandra**, Ph.D. (Switzerland): Scientist, Management of Mental and Brain Disorders, Department of Mental Health and Substance Abuse, World Health Organization, Geneva.

**Hegerl, Ulrich**, M.D., Ph.D. (Germany): Professor and Chair, Department of Psychiatry, University of Leipzig; Director of the German Research Network on Depression and Suicide Prevention.

**Hendin, Herbert**, M.D. (United States of America): CEO and Medical Director, Suicide Prevention International; Professor of Psychiatry, New York Medical College.

**Huong, Tran Thi Thanh**, M.D., Ph.D. (Viet Nam): Coordinator for Prevention and Control of Non-communicable Diseases, Ministry of Health; Lecturer, Hanoi Medical University.

**Khan, Murad M.**, M.D. (Pakistan): Professor and Chair, Department of Psychiatry, Aga Khan University, Karachi.

**Li, Xianyun**, M.A., MMS (China) Senior Psychiatrist and Vice-Director, Beijing Suicide Research and Prevention Center, Beijing Hui Long Guan Hospital.

**Maniam, Thambu**, M.D. (Malaysia): Professor of Psychiatry, Universiti Kebangsaan Malaysia (National University of Malaysia), Kuala Lumpur.

**Nam, Yoon-Young**, M.D. (Republic of Korea): Director of the Division of Planning and Public Relations, Seoul National Hospital; Assistant Visiting Professor, Department of Psychiatry, Yonsei University College of Medicine.

**Phillips, Michael R.**, M.D., MA, MPH (China): Executive Director, Beijing Suicide Research and Prevention Center, Beijing Hui Long Guan Hospital; Professor of Clinical Psychiatry and Clinical Epidemiology, Columbia University.

**Pirkis, Jane**, Ph.D. (Australia): Associate Professor and Principal Research Fellow, Center for Health Policy, Programs, and Economics, School of Population Health, University of Melbourne.

**Schmidtke, Armin**, Ph.D. (Germany): Professor and Head of Clinical Psychology, University of Würzburg; Foreign Adjunct Professor, Karolinska Institute, Stockholm.

***Seneviratne, Rohini De A.***, M.D. (Sri Lanka): Professor of Community Medicine, University of Colombo.

***Takahashi, Yoshitomo***, M.D. (Japan): Professor of Behavioral Science at the National Defense Medical College Research Institute, Tokorozawa, Saitama.

***Thomyangkoon, Prakarn***, M.D. (Thailand): Head of Medical Technology Transfer Unit, Rajavithi Hospital, Department of Medical Services, Ministry of Public Health, Bangkok; Lecturer at Institute of Undergraduate Medical Education, Department of Medical Services, Rangsit University, Pathum Thani.

***Vijayakumar, Lakshmi***, MBBS, DPM, Ph.D. (India): Head, Department of Psychiatry, Voluntary Health Services, Adyar Hospital; Founder, SNEHA, Suicide Prevention Centre, Chennai.

***Wang, Hong***, M.D., Ph.D. (United States of America): Assistant Professor, Division of Global Health, Yale University School of Public Health; Chinese Ministry of Health Advisory Committee for Health Policy and Administration.

***Wasserman, Danuta***, M.D., Ph.D. (Sweden): Professor of Psychiatry and Suicidology and Head of the Department of Public Health Sciences at Karolinska Institutet; Head of the Swedish National Centre for the Prevention of Mental Ill-Health and Suicide, Stockholm.

***Xiao, Shuiyuan***, M.D., Ph.D. (China): Dean of the Department of Social Medicine and Director of the Institute for Suicide Prevention, Central South University in Changsha.

***Yip, Paul***, Ph.D. (China, Hong Kong SAR): Director of the Hong Kong Jockey Club Centre for Suicide Research and Prevention, University of Hong Kong.

## Foreword

The research and policy attention that suicide prevention has received in Asia has been relatively small in comparison with the magnitude of the problem. More than half of the suicides that occur globally every year come from the South-East Asia and Western Pacific regions. Suicide is among the leading causes of death and, among young people, the leading cause of death in many Asian countries.

Suicide is a complex, yet preventable public health problem resulting from the interaction of psychological, social, biological, and environmental factors. The prevention of suicide is equally complex and, while feasible, is no easy task: it involves a whole series of activities, ranging from the environmental control of risk factors and means, through the early identification and effective treatment of people with mental and substance use disorders, to the responsible reporting of suicide in the media. Comprehensive public health action to prevent suicide addresses the population at large as well as particularly vulnerable groups, such as young people or those who attempted suicide. The involvement of various sectors (e.g., health, education, labour, agriculture) needs to be sought as well as the engagement of various partners (e.g., governments, nongovernmental organizations).

Although there are examples of excellent achievement, suicide prevention efforts have been limited in Asian countries. The present publication makes a case for enhancing the commitment to the prevention of suicide and for implementing effective strategies to reduce the burden, both in terms of mortality and morbidity related to suicidal behaviours. These overall objectives are shared by the WHO worldwide initiative for the prevention of suicide. It is hoped that Suicide Prevention International continues its work and that this publication will be widely disseminated in order to serve and strengthen suicide prevention efforts in Asian countries.

Alexandra Fleischmann  
Scientist

José M. Bertolote  
Coordinator

Management of Mental and Brain Disorders  
Department of Mental Health and Substance Abuse  
World Health Organization

预览已结束，完整报告链接和二维码如下：

[https://www.yunbaogao.cn/report/index/report?reportId=5\\_29519](https://www.yunbaogao.cn/report/index/report?reportId=5_29519)

