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Grisham, Jessica et al. "Long Term Outcomes of Young People Who Attempted Suicide" JAMA 312:21:2277-2278. December 3, 2014.

Question: Does a suicide attempt before the age of 24 signal increased risk for later poor health and social functioning when compared people with similar psychological diagnosis and social class.

Design: Cohort of people chosen from the Dunedin Multidisciplinary Health and Development Study of 1037 people followed from birth. Similar psych diagnosis and 91 suicide attempters and 946 non-attempters. 95% followed to age 38 and compared based on psychological, social and medical outcomes.

Results: Young suicide attempters were significantly more likely to have persistent mental health problems (depression, substance abuse, additional attempts), physical health problems, and more violence (domestic and violent crime). These factors remained stable when comparing for psych diagnosis and social class. Pts also reported increased levels of loneliness and dissatisfaction with life.

Discussion: Young suicide attempters are at increased risk of worsened mental health problems that can affect physical and social health and indicate a need for increased amount of continued social support. We need to be extra vigilant in getting these people to better mental health care at an early age.

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