Predictors of suicidal behavior worldwide: an integrative literature review

Preditores do comportamento suicida em nível mundial: revisão integrativa da literatura

DOI: 10.55905/revconv.16n.11-158

Recebimento dos originais: 20/10/2023
Aceitação para publicação: 24/11/2023

Saulo Correa Peixoto
PhD student in Health Sciences
Institution: Universidade Estadual do Sudoeste da Bahia
Address: Jequié - BA, Brasil
E-mail: scpeixoto@uesb.edu.br

Saú da Silva Souza
PhD student in Health Sciences
Institution: Universidade Estadual do Sudoeste da Bahia
Address: Jequié - BA, Brasil
E-mail: sau.souza@enova.educacao.ba.gov.br

Luana Machado Andrade
PhD in Health Sciences
Institution: Universidade Estadual do Sudoeste da Bahia
Address: Jequié - BA, Brasil
E-mail: luana.machado@uesb.edu.br

Sérgio Donha Yarid
PhD in Preventive and Social Dentistry
Institution: Universidade Estadual do Sudoeste da Bahia
Address: Jequié - BA, Brasil
E-mail: yarid@uesb.edu.br

Alba Benemérita Alves Vilela
PhD in Nursing
Institution: Universidade Estadual do Sudoeste da Bahia
Address: Jequié - BA, Brasil
E-mail: abavilela@uesb.edu.br

Vanda Palmarella Rodrigues
PhD in Nursing
Institution: Universidade Estadual do Sudoeste da Bahia
Address: Jequié - BA, Brasil
E-mail: vprodrigues@uesb.edu.br
ABSTRACT
To analyse the predictive factors related to the casuistic increase of worldwide suicidal behavior. It’s an integrative review performed on the following databases: Medical Literature Analysis and Retrieval System Online, Latin American and Caribbean Literature in Health Sciences, database in Nursing and Web of Science. The search for articles took place in July 2023 and the PICo strategy was used. Nineteen articles were selected for the study analysis, with representation in countries on several continents, with the exception of Antarctica. The result made it possible to synthesize the predictive factors of suicide into primary categories that were sequentially grouped into two categories of analysis, one related to internal factors, entitled “about being – mental health, physical health and self-regulation”, and the other to external factors, entitled “about the other - work and society”. The findings pointed to existing convergences between the predictive factors worldwide, with small idiosyncrasies inherent to the specific social, economic and cultural demands of each country. Predictive factors change the way people position themselves facing the complexity of life, acting as catalysts for suicidal behavior, and therefore should be a priority intervention goal for programs aiming the prevention and treatment of this severe phenomenon.

Keywords: suicide, suicide attempt, suicidal ideation, prediction, epidemiology.

RESUMO
Analisar os fatores preditores relacionados ao aumento casuístico do comportamento suicida em nível mundial. Trata-se de uma revisão integrativa realizada nas bases nas bases de dados Medical Literature Analysis and Retrieval System Online, Literatura Latino-americana e do Caribe em Ciências da Saúde, Base de dados em Enfermagem e Web of Science. A busca dos artigos ocorreu em julho de 2023 e utilizou-se a estratégia PICo. Foram selecionados para a análise do estudo 19 artigos, com alcance de representatividade em países de vários continentes, com exceção da Antártida. O resultado possibilitou a sintetização dos fatores preditores do suicídio em categorias primárias que, sequencialmente, foram agrupadas em duas categorias de análise, uma relacionada aos fatores internos, intitulada “sobre ser - saúde mental, física e autorregulação”, e a outra aos fatores externos, intitulada “sobre o outro - trabalho e sociedade”. Os achados apontaram convergências existentes entre os fatores preditores em nível mundial, com pequenas idiossincrasias inerentes às demandas sociais, econômicas e culturais específicas de cada país. Os fatores preditores modificam a maneira como as pessoas se posicionam frente à complexidade da vida, funcionando como catalisadores do comportamento suicida e, portanto, devem constituir uma meta prioritária de intervenção para programas de prevenção e tratamento deste grave fenômeno.

Palavras-chave: suicídio, tentativa de suicídio, ideação suicida, predição, epidemiologia.

1 INTRODUCTION
The theme of this research was chosen by a latent perception of the case-by-case growth of suicide cases, in the desire to understand determinant causes and their consequent relationships with the respective scenarios. He confined himself to a search for common factors that
characterize the victims and the conditions that led them to reap their own lives, with a view to understanding the epidemiological dynamics of suicidal behavior, at a world level.

Suicide represents the intentional self-extermination of a person. The word suicide is etymologically derived from the Latin *sui* (itself) and *caedes* (action of killing) and means an intentional self-inflicted death (Correa & Barrero, 2006).

Suicidal behavior manifests itself under suicidal ideation, when there are thoughts that strengthen the will to kill oneself, a planning about the elaboration of a specific means of death; and the attempt of actions that unleash an aggression whose ultimate intention is death, characterizing, finally, suicide (Fernandes et al., 2020). Older studies have pointed to suicidal ideation, suicide attempt and consummated suicide as categories that classify suicidal behavior, with suicidal ideation at one end, suicide at the other, and attempt between them (Moreira & Bastos, 2015).

According to the World Health Organization (2022), attempts are currently estimated to exceed the number of suicides by more than 10 times, this being the main risk factor for their future achievement. The same report points out that about 800,000 people die by suicide every year, making it the second largest cause of death among young people in the world.

In the meantime, the global COVID-19 pandemic has exacerbated some risk factors for suicidal behavior, such as the presence of psychic disorder associated with social isolation, unemployment, alcohol use, domestic violence, social stigma, negative news, neurological diseases, sleep disorders, restricted access to health services and others (Maia & Nascimento, 2021; Silva et al., 2022).

The situations triggered by the pandemic have been aggravated by the local reality of each country. Those with more inequalities and less social interaction were the most affected by suicide in the world and Brazil is in eighth place in these statistics (Silva et al., 2022). Although the causes are multifactorial and complex, suicide rates are strongly associated with experiences of poverty, low socioeconomic status, unemployment and other disparities. In a country where some 31.1 million of its citizens do not have access to basic sanitation and 11.6 million live in population clusters, such factors increase not only the risk of death from disease, but also by suicide (Zortea, 2020).

Due to the significant increase in the number of suicide cases, the interest of this research has developed, in the search for correlations between the conditions that have caused this
amazing prevalence. However, it is necessary to highlight that it was not sought to establish causal or risk factors, but rather to analyze through studies published worldwide the possible convergence of these factors, constituting variables that influence suicidal behavior, pointed out as predictors.

The complexity of this issue prevents the establishment of a definitive definition of suicidal behavior. However, the perceived scenario was directed towards common issues such as previous suicide attempts, mental distress (mainly depression and alcohol and drug abuse/dependence), lack of social support, family history, stressful events and sociodemographic characteristics such as poverty, unemployment and low educational level.

Pointing out the convergence of the etiology of this legal cause of death, starting from a world scenario, can offer a broader view on the theme. Considering Brazil's territorial extent, cultural diversity, socioeconomic factors, social inequalities, and the distribution of public resources and services, it is clear how necessary suicide prevention strategies encompass these different aspects are. Were this extremely worrying scenario not enough in a country of continental dimension, in recent times there has been the aggravation of the situation caused by a national scenario of political and economic uncertainties, with a conservative escalation in customs, with armament character (Dantas, 2019).

Finally, the study aimed to analyze predictors related to the case-by-case increase in suicidal behavior worldwide. In this direction, it seeks to contribute to the help of health organizations, starting from the design of assistance programs to support people vulnerable to suicide and in the formulation of public policies aimed at coping with and reducing cases.

2 METHODS

It is an Integrative Literature Review (RIL). RIL aims to gather and integrate findings from empirical and theoretical works, allowing to synthesize results and deepen understanding about a specific phenomenon, with respect to the epistemological affiliation of the included works (Casarin et al., 2020).

In this review, the focus was directed to the empirical, quantitative and qualitative studies, which present the phenomenon of suicide, its internal and external motivational factors, as well as suicidal behavior, generating knowledge and pointing gaps to be studied. Thus, the six methodological steps that comprise the RILs were taken as a guideline.
For the first stage - delimitation of the topic of interest of the review, identification of the theme and question of research - the starting point was the question of research: what are the predictive factors related to the case-by-case increase of suicidal behavior at the world level? The acronym PICo was used: P (problem) - case increase in suicidal behavior, I (phenomenon of interest) - predictive factors related to this increase and Co (context of the study) - suicidal behavior worldwide. The searches were performed from the Health Sciences Descriptors (DeCS) and respective Medical Subject Headings (MESH) "epidemiology"; "prediction" and "motivation" and, "suicidal ideation", "suicide" and "suicide attempt". The Boolean operators AND and OR were used to combine the descriptors.

In the second stage, the criteria for inclusion and exclusion of studies/sampling and search in the databases for the organization of the reference database were established. The national and international databases were searched: Medical Literature Analysis and Retrieval System Online (MEDLINE), Latin American and Caribbean Literature in Health Sciences (LILACS), Nursing Database (BDENF) and Web of Science (Clarivate Analytics). For the preparation of the search strategy, the descriptors were combined in order to maintain a stricter criterion during the selection of the articles, varying the writing in Portuguese, in the search carried out in the LILACS and BDENF bases, and in English, in the search carried out in MEDLINE and Web of Science: (epidemiology) AND (motivation OR prediction) AND (suicide OR "suicidal ideation" OR "suicide attempt"). The languages considered were English and Portuguese. With regard to the date of publication, the last 10 years have been defined, due to the exponential increase in the number of cases in this period, perceived by authors, health professionals and public security agents. The search took place only in the complete texts available, excluding literature reviews.

The third stage took place in two moments. At the first moment, the titles and abstracts of the articles selected in the previous step were read, using the Ryyan selection tool, whereby two authors of the study were independently able to choose to include, exclude and or remain undecided when reading the titles and abstracts (Ouzzani et al., 2016). The disagreements were resolved by a third author. At the second moment, the articles that were read in full were refined to then proceed to the final selection of the studies that made up this revision (Flowchart 1).
The fourth stage consisted of the evaluation of the final studies (levels of evidence), characterization and definition of categories for discussion. For the classification of the levels of evidence, the six levels of the Agency for Healthcare Research and Quality (AHRQ) were considered: level 1 - meta-analysis of multiple controlled and randomized clinical trials; level 2 - individual studies with experimental design; level 3 - quasi-experimental studies; level 4 - descriptive (non-experimental) or qualitative approach studies; level 5 - case or experience reports; and, finally, level 6 expert opinions (AHRQ, 2016). After the grouping, the articles were characterized as follows: author/year, country, level of evidence, objectives and results/conclusions (Table 1).
The analysis of the results, discussion of evidence, identification of knowledge gaps and limitations of the review comprised the fifth stage, with the synthesis of predictive factors in primary categories (Table 2).

Finally, the sixth and final stage consisted in the preparation of this review document, the discussion of which was described in categories of analysis directed by the factors presented in Table 2, namely: 1) about being: mental health, physical and self-regulation; and 2) about the other: work and society.

3 RESULTS

In this review, 19 articles were selected that addressed aspects related to predictors of suicidal behavior. They were analyzed and characterized in Table 1 below.

From the perspective of the time cut, four were published in 2014, two in 2017, one in 2018, five in 2019, two in 2020, two in 2021 and one in 2022.

<table>
<thead>
<tr>
<th>Author/Year</th>
<th>Country</th>
<th>NE*</th>
<th>Objectives</th>
<th>Results/Conclusions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lim et al., 2014</td>
<td>Korea</td>
<td>4.</td>
<td>Identify the reasons for suicide attempts and distinguish their characteristics.</td>
<td>Stress was the most common cause. The pressure of interpersonal relations was the most prevalent.</td>
</tr>
<tr>
<td>Ji et al., 2014</td>
<td>South Korea</td>
<td>3.</td>
<td>Examine the extent to which indiscriminate media coverage of the suicide of famed young actress Lee Eun-ju in 2005 affected suicides in general and in specific subgroups in a suicide-prone society, South Korea</td>
<td>If the media indiscreetly reports a celebrity's suicide in a suicide-prone society, the mimic effect can be far-reaching and very strong, particularly for vulnerable people.</td>
</tr>
<tr>
<td>Oliveira, Bezerra Filho &amp; Gonçalves-Feitosa, 2014</td>
<td>Brazil</td>
<td>3.</td>
<td>Describe the main characteristics of victims of suicide attempts attended in public health institutions of Fortaleza-Ceará, Brazil.</td>
<td>There was an association between the suicide attempt and the independent variables: male sex, feeling of rejection, admission to a psychiatric hospital, believing in disappointing someone, depression.</td>
</tr>
<tr>
<td>Tsirigotis, Gruszczynski &amp; Tsirigotis-Maniecza, 2014</td>
<td>Poland</td>
<td>4.</td>
<td>To examine the gender differentiation (sex) of indirect self-destruction and its manifestations, as well as its relationship with the methods of suicide attempt in women and men</td>
<td>Greater correlations related to poor health maintenance (men), personal and social neglect (women), and helplessness and passivity (both groups).</td>
</tr>
<tr>
<td>Van Orden et al., 2015</td>
<td>Sweden</td>
<td>3.</td>
<td>Investigate the causal attributions of older adults to suicidal behavior.</td>
<td>People who attributed suicide attempts to frustrated membership used more lethal methods and had a worse prognosis.</td>
</tr>
<tr>
<td>Ahmadi et al., 2015</td>
<td>Iran</td>
<td>4.</td>
<td>Investigate adverse life events as risk factors for patients who have committed suicide attempts interned in a burn center that serves western Iran.</td>
<td>Financial difficulties, breakup of an intimate relationship, and a personal history of suicide attempts have been associated with increased risk of suicide.</td>
</tr>
<tr>
<td>Authors</td>
<td>Country</td>
<td>Page</td>
<td>Study Description</td>
<td></td>
</tr>
<tr>
<td>--------------------------</td>
<td>--------------</td>
<td>------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Abbas et al., 2017</td>
<td>England</td>
<td>4</td>
<td>Develop and validate a standardized instrument to measure the motives/meanings of suicidal and self-harm behaviors, using the Baechler typology.</td>
<td></td>
</tr>
<tr>
<td>Ben Khelil et al., 2017</td>
<td>Tunisia</td>
<td>4</td>
<td>Compare the profile of suicide victims before and after Mohamed Bouazizi’s self-burn, Tunisian tragedy in the Revolution, over a 10-year period.</td>
<td></td>
</tr>
<tr>
<td>Grazioi et al., 2018</td>
<td>Switzerland</td>
<td>3</td>
<td>Examine, transversely and longitudinally, potential paths of alcohol use, motives for dealing with drink, and depression for suicide attempts.</td>
<td></td>
</tr>
<tr>
<td>Veloso et al., 2019</td>
<td>Brazil</td>
<td>4</td>
<td>Identify prevalence and associated factors of suicidal ideation in health care graduates.</td>
<td></td>
</tr>
<tr>
<td>Aslan, Hocaoglu &amp; Bahceci, 2019</td>
<td>Turkey</td>
<td>3</td>
<td>Investigate the factors that lead to suicidal ideation and the possible causes for the behavior suicidal in elderly.</td>
<td></td>
</tr>
<tr>
<td>Gauthier, Cole &amp; Bagge, 2019</td>
<td>United States of America</td>
<td>3</td>
<td>Review associations between typical reasons for drinking and acute alcohol use before a suicide attempt.</td>
<td></td>
</tr>
<tr>
<td>Nickerson et al., 2019</td>
<td>Australia</td>
<td>4</td>
<td>Investigate the association between &quot;insecure visa&quot; status and mental health, suicide, disability and social engagement in a sample of refugees and asylum seekers living in Australia.</td>
<td></td>
</tr>
<tr>
<td>Grassi et al., 2019</td>
<td>Italy</td>
<td>3</td>
<td>Evaluate and analyze trends in suicide rates of Italian police officers from 1995 to 2017, comparing them with trends of the Italian population in general.</td>
<td></td>
</tr>
<tr>
<td>May, Pachkowski &amp; Klonsky, 2020</td>
<td>Canada</td>
<td>3</td>
<td>Examine the psychometric and descriptive properties of the measurement in two distinct populations: adult psychiatric patients hospitalized with recent suicide attempts and online assessed community participants who attempted suicide on average five years earlier.</td>
<td></td>
</tr>
<tr>
<td>Papadolima et al., 2020</td>
<td>Greece</td>
<td>3</td>
<td>Examine self-immolation suicides in mainland Greece (Attica, Thrace and Saronida), highlighting the factors associated with this behavior.</td>
<td></td>
</tr>
</tbody>
</table>
The study reached representativeness in almost all the continents, with the exception of Antarctica, showing the presence of articles developed in Asia (Korea, South Korea, Iran and Turkey), Europe (Poland, Sweden, England, Switzerland, Greece, Spain, Portugal and Italy), Africa (Tunisia), Oceania (Australia) and the Americas (Brazil, United States and Canada). Of these, eight articles from the European continent and five from the Americas stand out.

As regards the quality of the evidence found in the articles, following the standardized classification by the AHRQ (2016), 10 are in level 3, eight in level 4 and only one in level 2.

The objectives and results of the studies were directed towards an understanding of the convergence existing between the predictive factors, even if there were inclinations of each country/continent towards its respective social, economic and cultural demands. The disagreements drew attention to specific situations not experienced in Brazil, such as burn suicide, arising from religious interpretations, social and political revolutions, in Iran and Tunisia (Ahmadi et al., 2015; Ben Khelil et al., 2017).

On the other hand, studies have indicated an association between alcohol consumption and suicidal behavior. In the findings of this review there is convergence with the Brazilian studies published on the subject (Gonçalves, Ponce & Leyton, 2015; Veloso et al., 2019; Cordeiro...
et al., 2020), evidencing that alcohol consumption is not related, in itself, to the encouragement for suicide attempt or for the consummation of the fact, but rather to the alleviation of sadness, depressive symptoms and other disturbances derived from mental disorders or social problems that, in turn, are predictive factors significant effects on suicidal behavior (2018; Gauthier, Cole & Bagge, 2019; Veloso et al., 2019).

Terms related to factors predicting suicidal behavior were grouped into primary categories and an analysis was performed in the articles where they were found, for a common grouping, presented in Table 2.

Thus, in 12 of the articles, the questions related to psychiatric symptoms, anxiety, depression and mental suffering, categorized as "Mental Health", were pointed out as accentuating suicidal behavior, converging with the scientific evidence and the perception of the latent increase of this illness in society.

Table 2 - Predictors

<table>
<thead>
<tr>
<th>Primary Categories</th>
<th>Common Predictors</th>
<th>References</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mental health</td>
<td>Psychiatric symptoms; anxiety; depression; generalized anxiety disorder; comorbid depressive disorder; mental pain; delusional motives in the context of mental disorder; neurotic disorders; affective disorder.</td>
<td>Lim et al., 2014; Oliveira, Bezerra Filho &amp; Gonçalves-Feitosa, 2014; Van Orden et al., 2015; Gauthier, Cole &amp; Bagge, 2019; Veloso et al., 2019; Aslan, Hocaoglu &amp; Bahceci, 2019; May, Pachkowski &amp; Klonsky, 2020; Papadolima et al., 2020; Fernandez-Montalvo, Villanueva &amp; Arteaga, 2021; Helms et al., 2021; Gouveia-Pereira et al., 2022.</td>
</tr>
<tr>
<td>Issues Personal/ Self-regulation</td>
<td>Causing disappointment in someone; breakups of intimate relations; desire to flee; rejection; frustrated belonging; lack of meaning in life; personal and social neglect; appeal, blackmail, revenge; hopelessness; feeling of non-belonging; emotions or complaint for personal reasons; loneliness.</td>
<td>Oliveira, Bezerra Filho &amp; Gonçalves-Feitosa, 2014; Ahmadi et al., 2015; Van Orden et al., 2015; Abbas et al., 2017; Veloso et al., 2019; Aslan, Hocaoglu &amp; Bahceci, 2019; Nickerson et al., 2019; May, Pachkowski &amp; Klonsky, 2020; Papadolima et al., 2020; Fernandez-Montalvo, Villanueva &amp; Arteaga, 2021</td>
</tr>
<tr>
<td>Social life and work</td>
<td>Unemployment/problems with the state; stress; perceived overload; social impositions on career; low level of schooling; financial difficulties; bullying; aggression/violence; deprivation of liberty; exposure to trauma.</td>
<td>Lim et al., 2014; Ahmadi et al., 2015; Ben Khelil et al., 2017; Veloso et al., 2019; Aslan, Hocaoglu &amp; Bahceci, 2019; Nickerson et al., 2019; Grassi et al., 2019; Papadolima et al., 2020;</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td>Suicidio en la familia; conflicto afectivo; falta de ayuda; separación familiar; rechazo.</td>
<td>Oliveira, Bezerra Filho &amp; Gonçalves-Feitosa, 2014; Van Orden et al., 2015; Tsirigotis, Gruszczynski &amp; Tsirigotis-Maniecka, 2014; Nickerson et al., 2019</td>
</tr>
<tr>
<td>-----------------</td>
<td>------------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Physical health</strong></td>
<td>Reducción de la función y autonomía; dolor físico; mantenimiento de la salud física; enfermedades graves o incurables.</td>
<td>Van Orden et al., 2015; Tsirigotis, Gruszczynski &amp; Tsirigotis-Maniecka, 2014; Papadolina et al., 2020</td>
</tr>
<tr>
<td><strong>Influencers</strong></td>
<td>Medios de comunicación; suicidio de líderes; muertes en lugares públicos.</td>
<td>Lim et al., 2014; Ji et al., 2014; Ben Khellil et al., 2017</td>
</tr>
</tbody>
</table>

Source: Self-drafting

In 10 of the studies, frustration, breakups, rejection, fear of punishment, regret for having committed offenses and difficulty in dealing with those emotions and those feelings were significant predictors of suicidal behavior, categorized as "personal issues and self-regulation."

Questions related to life in society were present in 10 of the articles involved in this research. Unemployment, problems with the state, stress, work overload, social impositions on careers, low level of schooling, financial difficulties, aggression/violence and deprivation of liberty, among others, gave way to the category "social life and work".

Aspects about the family and the family context were covered in four of the studies. Thus, suicide in the family, family affective conflict, helplessness, family separation and rejection permeated the subjectivities that pointed directly to suicidal behavior.

Finally, mentioned in three articles, respectively, are the diseases of the body - especially those that diminish the autonomy and independence of the person - and the influence of the media and the behavior of religious, political and social leaders appear as factors that increase suicidal behavior all over the world, categorized as "Physical health" and "Influencers".

As far as the limitation of research is concerned, the articles selected maintained a good standard of scientific quality, but, as a limitation, we pointed out that the exclusion criterion for the selection of articles did not allow for the insertion of reviews, which made the presence of articles at level 1 unfeasible, as a meta-analysis of multiple controlled and randomized clinical trials. However, a valid pattern was maintained between quasi-experimental studies and descriptive (non-experimental) and qualitative studies, considering the important observation of the subjectivities that understand the theme in question.
4 DISCUSSION

The discussion about suicidal behavior is based on the scientific rationale about suicidal ideation, suicide attempt, and consummated suicide. Most of the studies, although they have corroborated to point out risk factors, motivations and protective factors in the face of this problem, have led their research addressing the behavior of people who attempted suicide (Lim et al., 2014; Ahmadi et al., 2015; Veloso et al., 2019; Fernandez-Montalvo, Villanueva & Arteaga, 2021; Gouveia-Pereira et al., 2022). According to the WHO (2019), every three seconds, a person attacks his or her own life and, for each act accomplished, there are at least 10 attempts and for each recorded attempt, there are four unknown. The attempts bring numerous sequelae both for the person who committed it and for family members, generating turbulence among them (Oliveira, Bezerra Filho & Gonçalves-Feitosa, 2014).

The studies also pointed to the male sex with higher data of suicide attempt and consumption worldwide, in line with alcohol use/abuse and personal/social neglect (Oliveira, Bezerra Filho & Gonçalves-Feitosa, 2014; Tsirigotis, Gruszczynski & Tsirigotis-Maniecka, 2014; Ahmadi et al., 2015; Grazioli et al., 2018; Grassi et al., 2019; Veloso et al., 2019; Gauthier, Cole & Bagge, 2019; Helms et al., 2021).

The categories shown in Table 2 have lit a warning signal that precedes behaviors such as alcohol abuse, use of excess medication, self-injury and planning of death itself. They concern what needs to be rethought in society, in family, intimate relationships, in the work and study environments.

Among the primary categories, more convergence was found. Some were related to the intertwined issues of being, from a personal and sensitive point of view. Others revealed factors typical of a sick society, influenced by a rigid and oppressive system of relations and charges, guided by the concept of the utility of the human being and which, in spite of the differences between political systems, religions, cultures and educational standards in the most different countries, show universal similarities, when they are much deeper.

Thus, the categories of analysis of this discussion are "about the being: mental health, physical and self-regulation" and "about the other: work and society". These categories do not constitute in parallel, but are intimately intertwined in the course of the subject's life, like a spiral, walking time for well-being and the desire to live, time for anguish, emptying into a self-destructive behavior.
ABOUT BEING: MENTAL HEALTH, PHYSICS AND SELF-REGULATION

The predictive factors related to being concern those internal mobilizers, who presented themselves in the way people reacted to adverse life events. Of these, relational problems appeared in studies with marked presence throughout the life cycle, especially in adolescence, adulthood and old age, being forged by frustrations, breakdown of intimate relationships, pressures on personal relationships, rejection and belief of having disappointed someone, reflecting in consequence the diffusion of mental pain, despair, fears and anguishes (Oliveira, Bezerra Filho & Gonçalves-Feitosa, 2014; Ahmadi et al., 2015; Van Orden et al., 2015; May, Pachkowski & Klonsky, Fernandez-Montalvo, Villanueva & Arteaga, 2021).

Dealing with these emotions seems to be the starting point for the development of what is directly linked to mental illness, manifested in the findings of this research in a blunt manner in the expression of stress, depression, psychiatric symptoms, anxiety disorders, mood disorders and psychopathological problems. These, in turn, when not handled, welcomed or treated correctly, generated loneliness, social distancing, denial of one's own need for existence and lack of meaning in life (Lim et al., 2014; Oliveira, Bezerra Filho & Gonçalves-Feitosa, 2014; Fernandez-Montalvo, Villanueva & Arteaga, 2021).

The complexity of the way each one reacts to his pain, anguish or fear exposes the various forms of manifestation of ideation and suicide attempts and this is also linked to the demonstration of suffering and the regulation of emotions. People with various forms of suicide attempts also presented higher levels of psychopathological symptoms, evidencing an aggravation of mental suffering in these individuals (Gouveia-Pereira et al., 2022).

The manifestation of suicidal behavior is strongly influenced by gender issues. The way of self-regulation, for example, among men was focused on the problem and manifested itself in the theory of "male representation of the problem" that begins in containing emotions (excessive work is a common way for not expressing emotions), followed by numbness (alcohol consumption, self-medication and drugs) and led to escape behaviors that evolved into violence and suicide (Grazioli et al., 2018; Veloso et al., 2019; Gauthier, Cole & Bagge, 2019; Helms et al., 2021). Women, on the other hand, focused on emotions, getting closer to their relationship with the essence of mental suffering (Tsirigotis, Gruszczynski & Tsirigotis-Maniecka, 2014).

Thus, in the field of professional interventions, it is necessary to dialog with the factors that led to the perception of the problem, to reach its essence, confronting this perception and
exploring the way it was seen by the person, thus improving the resolution skills (Nickerson et al., 2019). Any process of reflection that addresses mobilizing issues and helps the subject to discover other means of resolving their anxieties and achieving their goals can improve the person’s understanding and perception of their behavior (Abbas et al., 2017).

With regard to the dynamics of the life cycle, when there is no self-regulation of these emotions during adolescence and adulthood, it seems to be reserved for old age a greater impact of these processes. As evidenced in some studies, in Greece, Turkey and Sweden, the phenomenon correlated strongly with poorly controlled mental disorders (mainly affective disorders), emotions of grief and sorrow (rancor), and the attempt to escape from painful, unjust or degrading situations (Van Orden et al., 2015; Aslan, Hocaoglu & Bahceci, 2019; Papadolima et al., 2020).

Other important factors in old age included suicidal ideation present from the diagnosis and treatment of chronic physical diseases or psychiatric disorders that cause capacity deficiency, with loss of autonomy and independence (Aslan, Hocaoglu & Bahceci, 2019).

From adulthood onwards, social problems, financial difficulty, social abandonment due to the concept of utility, unemployment, lack of personal development, family abandonment and physical illness were further highlighted. From this point of view, there is a unanimous need for intervention, for the creation of social policies that act on the predictors of these problems. Policies that, in addition to the minimum social guarantees for a dignified life, also develop the valuation of relationships and individuals, besides stimulating emotional education and self-regulation of feelings.

6 ABOUT THE OTHER: WORK AND SOCIETY

As gregarious beings, the human being needs and seeks the other for his self-knowledge and regulation. However, the way in which relations are organized in society demonstrates where part of the problems triggering the phenomenon addressed lie. These are not just sick people, because the environment itself is sickening.

Studies conducted with refugees in Australia revealed that subjects with the status of "insecure visa" were associated with the presence of greater symptoms of depression and suicidal tendencies, as well as exposure to pre-migration trauma and post-migration stress, compared to people with the status of "secure visa" assurance (Nickerson et al., 2019). For the authors, being
an active member of the group was a protective factor against symptoms of depression and suicidal tendencies for those subjects. Social engagement represented an important path to facilitate good mental health and adaptation among individuals experiencing insecurity, family and social abandonment (Tsirigotis, Gruszczyński & Tsirigotis-Maniecka, 2014; Nickerson et al., 2019).

In Germany and Italy, studies carried out with policemen have once again demonstrated the influence of the collective and of institutions in the management of emotions in people's lives. Barriers for police officers seeking psychiatric care are many, including veiled sanctions in the workplace. The constraint to adapt to the new attributions, the fear of being discriminated against by superiors, the possible restriction of the carrying of firearms, as well as the loss of promotion opportunities, were elements related to common stigmas and violence in the police environment and in the armed forces, which greatly hindered the search for treatment (Grassi et al., 2019; Helms et al., 2021).

Prevalence was observed among victims of unemployed and low educated individuals, which reinforced insecurity and instability for future projects. The groups most susceptible to suicide are those who sometimes also experience situations of high vulnerability, such as low schooling, which generates unemployment, poverty and food and nutritional insecurity from moderate to severe (BRAZIL, 2019), exposing them to poverty, that is, products of social inequality that, in Brazil, is marked by the great majority of blacks and mulattos (Santos et al., 2018).

Thus, social conditions of life, work and political issues have proved to be important in the course of human care. Broken or sick relationships aroused conflicting emotions and the whole cascade that flowed into suicidal behavior. Debts, ideological conflicts with rulers and the absence of official guidelines for journalistic coverage of suicide events were the main problems faced in the collective, political and economic field (Ahmadi et al., 2015; Ben Khelil et al., 2017). Studies conducted in South Korea have confirmed with scientific evidence what has already become peaceful knowledge in this area, that the media, by reporting suicide with celebrity spotlights, generated immediate imitative effect, spreading with long and strong reach among vulnerable people (Ji et al., 2014; Lim et al., 2014; Ben Khelil et al., 2017).

In Brazil, a study carried out with university students in the health area showed that the experience in the course of graduation promoted intense emotional stimuli, mainly related to the
life/death duality commonly observed in the process of caring for people, besides the countless requirements that, although not obligatory, were considered important in the process of professional formation. These situations contributed to the emergence of interpersonal difficulties and the emergence of symptoms of anguish, sadness, disability, anxiety and non-belonging that, in turn, could trigger suicidal ideas (Veloso et al., 2019).

Different countries presented idiosyncrasies that determined variations between the risk factors and the profile of people with suicidal behavior. But, in the context of the substantiality of each human being, economic, social, relational aspects, overload of study and work, aggression/violence, lack of institutional public support and deprivation of liberty, whether to come and go or to make decisions about one's own life, were triggers that shaped a generation of people in mental suffering, whose escape lay in the desire to take one's own life (Aslan, Hocaoglu & Bahceci, 2019; Nickerson et al., 2019; Papadolima et al., 2020020; Fernandez-Montales vo, Villanueva & Arteaga, 2021).

These predictive factors are social modifiers and should be a priority target for intervention in prevention and treatment programs for suicidal behavior. It is worth pointing out that suicidal ideations of low to moderate risk should not be associated with a lower need for intervention and that, first of all, one should be primed by the person-centered care in order to meet individual needs, in view of the individual way each one finds to deal with their emotions and with the problems that involve the complexity of life.

7 CONCLUSION

The results showed that most studies related to the theme, although corroborating to point out risk factors, motivations and protection factors, have their focus on characterizing and quantifying suicidal behavior, little dialog with the factors that preceded and influenced this behavior.

Thus, even though it seems utopian to achieve answers to this complex scenario, the study focused on an attentive collection of predictive factors, which do not necessarily lead people to commit suicide, but are intimately related to the origin of self-destructive thoughts that generate attitudes that, committed repeatedly and procedurally, evolve to be configured in what is classified as suicidal behavior. This yes, therefore, favors the consummation of the fact.
Identifying the predictors before the installation of suicidal behavior significantly increases the skilled time for reception, care and treatment of the subject, providing greater effectiveness in combating suicide.

Predictive factors related to the case-by-case increase in suicidal behavior worldwide were analyzed to help health organizations, the design of care programs to support vulnerable people, and the formulation of public policies aimed at coping with and reducing cases.

No single factor is sufficient to explain why a person dies by suicide. It is a complex phenomenon influenced by interacting variables, being personal, social, psychological, cultural, biological and environmental. Just as it is frivolous to ignore clinical situations that can lead to suicide, so too is ignoring the social conditions of extreme inequality, the foundation of a cruel structure that promotes mental illness, which robs young people of the prospect of the future and the elderly of the dignity of the present.
REFERENCES


