

LITTERATUR OM SELVMORD VED ASD

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Det er en betydelig høyere forekomst av suicidal atferd på autismespekteret enn i den generelle befolkningen. Tallene varierer fra studie til studie, men det er generelt en betydelig økning i selvmord, selvmordstanker og selvmordsforsøk. I en stor studie av nydiagnostiserte aspergere ble det rapportert om at 66% har vurdert å begå selvmord (mot 17% i den generelle befolkningen, 59% av pasienter med psykose) og 35% hadde planlagt eller forsøkt å begå selvmord. [1,2]

Den samme studien finner også at risikofaktorene er annerledes enn i den generelle befolkningen «The risk factors for suicide in people with autism can be very different to those in the general population, and thus require tailored prevention strategies. For example, substantially more adults with Asperger's syndrome experienced suicidal ideation (66%) than were depressed (32%), indicating a different route to suicidality than in the general population.» [1]

Enkelte studier viser også at det er høyere forekomst av selvmord blant jenter med ASD enn gutter[1,3,4]. Om man har AD/HD og autisme samtidig har man «7 times the odds of attempting suicide and 13 times the odds of dying by suicide.»[3]

Det er også kjent at høytfungerende på spekteret har mer suicidal atferd.

Selvmordstanker forekommer i alle aldersgrupper, også hos barn: «About half of the autistic children said they had wished they were dead in recent weeks, and one in three said they felt their family would be better off if they were dead. One in three also said they had thought about killing themselves over the previous week, and about half reported having attempted suicide at some point.»[5]

Faktorer som mobbing, dårlig oppfølging, dårlig helse, sosiale vansker, prestasjoner som skole og jobb, familie, sosial isolasjon og komorbide tilstander som depresjon, AD/HD, selvskadning kan være medvirkende årsaker til den høye selvmordsraten ved ASD[1,6-8].

Av de autistiske kjernesymptomene: repetitiv atferd, problemer med sosial kommunikasjon, pragmatiske språkvansker og sosiale ferdigheter er problemer med «social communication are the most likely to harbor thoughts of suicide at age 16, the researchers found.»[6]

Med tanke på at autistiske personer ofte utviser symptomer på en annerledes måte er det viktig at de som vurderer selvmordsrisiko har god autisemefaglig kompetanse. De vanlige testene som brukes ved f.eks. DPS er ikke tilpasset personer med ASD og vil generelt ikke gi riktig resultat. Mange skårer unormalt høyt på selvmordsrisiko uten at det er en reell fare. Andre igjen kan skåre lavt på tross av å faktisk være suicidale.

Selv har jeg erfart å få diagnosene tilpasningsforstyrrelse og sosial angst på DPS. Begge diagnosene ble fjernet av Glenne i ettertid da de vanskene jeg har best lar seg forklare med autisemen.

LITTERATUR

NOTAT «SUICIDAL IDEATION AND SUICIDE PLANS OR ATTEMPTS IN ADULTS WITH ASPERGER'S SYNDROME ATTENDING A SPECIALIST DIAGNOSTIC CLINIC: A CLINICAL COHORT STUDY» [1]

Forfattere: Sarah Cassidy, Paul Bradley, Janine Robinson, Carrie Allison, Meghan McHugh, Simon Baron-Cohen

Bakgrunn: «Asperger's syndrome in adulthood is frequently associated with depression, but few studies have explored the lifetime experience of self-reported suicidal ideation and suicide plans or attempts in this clinical group. We aimed to assess this prevalence in a clinical cohort of patients in the UK.» [1]

Metode: «In a clinical cohort study, we undertook a retrospective analysis of clinical survey data from adults newly diagnosed with Asperger's syndrome at a specialist diagnostic clinic between Jan 23, 2004, and July 8, 2013, in England. Patients completed a self-report questionnaire before clinical assessment, recording lifetime experience of depression, suicidal ideation, and suicide plans or attempts, along with self-reported measures of autistic traits and empathy. We compared the rate of suicidal ideation in the sample with published rates of suicidal ideation in the general population and other clinical groups. We also assessed associations between depression, autistic traits, empathy, and likelihood of suicidal ideation and suicide plans or attempts.» [1]

Funn: «374 adults (256 men and 118 women) were diagnosed with Asperger's syndrome in the study period. 243 (66%) of 367 respondents self-reported suicidal ideation, 127 (35%) of 365 respondents self-reported plans or attempts at suicide, and 116 (31%) of 368 respondents self-reported depression. Adults with Asperger's syndrome were significantly more likely to report lifetime experience of suicidal ideation than were individuals from a general UK population sample (odds ratio 9.6 [95% CI 7.6–11.9], $p < 0.0001$), people with one, two, or more medical illnesses ($p < 0.0001$), or people with psychotic illness ($p = 0.019$). Compared with people diagnosed with Asperger's syndrome without depression, people with Asperger's syndrome and depression were more likely to report suicidal ideation ($p < 0.0001$) and suicide plans or attempts ($p < 0.0001$).» [1]

Tolkning: «Our findings lend support to anecdotal reports of increased rates of suicidal ideation in adults with Asperger's syndrome, and depression as an important potential risk factor for suicidality in adults with this condition. Because adults with Asperger's syndrome often have many risk factors for secondary depression (eg, social isolation or exclusion, and unemployment), our findings emphasise the need for appropriate service planning and support to reduce risk in this clinical group.» [1]

ANNET

«Suicidal ideation is anecdotally reported to be very common in people with Asperger's syndrome, especially in adolescence and early adult life. According to Gillberg, 15 suicidal acts in Asperger's syndrome are anecdotally reported to be quite frequent [1]

NOTAT: «PREMATURE MORTALITY IN AUTISM SPECTRUM DISORDER» [9]

Forfattere: Tatja Hirvikoski, Ellenor Mittendorfer-Rutz, Marcus Boman, Henrik Larsson, Paul Lichtenstein and Sven Bölte

Bakgrunn: «Mortality has been suggested to be increased in autism spectrum disorder (ASD).» [9]

Mål: «To examine both all-cause and cause-specific mortality in ASD, as well as investigate moderating role of gender and intellectual ability.» [9]

Metode: «Odds ratios (ORs) were calculated for a population-based cohort of ASD probands (n = 27 122, diagnosed between 1987 and 2009) compared with gender-, age- and county of residence-matched controls (n = 2 672 185).» [9]

Funn: «During the observed period, 24 358 (0.91%) individuals in the general population died, whereas the corresponding figure for individuals with ASD was 706 (2.60%; OR = 2.56; 95% CI 2.38–2.76). Cause-specific analyses showed elevated mortality in ASD for almost all analysed diagnostic categories. Mortality and patterns for cause-specific mortality were partly moderated by gender and general intellectual ability.» [9]

Konklusjon: «Premature mortality was markedly increased in ASD owing to a multitude of medical conditions.» [9]

ANNET

«Gender is another possible moderator of excess mortality in ASD. Relative to males, females with ASD have been reported to have an elevated mortality risk.^{15–20} However, there has been considerable variation in the reported risk ratios ranging from 3.6 to 20.7 for females, whereas the risk ratios for males have ranged between 1.6 and 7.9.^{15–20} Large confidence intervals (CIs) in some of the studies indicate imprecise estimations.» [9]

NOTAT: «HISTORY OF SUICIDE ATTEMPTS IN ADULTS WITH ASPERGER SYNDROME» [10]

Forfattere: Melissa Paquette-Smith, Jonathan Weiss, and Yona Lunskey

Bakgrunn: «Individuals with Asperger syndrome (AS) may be at higher risk for attempting suicide compared to the general population.» [10]

Mål: «This study examines the issue of suicidality in adults with AS.» [10]

Metode: «An online survey was completed by 50 adults from across Ontario. The sample was dichotomized into individuals that had attempted suicide (n = 18) and those that had not (n = 32). We examined the relationship between predictor variables and previous attempts, and compared the services that both groups are currently receiving.» [10]

Funn: «Over 35% of individuals with AS reported that they had attempted suicide in the past. Individuals that attempted suicide were more likely to have a history of depression and self-reported more severe autism symptomatology. Those with and without a suicidal history did not differ in terms of the services they were currently receiving. This study looks at predictors retrospectively and cannot ascertain how long ago the attempt was made. Although efforts were made to obtain a representative sample, there is the

possibility that the individuals surveyed may be more or less distressed than the general population with AS.» [10]

Konklusjon: «The suicide attempt rate in our sample is much higher than the 4.6% lifetime prevalence seen in the general population (Kessler, Borges, & Walters, 1999). These findings highlight a need for more specialized services to help prevent future attempts and support this vulnerable group.» [10]

NOTAT: «SUICIDE IN AUTISM SPECTRUM DISORDERS» [11]

Forfattere: Sami Richa, Mario Fahed, Elias Houry, and Brian Mishara

Innledning: «This review focuses on suicide in patients with Autism Spectrum Disorders (ASD) as well as risk factors and comorbidities of persons with ASD who have attempted suicide. Research was conducted by searching PubMed and Psycinfo for articles. Suicide in ASD is largely understudied. Although suicide is common in clinical samples, we have little knowledge of suicide in persons with ASD in the general population. Comorbidity, particularly with depression and other affective disorders or schizoid disorders and psychotic symptoms, is often reported, so it is difficult to determine if suicidality is associated with ASD or the comorbid disorder. Clinical samples suggest that suicide occurs more frequently in high functioning autism. Physical and sexual abuse, bullying, and changes in routine are precipitating events associated with suiciderisk. Persons with ASD present risk factors inherent to their diagnosis (deficit in expression of feelings and thoughts), along with risk factors pertaining to the general population (abuse, depression, anxiety, etc.). The inability of persons with Pervasive Developmental Disorder (PDD) to express emotions and thoughts makes the diagnosis of suicidal ideation difficult and demands important adjustments to traditional psychotherapeutic interventions. More research is needed to determine the incidence of suicidal behaviors in persons with ASD, to identify risk and protective factors, as well as to assess the effectiveness of prevention strategies and interventions.» [11]

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NOTAT: SYSTEMATIC REVIEW OF SUICIDE IN AUTISM SPECTRUM DISORDER: CURRENT TRENDS AND IMPLICATIONS [12]

Forfattere: Darren Hedley & Mirko Uljarević

Bakgrunn: “There is a heightened risk of suicide in Autism Spectrum Disorder (ASD). An up-to-date systematic review was conducted for studies examining suicide in ASD that were published in the past 5 years.”

Mål:

Metode:

Funn: “Four previous systematic reviews were identified. The most recent review included studies published between 1995 and 2014. Combining data cross studies, prevalence of suicide attempts in ASD was estimated to be 7 to 47%, and suicidal ideation was 72%.”

Konklusjon:

Oppsummering: “The current review included 13 studies. Compared to previous reviews, we identified a shift to the use of larger cohorts, including one population-based study. Prevalence rates for suicidal ideation were 11 to 66% and suicidal attempts were 1 to 35%. One study reported that 0.31% of premature deaths in ASD were due to suicide, significantly higher than general population controls. Further theoretical and empirical work is needed to identify causal mechanisms underlying suicidal risk in people with ASD.”

NOTAT: SUICIDE IDEATION AND ATTEMPTS IN CHILDREN WITH AUTISM [13]

Abstract

Frequency of suicide ideation and attempts in 791 children with autism (1–16 years), 35 nonautistic depressed children, and 186 typical children and risk factors in autism were determined. Percent of children with autism for whom suicide ideation or attempts was rated as sometimes to very often a problem by mothers (14%) was 28 times greater than that for typical children (0.5%) but less than for depressed children (43%). For children with autism, four demographic variables (age 10 or older, Black or Hispanic, lower SES, and male) were significant risk factors of suicide ideation or attempts. The majority of children (71%) who had all four demographic risk factors had ideation or attempts. Comorbid psychological problems most highly predictive of ideation or attempts were depression, behavior problems, and teased. Almost half of children with these problems had suicide ideation or attempts. All children with autism should be screened for suicide ideation or attempts because ideation and attempts in autism are significantly higher than the norm and are present across the spectrum. This is especially important for children who have the demographic and comorbid risk factors, many of which can be targeted for intervention to reduce and prevent suicide ideation and attempts.

Highlights

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- 14% of children with autism 1–16 years had suicide ideation or attempts.
- Demographic risk factors were male, ≥ 10 years, black or Hispanic, and lower SES.
- Depression, behavior problems, and teased were associated with ideation and attempts.
- Autism severity or IQ did not alter the frequency of ideation and attempts.
- All children on the autism spectrum should be screened for ideation and attempts.

NOTAT: TROUBLES DU SPECTRE AUTISTIQUE ET SUICIDALITÉAUTISM SPECTRUM DISORDER AND SUICIDALITY [[Autism spectrum disorder and suicidality](#)] [14]

Forfattere: G. Hugueta, Y. Contejeanb, C. Doyenb

Introduction: Most studies on suicide exclude subjects with autism spectrum disorders, yet there is a risk group. The purpose of this article is to present the data in the literature regarding the clinical and epidemiological characteristics of suicidality in subjects with autism spectrum disorders and to identify the factors that promote the transition to action.

Methods: This review was carried out using the data set collected in Medline PubMed, items with “autism spectrum disorder”, “pervasive developmental disorder”, “Asperger's syndrome”, “suicide”, “suicide attempt”, and “suicide behavior”.

Results: In all subjects from our research on PubMed, 21.3% of subjects with autism spectrum disorder reported suicidal ideation, have attempted suicide or died by suicide (115 out of 539 subjects) and 7.7% of subjects supported for suicidal thoughts or attempted suicide exhibited an autism spectrum disorder (62 out of 806 subjects), all ages combined. Suicidal ideation and morbid preoccupation are particularly common in adolescents and young adults. Suicide attempts are accompanied by a willingness for death and can lead to suicide. They are more common in high-functioning autism and Asperger subjects. The methods used are often violent and potentially lethal or fatal in two cases published. Suicide risk depends on many factors that highlight the vulnerability of these subjects, following autistic and developmental symptoms. Vulnerability complicating the diagnosis of comorbid depressive and anxiety disorders are major factors associated with suicidality. Vulnerability but also directly related to suicidality, since the origin of physical and sexual abuse and victimization by peers assigning them the role of “scapegoat” are both responsible for acting out.

Conclusion: Given the diversity of factors involved in the risk of suicide in this population, this does not validate “a” program of intervention, but the intervention of “customized programs”. Their implementation should be as early as possible in order to treat while the brain has the greatest plasticity. The aim is to provide the necessary access to the greatest possible autonomy. Hence, including working communication skills and interaction, these subject will have independent means of protection, an essential complement to measures to protect vulnerable subjects; the vulnerability of direct and indirect suicidality. Comorbid diagnoses must take into account the specificities of these patients, their difficulties in communicating their mental state, and adapted and innovative therapeutic strategies must be offered and validated.

NOTAT: «ASSESSMENT OF SUICIDAL BEHAVIORS AMONG INDIVIDUALS WITH AUTISM SPECTRUM DISORDER IN DENMARK» [15]

Omtalt: [Suicide Risk among People with Autism Spectrum Disorder | Suicide Prevention Resource Center \(sprc.org\)](#),

Forfattere: Kairi Kølves, PhD; Cecilie Fitzgerald, BM; Merete Nordentoft, DMSc; Stephen James Wood, PhD; Annette Erlangsen, PhD

«**Key Points QUESTION** Do people with autism spectrum disorder have higher rates of suicide attempt and suicide compared with people without autism spectrum disorder? **FINDINGS** In this nationwide retrospective cohort study that included 6 559 266 persons aged 10 years or older living in Denmark during the period from 1995 to 2016, individuals with a diagnosed autism spectrum disorder had more than 3-fold higher rates of suicide attempt and suicide compared with all other persons after adjusting for sex, age, and time period. **MEANING** In this Danish cohort, diagnosis of an autism spectrum disorder was associated with suicide attempt and suicide.» [15]

Bakgrunn: «**IMPORTANCE** There is limited evidence supporting an association of autism spectrum disorder (ASD) with suicidality and the risk factors for suicide attempt and suicide among people with ASD. Existing research highlights the need for national cohort studies.» [15]

Mål: «To analyze whether people with ASD have higher rates of suicide attempt and suicide compared with people without ASD using national register data, identify potential risk factors for suicide attempt and suicide among those with ASD, and examine associations with comorbid disorders.» [15]

Metode: «**DESIGN, SETTING, AND PARTICIPANTS** In this cohort study, nationwide register data from January 1, 1995, to December 31, 2016, were gathered on 6 559 266 individuals in Denmark aged 10 years or older. Statistical analysis was performed from November 20, 2018, to November 21, 2020.» [15]

Funn: «Of the total study population of 6 559 266 individuals, 35 020 individuals (25 718 male [73.4%]; mean [SD] age at diagnosis, 13.4 [9.3] years) received a diagnosis of ASD. A total of 64 109 incidents of suicide attempts (587 [0.9%] among individuals with ASD) and 14 197 suicides (53 [0.4%] among individuals with ASD) were recorded. Persons with ASD had a more than 3-fold higher rate of suicide attempt (adjusted incidence rate ratio [aIRR], 3.19; 95% CI, 2.93-3.46) and suicide (aIRR, 3.75; 95% CI, 2.85-4.92) than those without ASD. For individuals with ASD, the aIRR for suicide attempt among female individuals was 4.41-fold (95% CI, 3.74-5.19) higher compared with male individuals; for individuals without ASD, the aIRR for female individuals was 1.41-fold (95% CI, 1.39-1.43) higher compared with male individuals. Higher rates of suicide attempt were noted across all age groups for those with ASD. Persons with a diagnosis of ASD only had an aIRR of 1.33 (95% CI, 0.99-1.78) for suicide attempt, whereas those with other comorbid disorders had an aIRR of 9.27 (95% CI, 8.51-10.10) for suicide attempt compared with those without any psychiatric disorders. A total of 542 of 587 individuals with ASD (92.3%) who attempted suicide had at least 1 other comorbid condition and 48 of 53 individuals with ASD (90.6%) who died by suicide had at least 1 other comorbid condition.» [15]

Konklusjon: «This nationwide retrospective cohort study found a higher rate of suicide attempt and suicide among persons with ASD. Psychiatric comorbidity was found to be a major risk factor, with more than 90% of those with ASD who attempted or died by suicide having another comorbid condition. Several risk factors are different from the risk factors

in the general population, which suggests the need for tailored suicide prevention strategies.» [15]

NOTAT: «AUTISM AND AUTISTIC TRAITS IN THOSE WHO DIED BY SUICIDE IN ENGLAND» [16]

Kritikk av studien: Flawed methods undermine study on undiagnosed autism and suicide [17].

Forfattere: Sarah Cassidy, Sheena Au-Yeung, Ashley Robertson, Heather Cogger-Ward, Gareth Richards, Carrie Allison, Louise Bradley, Rebecca Kenny, Rory O'Connor, David Mosse, Jacqui Rodgers and Simon Baron-Cohen

Bakgrunn: «Autism and autistic traits are risk factors for suicidal behaviour.» [16]

Mål: «To explore the prevalence of autism (diagnosed and undiagnosed) in those who died by suicide, and identify risk factors for suicide in this group.» [16]

Metode: «Stage 1: 372 coroners' inquest records, covering the period 1 January 2014 to 31 December 2017 from two regions of England, were analysed for evidence that the person who died had diagnosed autism or undiagnosed possible autism (elevated autistic traits), and identified risk markers. Stage 2: 29 follow-up interviews with the next of kin of those who died gathered further evidence of autism and autistic traits using validated autism screening and diagnostic tools.» [16]

Funn: «Stage 1: evidence of autism (10.8%) was significantly higher in those who died by suicide than the 1.1% prevalence expected in the UK general alive population (odds ratio (OR) = 11.08, 95% CI 3.92–31.31). Stage 2: 5 (17.2%) of the follow-up sample had evidence of autism identified from the coroners' records in stage 1. We identified evidence of undiagnosed possible autism in an additional 7 (24.1%) individuals, giving a total of 12 (41.4%); significantly higher than expected in the general alive population (1.1%) (OR = 19.76, 95% CI 2.36–165.84). Characteristics of those who died were largely similar regardless of evidence of autism, with groups experiencing a comparably high number of multiple risk markers before they died.» [16]

Konklusjon: «Elevated autistic traits are significantly over-represented in those who die by suicide.» [16]

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