

# Alkoholberoende bland äldre som försökt ta sitt liv



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# Alcohol Use Disorder in Elderly Suicide Attempters: A Comparison Study

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**Objectives:** To compare lifetime prevalence of alcohol use disorder (AUD) in older adults who were hospitalized in connection with a suicide attempt and in a population comparison group, as well as to compare previous suicidal behavior in attempters with and without AUD. **Design:** Case-comparison. **Setting:** Five hospitals in Western Sweden. **Participants:** Persons 70 years or older, who were treated in a hospital because of a suicide attempt during 2003–2006 were recruited. Of 133 eligible participants, 103 participants were enrolled (47 men, 56 women, mean age 80 years, response rate 77%). Four comparison subjects per case were randomly selected among participants in our late-life population studies. **Measurements:** Lifetime history of AUD in accordance with Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, was discerned on the basis of interview data, case record review, and the hospital discharge register. Depression symptoms were rated using the Montgomery-Åsberg Rating Scale. **Results:** AUD was observed in 26% of the cases and in 4% of the comparison group (odds ratio [OR]: 10.5; 95% confidence interval [CI]: 4.9–22.5). Associations were noted in men (OR: 9.5; 95% CI: 4.0–22.8) and women (OR: 12.0; 95% CI: 2.4–59.5). More than half of the cases with AUD and a third of those without AUD had made at least one prior suicide attempt. In these, AUD was associated with a longer interval between the first attempt and the index attempt. **Conclusions:** A strong association between AUD and hospital-treated suicide attempts was noted in both sexes in this northern European setting. Given the high rates of suicide worldwide in this fast-growing and vulnerable group, comparison studies in other settings are needed. (Am J Geriatr Psychiatry 2013; 21:196–203)

**Key Words:** Alcohol use disorder, depression, elderly, suicide attempt, suicidal behavior

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# Alkoholberoende en stark riskfaktor för suicid hos äldre (65+)

	<b>Suicid</b>	<b>kontrollgrupp</b>
Män	35%	2%
Kvinnor	18%	1%

# Alkoholberoende en stark riskfaktor för suicidförsök hos äldre (70+)

	<b>Fall</b>	<b>Jämförelsegrupp</b>
Män	45%	8%
Kvinnor	11%	1%

# Syfte

Att jämföra prevalensen av alkoholberoende bland äldre (70 år eller äldre) som gjort ett suicidförsök med en matchad populationsgrupp.

Vidare undersöktes faktorer som skulle kunna förklara den suicidala processen hos de äldre med en beroendebakgrund.

# Definition av suicidförsök

*“a situation in which a person has performed an actual or seemingly life-threatening behavior with the intent of jeopardizing his life, or to give the appearance of such intent, but which has not resulted in death.”*

# Metod

## *När livet känns svårt att leva*

- Inkluderade patient som var 70 och äldre
- Rekrytering mellan 2003-2006, de 5 stora sjukhusen i Västra Götaland
- 145 identifierades, exkludering gav 103 patienter = 77.4%
- 47 män och 56 kvinnor, medelålder 80 år (mellan 70-91 år)
- En psykolog utförde alla intervjuer

# Metod

## *När livet känns svårt att leva*

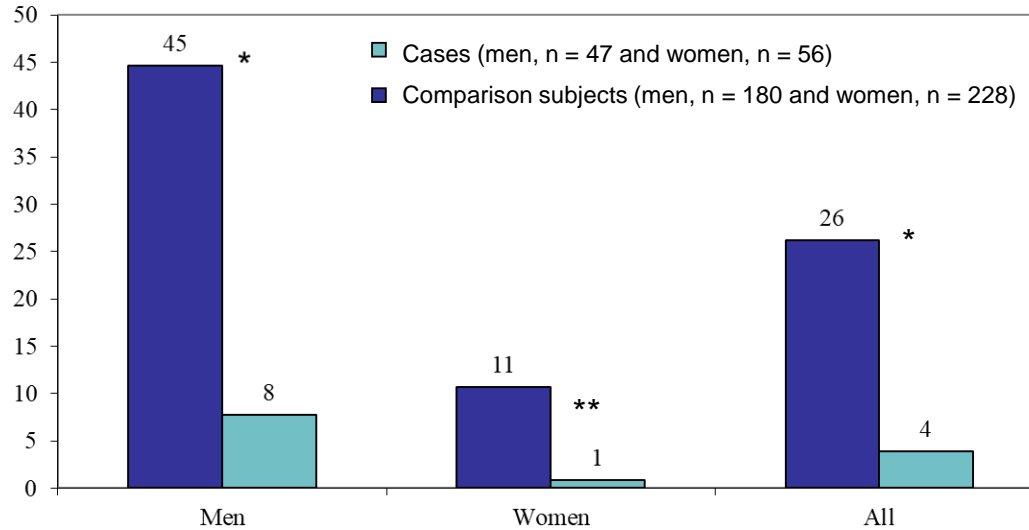
- 408 individer (180 män, 228 kvinnor) matchades för kön och åldersgrupp
- Psykiatrisjuksköterskor och psykiatriker utförde alla intervjuer i kontrollgruppen
- Neuropsykologiska och psykiatriska tester utfördes (ex. minnet, abstrakttänkande, CPRS, MADRS)
- Patienterna fick även utföra några extra tester, ex. The Suicidal Intent Scale



# Alcohol use disorder

- Ett paraplybegrepp, problematiskt drickande med sociala komplikationer till de som varit inlagda för avgiftning flera gånger
- AUD är grundat på intervjuer, journaler och sjukhusregister
- Livstidsbegrepp

# Resultat



Note. \* $P < 0.001$ ; \*\* $P <$

0.05.

**Figure 1** Proportion of elderly ( $\geq 70$ ) suicide attempters and population comparisons with a history of alcohol use disorder

**Table 1** Characteristics of hospitalized suicide attempters ( $\geq 70$ ) with and without history of alcohol use disorder (n = 103)

<i>Characteristic</i>	<i>Alcohol use disorder</i>		<i>Odds ratio</i>	<i>P</i>
	Yes (n = 24)	No (n = 79)	(95% CI)	
<b>Demographics</b>				
Age, mean (sd)	76.6 (5.3)	80.6 (5.0)	0.85 (0.77-0.94)	<b>0.002</b>
Men	21 (88)	26 (33)	14.27 (3.90-52.23)	<b>&lt; 0.001</b>
Married/cohabiting	7 (29)	29 (37)	0.71 (0.29-1.91)	0.498
Education beyond mandatory	12 (50)	33 (42)	1.39 (0.56-3.49)	0.478
<b>Clinical characteristics</b>				
Any affective disorder	22 (92)	73 (92)	0.90 (0.17-4.80)	0.906
Major depression	16 (67)	54 (68)	0.93 (0.35-2.45)	0.877
Minor depression	4 (17)	15 (19)	0.85 (0.25-2.87)	0.798
Current antidepressant treatment	12 (50)	48 (61)	0.60 (0.24-1.52)	0.285
Hopelessness	9 (38)	46 (58)	0.39 (0.15-1.02)	0.055
Serious somatic illness	13 (54)	51 (65)	0.65 (0.26-1.64)	0.360
MADRS score, mean (n; sd)	26.0 (24;11.8)	26.6 (75;11.1)	1.00 (0.95-1.04)	0.817
<b>Suicidal behaviour</b>				
Age at first attempt, mean (sd)	67.8 (17.6)	73.6 (15.7)	Z= -2.14	<b>0.032</b>
History of attempt	12 (50)	24 (30)	2.29 (0.90-5.83)	0.081
Family history of suicidal behaviour	5 (21)	5 (6)	3.90 (1.02-14.85)	<b>0.046</b>
Years since first attempt, mean (sd)	8.8 (15.3)	7.0 (14.5)	1.01 (0.98-1.04)	0.604
Suicide Intent Score <sup>e</sup> , mean (n; sd)	16.5 (23; 5.0)	15.6 (70; 4.4)	1.04 (0.94-1.16)	0.409

# Konklusion

Denna studie visar att det finns en stark association mellan alkoholberoende och suicidförsök hos äldre människor.

Eftersom alkoholberoende är en riskfaktor för suicidförsök bland de äldre behöver hälso- och sjukvård/äldreomsorg/samhället ta med det i beräkning vid bemötande av äldre människor med alkoholproblematik.

Tidig identifiering av riskbruk samt prevention av alkoholberoende under hela livet är viktiga folkhälsoåtgärder.