

Dr. Ping Qin



Dr. Ping Qin is an associate professor at the National Centre for Register-based Research in Aarhus University, Denmark. Her research focuses on suicide epidemiology and is to a large extent based on utilizing data from large scale population registers. Dr Qin's major contribution to the area of suicide research includes investigations of the contextual influence of socioeconomic, demographic, familial, and biogenetic factors on risk for suicide in various population groups. She has produced a number of influential studies published in prestigious journals including *The Lancet*, *Archives of General Psychiatry* and *American Journal of Psychiatry*. Dr Qin is a fellow of the IASR, a member of the IASP, and a founding partner of the Danish Association for Suicide Research and Prevention. She also serves as a reviewer for several research foundations and more than 30 international academic journals.

Suicide in early and middle adulthood: risk factors and prevention challenges

National Centre for Register-based Research, Aarhus University, Denmark

Early and middle adulthood is generally a healthy period during lifespan which is marked by heavy personal, social and familial obligations and responsibilities such as career development, financial responsibility, marriage life, rearing children, etc. Suicide, as the second or third leading cause of death in early and middle age adults, is often associated with the trials and tribulations experienced by this specific age group. Evidence has indicated that suicide in adolescence and elderly may be more often a result of crisis whereas suicide in middle aged tends to be more often related to personal reasons and brought on by situational factors. For instance, an increased risk for suicide in early and middle adulthood is significantly associated with factors as low income, unskilled job, living as a single, childlessness as well as physical or mental illnesses that result in disability of functions, etc. At the same time, many risk factors and their effects on suicide exhibit significant variations between males and females of this age group. It is evident that males react more strongly to socioeconomic disadvantages as unemployment and low income, whereas females react more strongly to health problems and parental challenges. Being the mostly active group of population in labor market, suicides of early and middle age adults contribute to a large proportion of potential years of life lost (PYLL) in the society, regardless of country and region. In the literature, however, suicide research focusing on this age group is insufficient when compared with the efforts invested to the other age groups. Meanwhile, early and middle age adults are usually not on the list of priority for suicide prevention, although strategies and efforts targeting the general public may benefit this age group of population the most. In summary, the present presentation will provide an overview about suicide in early and middle adulthood in various social and cultural settings, its associated risk factors, prevention possibilities and strategies, together with some remaining questions and challenges.