

adolescent suicidal ideation is lacking. Therefore, D'Ligue has contacted the Luxembourg team of the international Health Behaviour in School-aged Children (HBSC) study, to identify risk factors for suicide behaviour and derive recommendations from them.

**Description of the problem:**

First, our practice partner wanted us to provide them with basic data on the suicidal ideation of adolescents: How many adolescents are suicidal and what are risk factors? Second, recommendations for practice should be derived from the results. To this end, the HBSC data (2014) of 5262 pupils aged 12-18 were analysed.

**Results:**

15.1% of adolescents thought about suicide last year and 7% attempted suicide. Of the 24 risk factors examined, 12 were found to be significant, with three being particularly important: multiple health complaints (OR: 1.3 for each health complaint,  $p < 0.001$ , CI: 1.18 - 1.33), lower life satisfaction (OR: 1.3 for the loss of each life satisfaction point,  $p < 0.001$ , CI: 1.17 - 1.33) and frequent physical fighting (OR: 2.4,  $p < 0.001$ , CI: 1.57 - 3.74).

**Lessons:**

Risk factors for suicide behaviour known from research have been confirmed for Luxembourg. What is new is that the number of health complaints is the most important risk factor for Luxembourgish adolescents. Therefore, a list of 8 health complaints was validated as a screening tool for suicidal thoughts. In a further step, this tool could be used, for example, by school nurses. The HBSC data can be used to update the national suicide prevention plan.

**Main messages:**

HBSC data are used to:

- update the Luxembourgish national plan for suicide prevention.
- investigate a screening tool for adolescents at risk for suicide.

## Using data from the HBSC study for evidence-based suicide prevention in Luxembourg

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**Issue:**

As suicide is the second leading cause of death for young people, WHO aims to reduce the suicide rate with 10% by 2020 worldwide. In Luxembourg, organization D'Ligue coordinates suicide prevention. Since suicide research has been carried out in the country for a few years only, data on