

**Adolescent suicide behaviour profiles: comparing
unplanned attempts, planned attempts and ideation**

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Background:

Suicide is the second leading cause of death for young people worldwide. A significant amount of suicide attempts is known to be unplanned, but research on unplanned attempts among adolescents is limited. As knowledge on the profile of

unplanned suicide attempts is crucial for effective prevention efforts, this study aims to characterize and compare three suicide behaviour profiles among adolescents: planned attempts, unplanned attempts and ideation without attempt.

Methods:

Data from the 2014 Luxembourgish Health Behaviour in School-aged Children study was used. 879 adolescents aged 12 to 18 years old are included in this study. Data was gathered using paper questionnaires. ANOVAs with Games-Howell post-hoc tests were conducted for 18 independent variables, using the suicide behaviour variable as the dependent variable.

Results:

Unplanned attempters report higher levels of parental and classmate support ($p < 0.01$), fewer health complaints ($p < 0.001$), higher life satisfaction ($p < 0.01$) and a more positive body image ($p < 0.01$) than planned attempters and ideators. Unplanned and planned attempters are younger than ideators ($p < 0.01$) and report more substance use and physical fighting than ideators ($p < 0.01$).

Conclusions:

Unplanned attempters report better health (behaviour) and more social support than planned attempters and ideators. Unplanned attempters and planned attempters have higher levels of risk behaviour than ideators. Prevention efforts should be mindful of similarities and differences between the behaviours, and identify and address at risk adolescents accordingly.

Key messages:

- Unplanned attempters have better health (behaviour) and more social support than planned attempters and ideators.
- Results are incorporated in the Luxembourgish national plan for suicide prevention.