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Community based study on suicidal behaviours from suicidal ideations to completed suicide in Ratnapura District

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Psychological autopsy method was used to investigate potential risk factors and the circumstances that led to completed acts of suicide. From this information, a psychological treatment package was developed based on cognitive behaviour therapy (CBT) linking the community-based to treatment development research. The knowledge on the risk factors significantly associated with suicide prevention programmes. Suicide prevention should be community based as most of these people do not visit a health care provider. Adequate treatment of psychiatric patients and improved detection and treatment of common mental disorders in the general population are essential for suicide prevention. Researchers extending this study further in the community can give more insight into the issue.