

## 'I didn't do it!' Lived Experiences of Suicide Attempts made without Perceived Intent or Volition

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### WHY IS THIS RESEARCH IMPORTANT?

- Suicide is a serious and complex problem experienced in every region across the world.
- Suicide is poorly researched in Central Asia despite high rates in the region.
- Research on suicide that is diverse, inclusive, and culturally competent can reduce the occurrence of suicide attempts through the development of proper and applicable suicide assessment tools and methods.

### KEY POINTS

- This study was a secondary analysis of a previous study in the small Central Asian country of Tajikistan and focuses on the rare, yet real, occurrence of individuals attempting suicide in a trance like state without intent, agency, or volition which has not been previously studied or found in literature.
- It is important clinicians understand the environmental factors, personal beliefs, and cultural considerations (such as religion), that surround suicide attempts as these factors have an impact on an individual's decisions to attempt suicide and how their suicidal thoughts or attempts are expressed.

### WHAT WERE THE KEY FINDINGS?

- There were six themes identified within the individuals who attempted suicide without perceived intent or volition that included: experiences of impulsivity, not knowing what happened, lack of self-control, elements of the supernatural, fear of a repeated attempt, and no justification for the attempt.
- While suicide attempts made without volition are more common in low- and middle-income countries such as Tajikistan, little to no research exists in these regions which impacts cultural competence, findings of causation, and reliable assessment tools.
- If the lack of research on suicide and its implications in low- to middle-income countries prevails, proper and potentially lifesaving care and assessment of those individuals will fail.

### CRITICAL QUESTIONS

To assess and find differences between those who attempted suicide knowingly and those in a trance-like state, the secondary analysis study was guided by the following questions:

What are the lived experiences of individuals who made a suicide attempt without perceived intention, ideation, volition, or agency?

What are the differences between the experiences of individuals making a suicide attempt without agency to those who made their attempt knowingly?

Clinician suggested question for future assessments in similar regions: Have you ever had an experience where you put your life in danger without wanting to do so or without realizing that you are doing so?



### CONTINUE READING

#### Full Article

- DOI: 10.1177/13634615221126057

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