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The University of Manchester

# National Confidential Inquiry

into Suicide and Safety  
in Mental Health

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Annual Report 2023  
Additional online data tables  
Scotland patient data 2010-2020



**HQIP**

Healthcare Quality  
Improvement Partnership

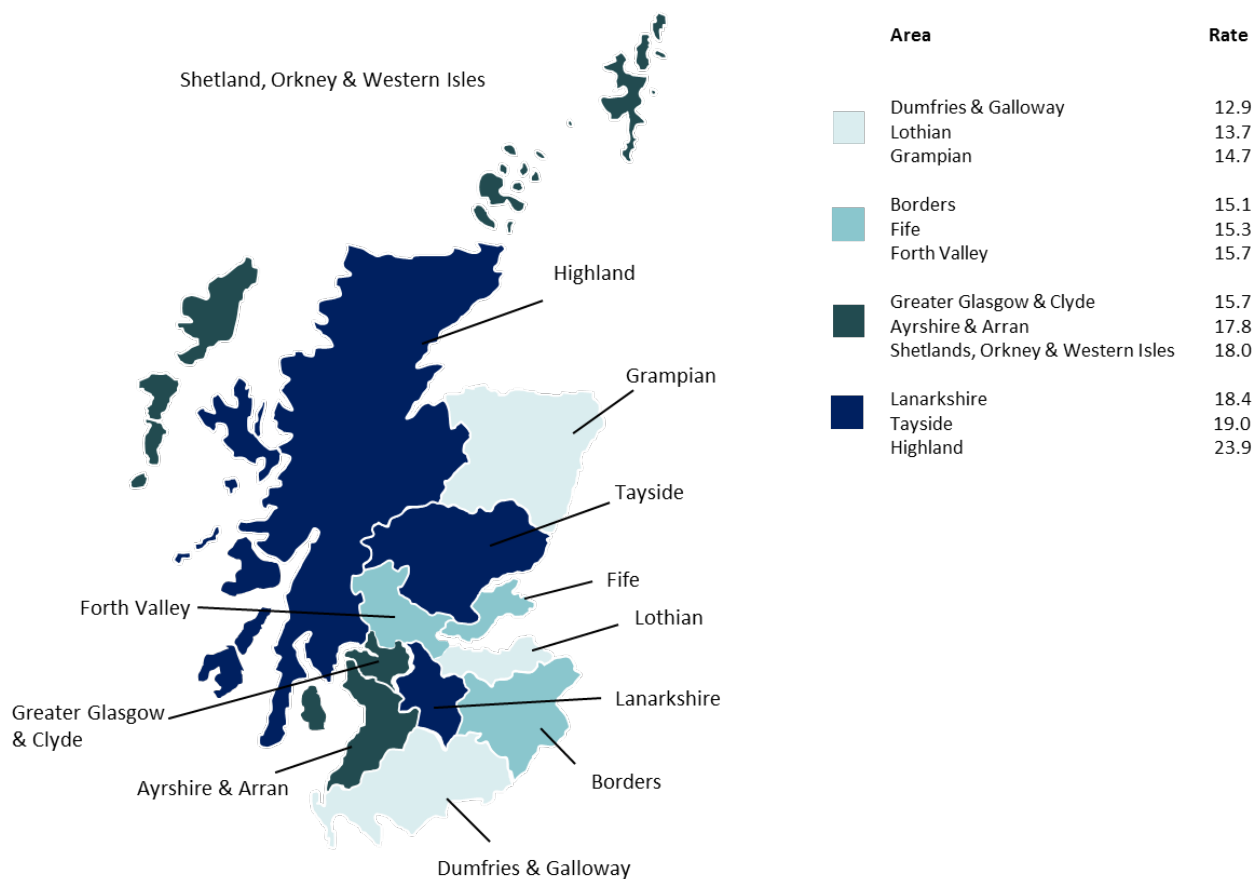
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# Suicide in the general population in Scotland

## 1. Suicide rates by area of residence

Figure 1: Rates of suicide per 100,000 population, by NHS Health Board (average rate 2018-2020)



Note: rates have been colour coded by approximate quartile

## Patients who died by suicide in Scotland, 2010-2020

### 2. Number of patient suicides

Figure 2: Number of patient suicides in Scotland

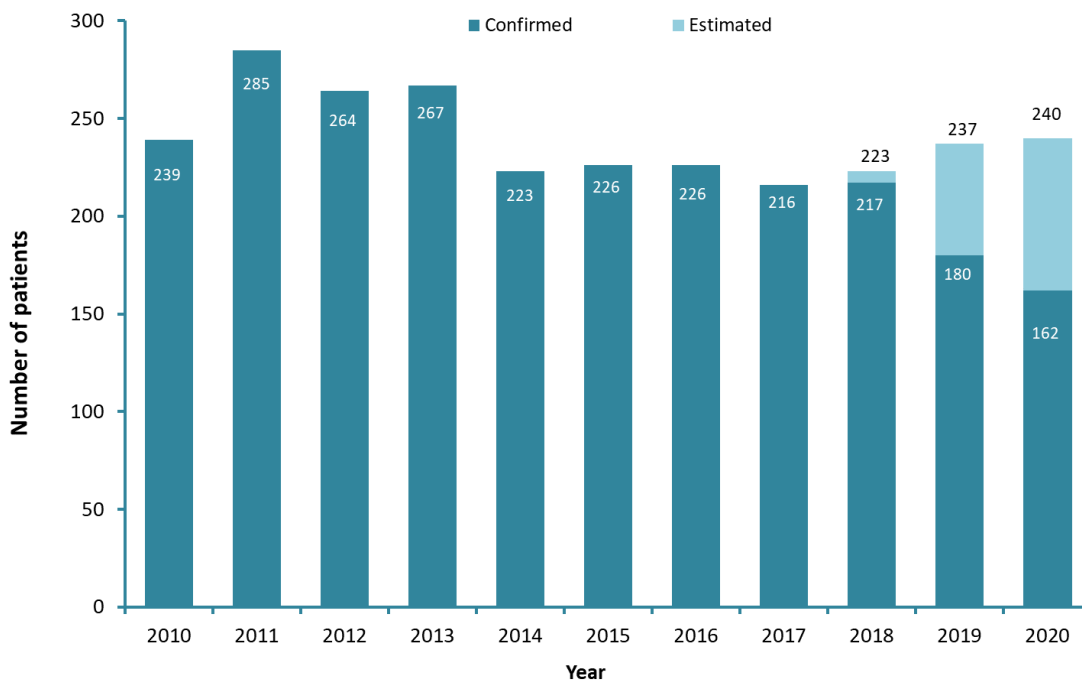
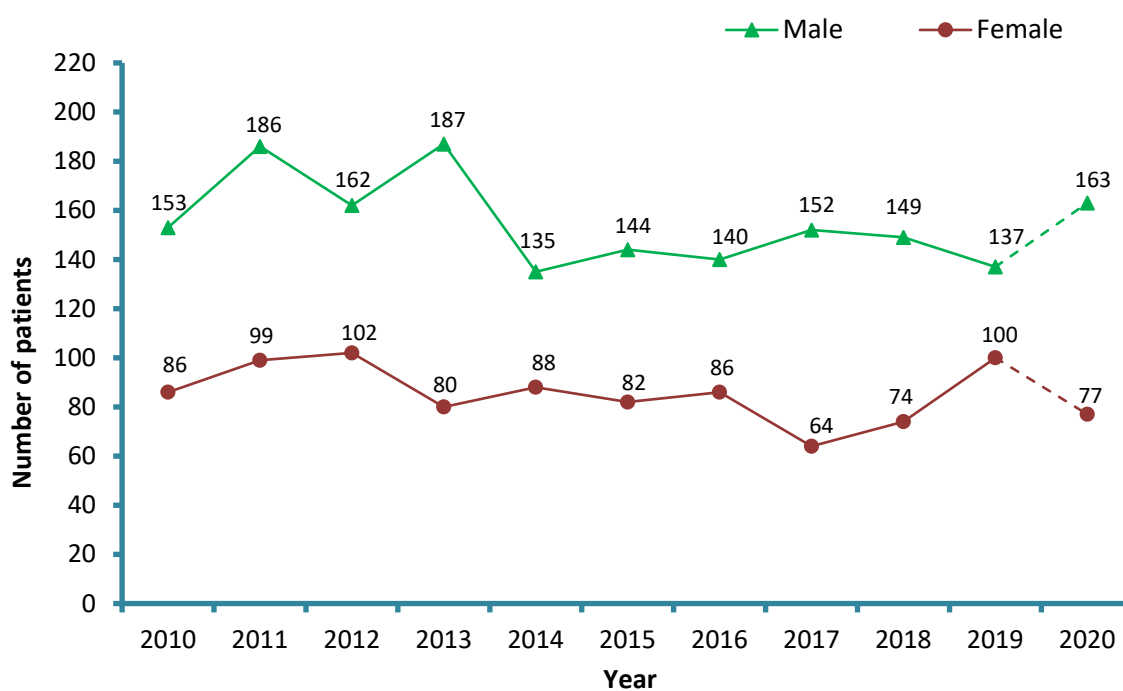
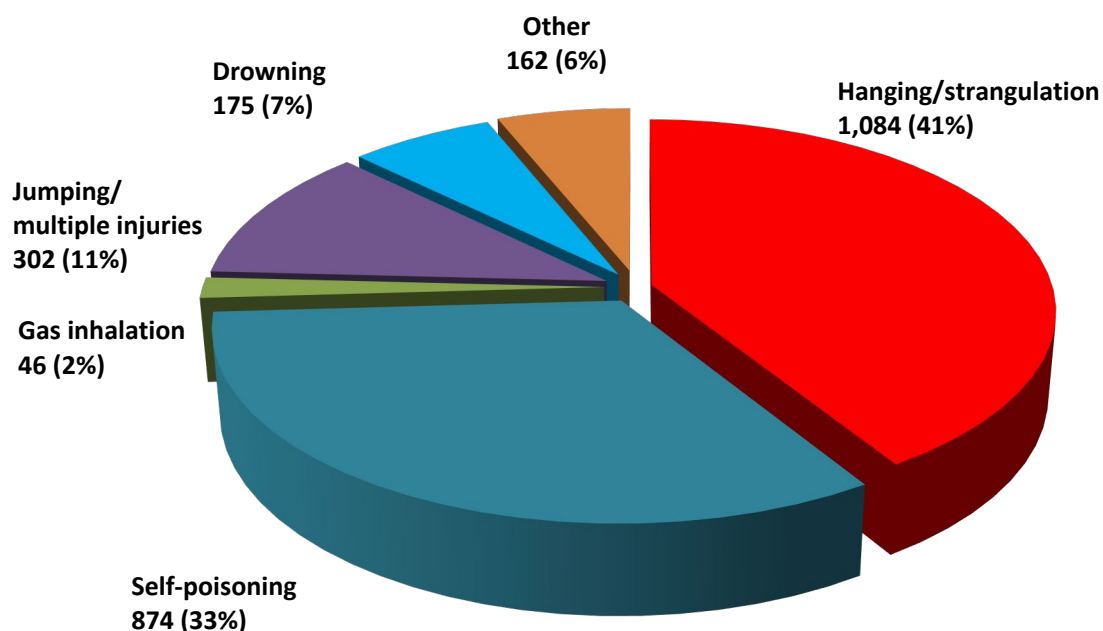


Figure 3: Number of patient suicides in Scotland, by sex



### 3. Method of suicide

Figure 4: Patient suicide in Scotland: main suicide methods



### 4. Social and clinical characteristics

Table 1: Demographic characteristics of patients who died by suicide in Scotland

Demographic features	Total=2,646	
	Number	%
Age: median (range)	44 (12-94)	
Aged under 18 <sup>†</sup>	40	2
Aged under 25 <sup>†</sup>	228	9
Male <sup>†</sup>	1,708	65
Not currently married	1,790	77
Living alone	1,270	55
Unemployed	1,272	55
Long-term sick leave	292	13
Ethnic minority group	44	2
Homeless	55	2
In the lowest 20% deprivation score <sup>^</sup>	873	34

<sup>†</sup> includes estimated figures in 2018-2020

<sup>^</sup> Based on the Scotland Index of Multiple Deprivation (SIMD) 2020

**Table 2: Clinical characteristics of patients who died by suicide in Scotland**

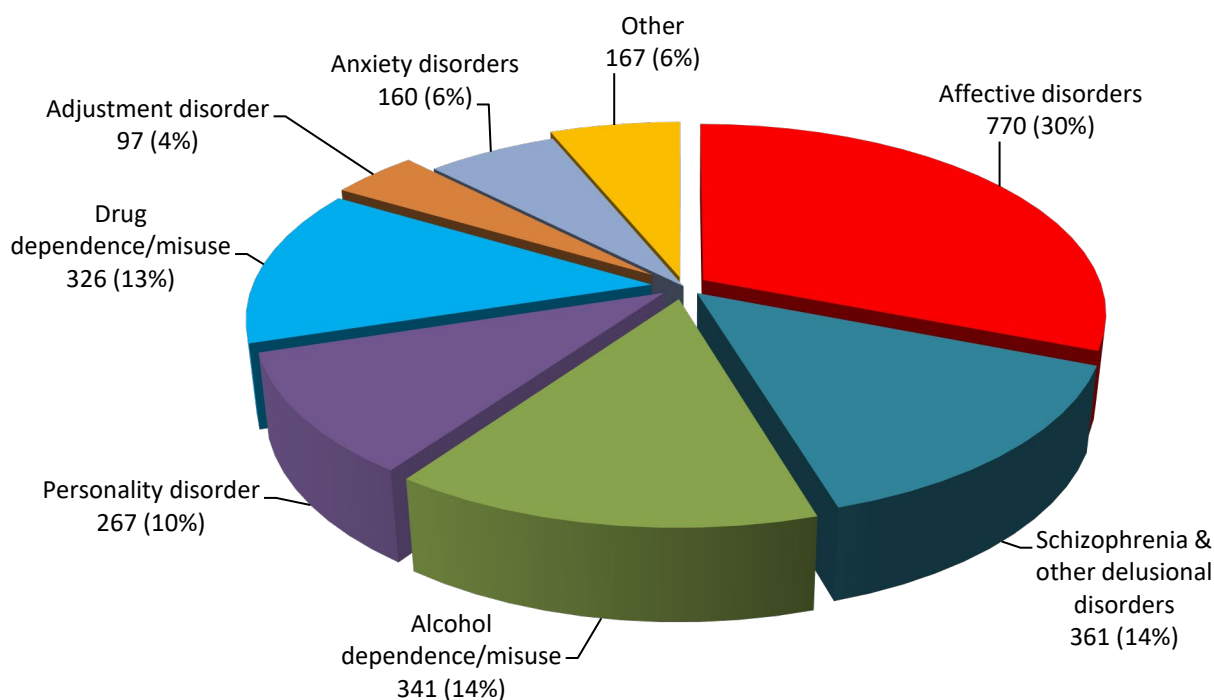
<i>Clinical features</i>	Total=2,646	
	Number	%
Any secondary diagnosis	1,297	53
Duration of illness (<12 months)	306	14
First contact with mental health services:		
<12 months	397	17
>5 years	1,404	60
Last admission was a re-admission	160	13

**Table 3: Behavioural characteristics of patients who died by suicide in Scotland**

<i>Behavioural features</i>	Total=2,646	
	Number	%
History of self-harm	1,537	65
History of violence	530	24
History of alcohol misuse <sup>†</sup>	1,382	55
History of drug misuse <sup>†</sup>	1,204	48

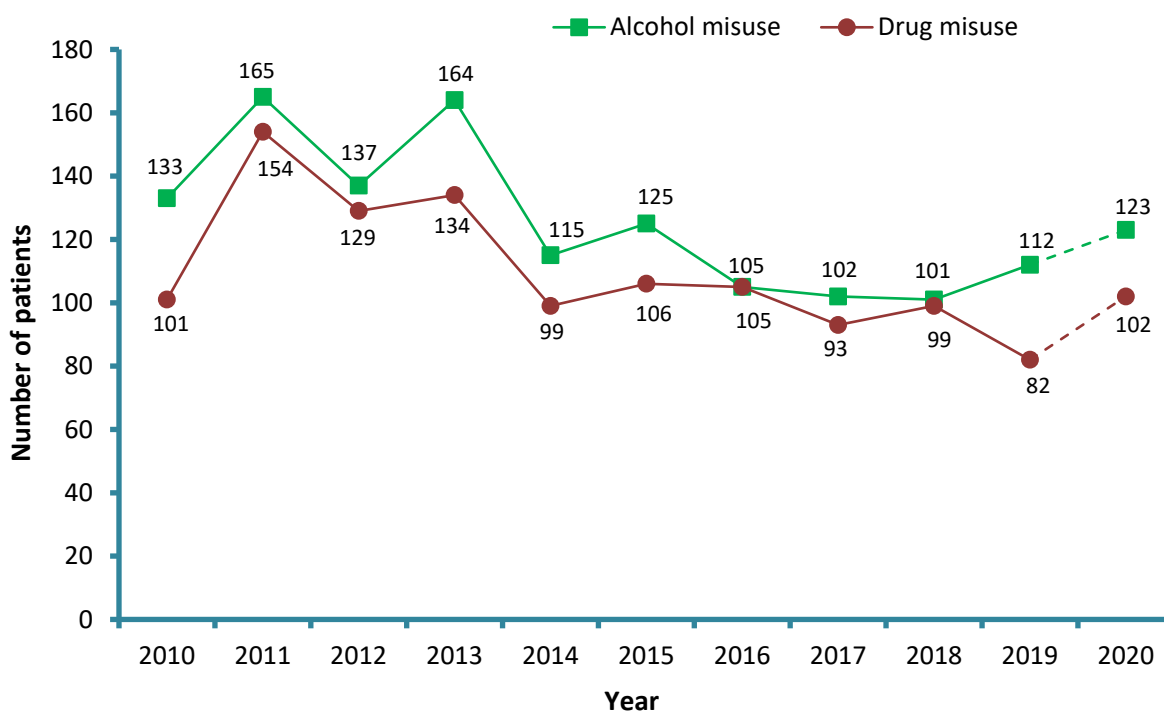
<sup>†</sup> includes estimated figures in 2018-2020

**Figure 5: Patient suicide in Scotland: primary mental health diagnoses**



\*"other" diagnoses include: eating disorders, learning disability, conduct disorder, autism, somatisation disorder, ADHD, organic disorder, drug induced psychosis, dementia and other specified.

Figure 6: Patient suicide in Scotland: number with a history of alcohol or drug misuse



## 5. Mental health care

Table 4: Service characteristics of patients who died by suicide in Scotland

Characteristic	Total=2,646	
	Number	%
In-patient <sup>†</sup>	157	6
Recent (<3 months) discharge <sup>†</sup>	346	14
Under crisis resolution/home treatment services <sup>†</sup>	173	7
Missed last contact in previous month	631	27
Non-adherence with medication in previous month	241	11
<b>Contact with services</b>		
Last contact within 7 days of death	953	39
Short-term risk: low or none	1,941	86
Long-term risk: low or none	1,309	60

<sup>†</sup> includes estimated figures in 2018-2020

## 6. In-patient suicide

Figure 7: Patient suicide in Scotland: number of mental health in-patients and rate of suicide per 10,000 admissions

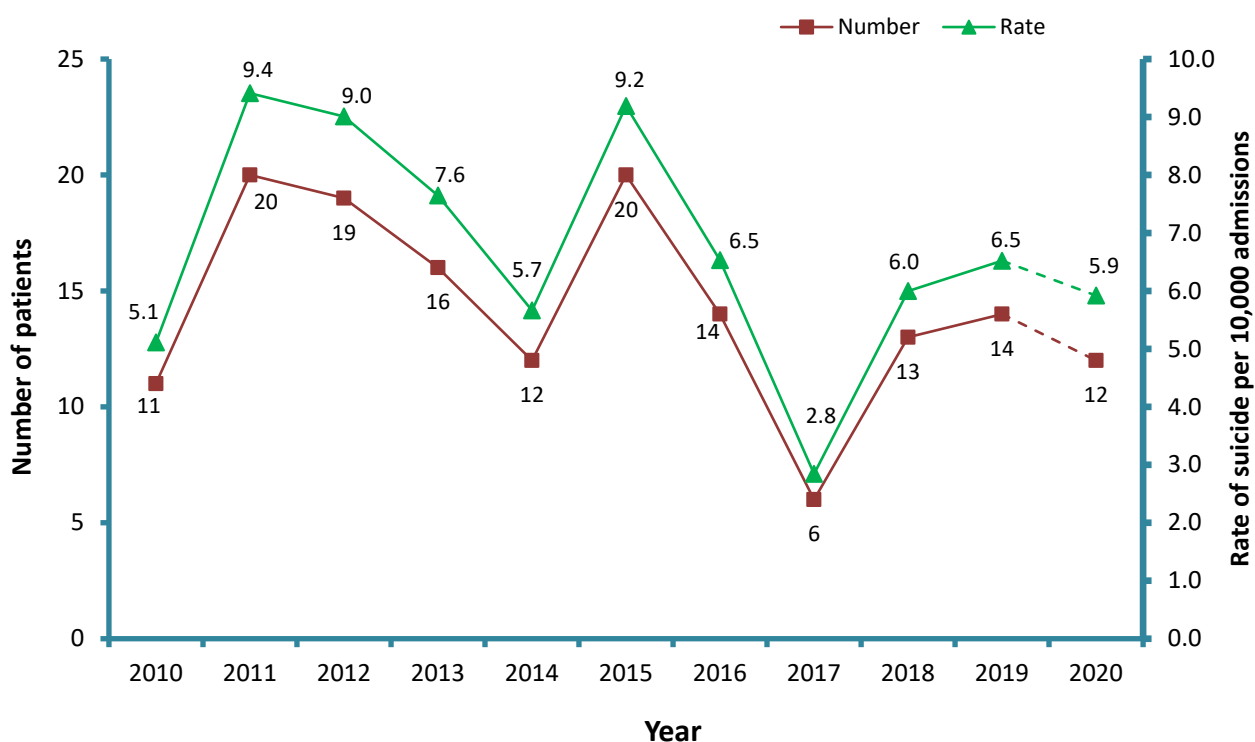


Table 5: Service characteristics of in-patients who died by suicide in Scotland

Characteristic	Total=157	
	Number	%
Died within a week of admission	32	22
Leave status:		
On the ward	50	36
On agreed leave	56	40
Off the ward without staff agreement or with agreement but failed to return	34	24
Detained under the MHA	46	33
Died within a local in-patient unit	113	81
Under medium/high level of observation	12	11
Short-term risk assessment viewed as low or none	95	68

MHA=Mental Health Act



## 7. Patients recently discharged from in-patient care

Figure 8: Patient suicide in Scotland: number who died within 3 months of in-patient discharge and rate of suicide per 10,000 discharges

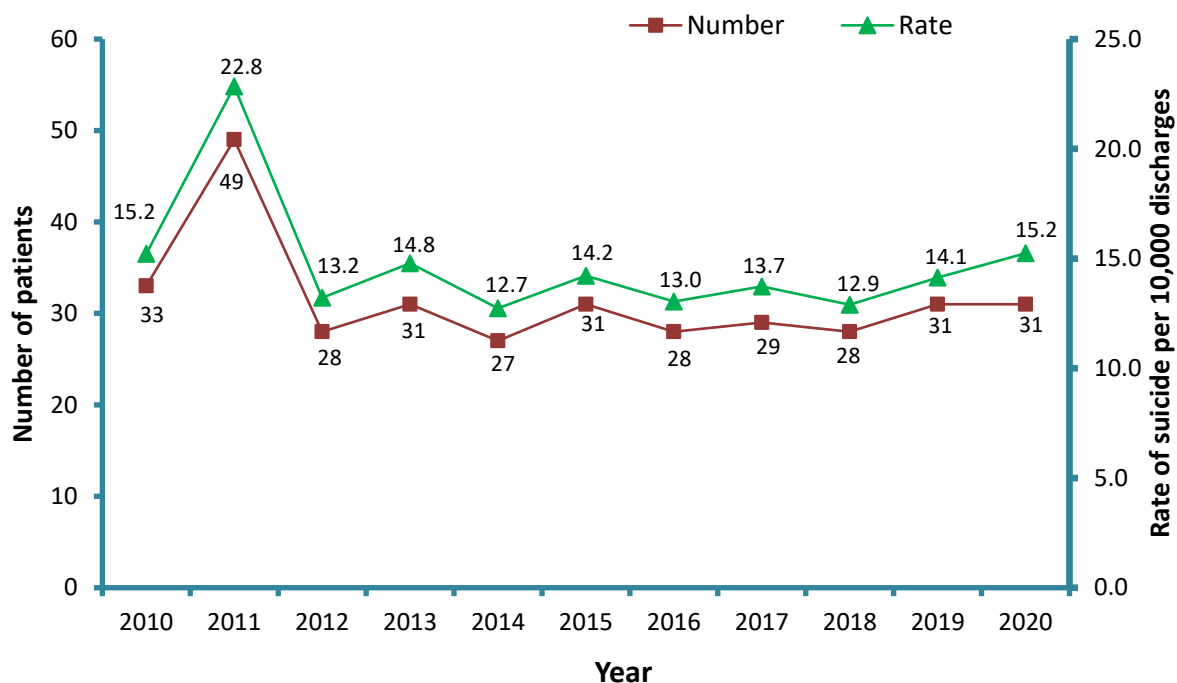


Figure 9: Patient suicide in Scotland: number per week following discharge (2010-2020)

