



# In the Shadow of Crisis: A Deep Study of Motivations and Risk Factors of Committing Suicide in the Post-Corona Days

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## ABSTRACT

**Introduction:** Studies regarding suicide and its prevention in the Corona days are primarily focused on high-income countries. Meanwhile, more research is needed in low- and middle-income countries. However, the poor quality of mortality and hospital attendance data and the lack of research resources in these countries pose significant challenges. In 2014, the World Health Organization reported that about a third of countries have good-quality suicide registration data. Unfortunately, however, there is a lack of data on this subject in the aforementioned countries.

**Methods and Materials:** This study was conducted qualitatively through deep semi-structured interviews with people with a history of suicide attempts in Semnan Province, from 2018 to 2019. The sampling was carried out purposefully. The data were analyzed using qualitative content analysis.

**Results:** Risk factors and motivations Familial, economic, and psychological issues were among the main motivating factors for suicide. Family tensions emerged as a prominent contributor. Financial difficulties were also identified as risk factors. One interviewee, who was incarcerated, took his own life during the COVID-19 pandemic after losing his job, which had been essential for supporting his family. Depression and anxiety were common psychological issues among the interviewees; one individual committed suicide as a result of severe depression.

Feelings of loneliness, social isolation, lack of social support, and overall loneliness were additional significant factors. One interviewee expressed feelings of isolation due to quarantine and the absence of family support. The interviews showed that the COVID-19 crisis had direct and indirect effects on individuals' mental health and their suicide attempts. Direct effects included fear of contracting the virus, quarantine restrictions, and the associated challenges. Indirect effects involved the exacerbation of economic hardships and unemployment, as well as increased family tensions resulting from prolonged time spent at home. One interviewee reported committing suicide due to the stress of being confined at home for an extended period and the pressure from family.

**Conclusion and Discussion:** Studies indicate that suicide is a complex issue influenced by a variety of individual, familial, and social factors. Additionally, while an epidemic may not have an immediate impact on the suicide rate, the emergence of multiple risk factors combined with an economic crisis could lead to a long-term increase in suicide rates. This delayed effect has also been observed following distressing events such as World War I (1914-1918), World War II (1939-1945), and other significant crises.

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