

State of Ireland's Mental Health: Findings from a Nationally Representative Survey

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World Prevalence for at least one Disorder

- World Health Organization's (WHO) World Mental Health Survey¹
 - Estimates from 17 countries
 - Range from **12%** (Nigeria) to **47%** (United States)
 - Inter-quartile range of 18-36%





Mental Health and Suicide

- Significant risk factor for suicide
- Contributes to the over **800,000 suicide deaths** recorded annually^{2,3}

Current Study – Three Objectives

1. To determine:
 - The prevalence rates of 12 mental health disorders
 - The associations among these disorders
2. Identify sociodemographic characteristics associated with meeting diagnostic criteria for at least one disorder
3. To determine:
 - Which mental health disorders were uniquely associated with attempted suicide
 - The proportion of attempted suicides uniquely attributable to specific mental health disorders

Methods

Online data collection
Collected March 19th - April 9th, 2021
Quota sampling to match census data

1,110 adults living in Ireland

12 mental health disorders (self-report)
Lifetime history of attempted suicide
Sociodemographic variables

Disorders Included

Major Depressive Disorder
Generalized Anxiety Disorder
Posttraumatic Stress Disorder
Complex Posttraumatic Stress Disorder
Insomnia Disorder
Obsessive Compulsive Disorder

Alcohol Use Disorder
Psychosis

Avoidant Personality Disorder
Borderline Personality Disorder
Histrionic Personality Disorder
Schizoid Personality Disorder

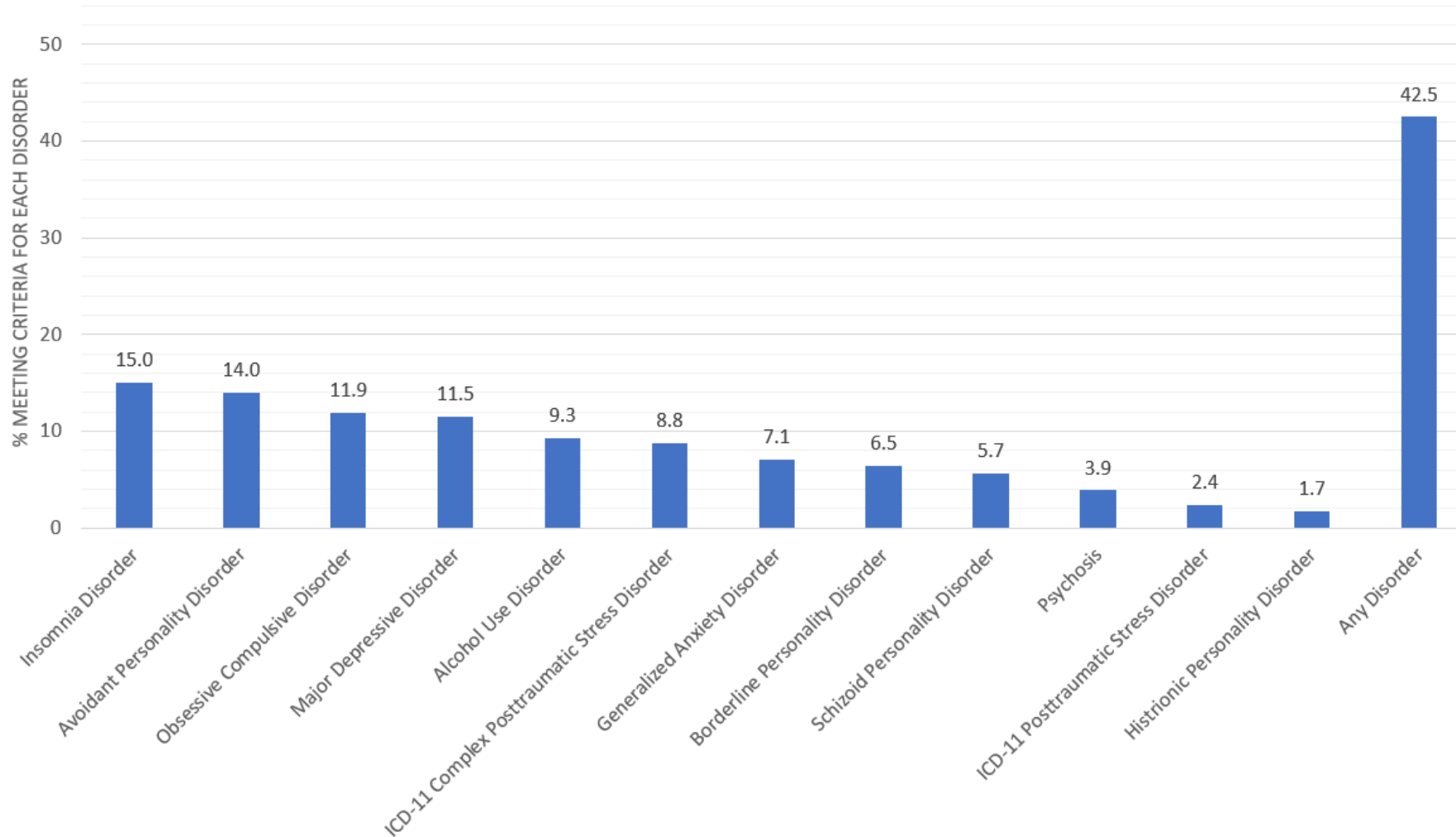
Data Analysis

1. Determine prevalence rates of the 12 mental health disorders
2. Associations between the different disorders
 - Tetrachoric correlations
3. Sociodemographic variables predicting prevalence of any disorder
 - Binary logistic regression
4. Each disorder predicting history of attempted suicide
 - Binary logistic regression
5. Proportion of attempted suicides that were related to each disorder
 - Adjusted population attributable risk fractions (PAFs)

Results

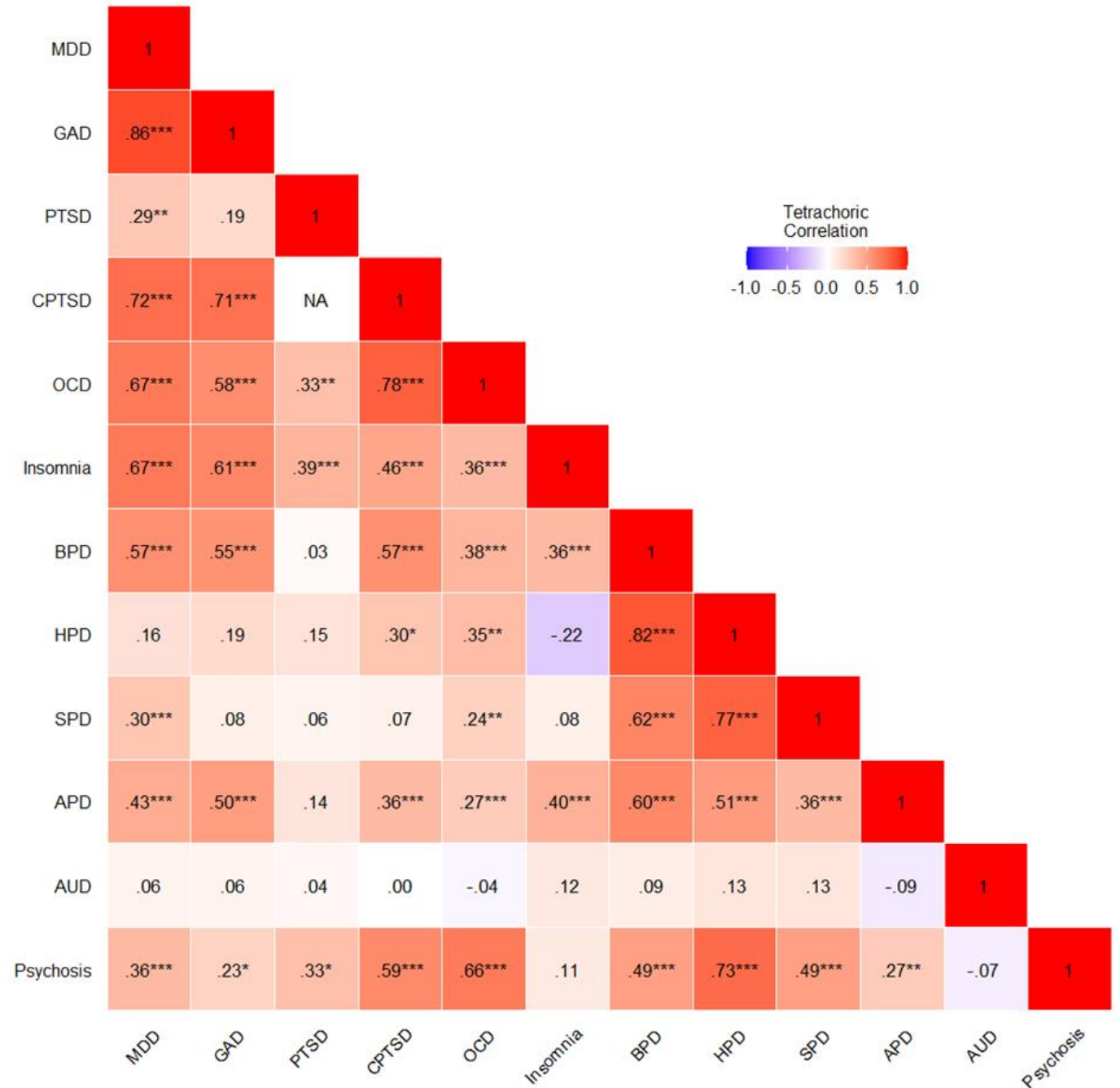


Prevalence Rates of each Mental Health Disorder



Tetrachoric Correlations among all Mental Health Disorders

Note: MDD = Major depressive disorder; GAD = Generalized anxiety disorder; PTSD = Posttraumatic stress disorder; CPTSD = Complex PTSD; OCD = Obsessive compulsive disorder; BPD = Borderline Personality Disorder; HPD = Histrionic PD; SPD = Schizoid PD; APD = Avoidant PD; AUD = Alcohol use disorder.



Meeting Diagnostic Criteria for at Least One Disorder

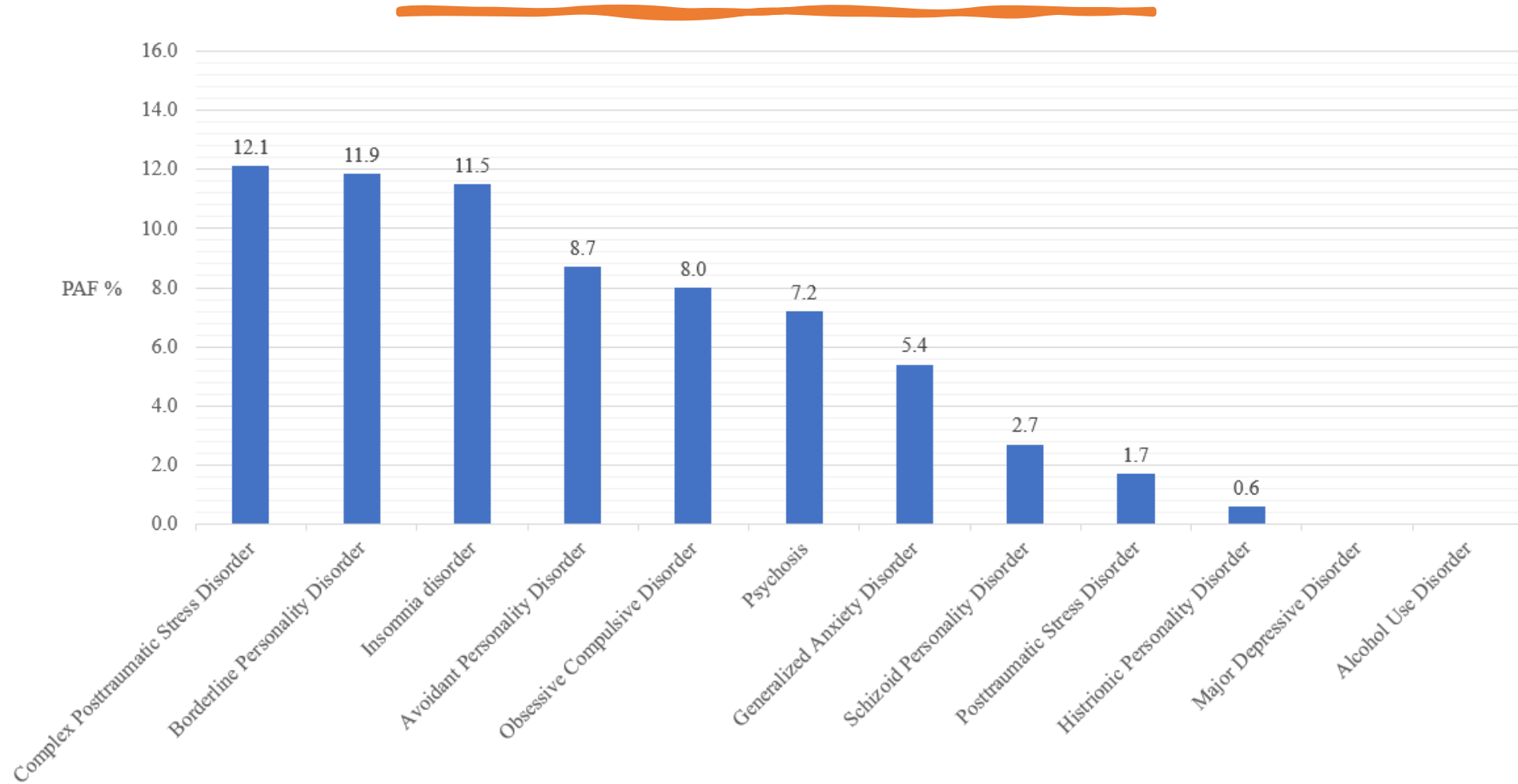
- Age: Compared to 55 years and older:
 - Those aged 18–24 years were 8 times **more** likely to meet diagnostic criteria
 - 25-34 were 3.15 times **more** likely
 - 35-44 were 2.37 times **more** likely
 - 45-54 were 1.69 times **more** likely
- Shift-workers were 1.7 times **more** likely to meet diagnostic criteria
- Trauma-exposed persons were 2.15 times **more** likely to meet diagnostic criteria
- Employment: Compared to full-time employment
 - Full-time students 2.5 times **less** likely to meet diagnostic criteria

Mental Health and Attempted Suicide

**Lifetime history of attempted
suicide was reported by 11.1%
of participants**

	Odds Ratio	Adjusted Odds Ratio
Insomnia Disorder	3.40	1.94
Avoidant Personality Disorder	3.74	1.68
Obsessive Compulsive Disorder	4.67	1.64
Major Depressive Disorder	4.58	0.97
Alcohol Use Disorder	0.86	0.78
Complex Posttraumatic Stress Disorder	7.18	2.40
Generalized Anxiety Disorder	5.53	1.61
Borderline Personality Disorder	8.57	3.05
Schizoid Personality Disorder	3.28	1.47
Psychosis	8.15	3.01
Posttraumatic Stress Disorder	2.48	1.86
Histrionic Personality Disorder	7.72	1.21
Any mental health disorder	5.26	--

Mental Health and Attempted Suicide: Adjusted Population Attributable Risk Fractions (PAFs)



What do these Findings mean?



- **42.5%** of the **Irish adult population** meet the diagnostic criteria for at least one disorder
 - Similar to countries such as the United States (47%)
 - **Higher** than several European countries such as the Netherlands (31%), Belgium (29%), Germany (25%), Spain (19%), and Italy (18%)¹
- Particularly strong associations were found between **'internalising' disorders**
- **Younger adults, full-time employment (particularly shift work), and trauma exposed** persons at higher risk for having at **least one disorder**

What do these Findings mean?

- **One-in-nine adults** have a history of attempted suicide
- Adults who meet criteria for **Borderline Personality Disorder, Psychosis, Complex PTSD, Insomnia Disorder, and Avoidant Personality Disorders** are at **higher** risk
- Widespread **interventions** targeted at **Complex PTSD, Borderline Personality Disorder, and Insomnia Disorder** may lead to **substantial reductions** in suicide rates



Thank You!
Any Questions?

Thank you to my co-authors!

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