



A Comprehensive Overview on the Suicidal Risk and Abortion

Lumumba Paul*

Department of Population Health, University of Oxford, Oxford, UK

INTRODUCTION

There have been conflicting findings about the possibility that abortion increases the risk of suicide. With close to 800,000 fatalities annually from suicide, it is a complicated global public health issue. A staggering 79% of suicides globally take place in low- and middle-income nations, making it the second most common cause of death for people between the ages of 15 and 29. The likelihood of committing suicide later on is significantly predicted by suicidal thoughts, particularly those that lead to attempts. Suicidal thoughts, suicide behaviour and completed suicide were used as outcomes in this meta-analysis, which comprised a total of 13 research. The findings of the meta-analysis revealed that abortion may raise the risk of suicide, including the risk of suicidal thoughts as well as actual suicide. Because no study can entirely account for all the variations between women who have abortions and those who don't, the findings should be regarded with caution. Some research compared women who had abortions to those who hadn't or who had chosen to have children. Because mental problems and financial or socioemotional resources were two reasons that were linked to abortion.

DESCRIPTION

In comparison to women who never had an abortion or who gave birth, women who had an abortion may have a higher prevalence of mental problems. In addition, several studies failed to account for pre-existing confounding variables like age or mental health, which may have influenced the results of the current study. It is also worthwhile to compare the suicide rate between abortion and a natural pregnancy loss (miscarriage), which would disclose different kinds of results and provide prospective recommendations for future suicide

preventions. The age of the populations included in the current study was another issue. In China, suicide was the fifth leading cause of death and the leading killer of people between the ages of 15 and 34, according to a WHO report. Family stress, societal stress, and economic stress may all have a role in mental illnesses between the ages of 15 and 34. In some regions, women who had abortions might experience greater stress, which would raise the suicide rate. Suicide rates have dropped in some places as a result of the numerous efforts made in recent years to prevent suicide. The public's awareness of preventing pregnancy-related suicide among pregnant women, particularly among those who have undergone abortions, has increased. The association between abortion and suicide should be discussed carefully in the current meta-analysis because studies from various nations may have varying rates of suicide, levels of mental health, and socioeconomic status. One should be aware that women who have abortions need to pay increasing attention to averting possible suicide. It is also worthwhile to compare the suicide rate between abortion and a natural pregnancy loss (miscarriage), which would disclose different kinds of results and provide relevant recommendations for future suicide prevention.

CONCLUSION

Recently, a number of research revealed that women who had abortions may be more susceptible to common mental diseases including depression. Additionally, they had mentioned that women who had abortions had a higher risk of suicide. The prevalence of suicide among women who had abortions had also been examined in several research. Despite the fact that abortion was linked to a higher overall risk of mortality, the risk of death from violent causes, such as suicide, was most noticeable. The danger of suicide linked to

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Corresponding author: Lumumba Paul, Department of Population Health, University of Oxford, Oxford, UK; E-mail: paul@gmail.com

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abortion, however, has not gotten enough attention. We conducted the present systematic review and meta-analysis to give a thorough and conclusive evaluation of the risk of suicide in abortion. We evaluated the likelihood that female abortion patients will commit suicide, engage in suicidal behaviour, or have suicidal thoughts. According to this meta-analysis, there may be a link between abortion and a higher risk of suicide. As a result, women who had abortions should receive more attention. To fully understand the relationship between abortion and suicide, a multi-center, large sample

cohort study should be conducted. This will help physicians provide the best psychiatric counselling possible, which will help lower the suicide rate.