

Distress in Portuguese Family Members Bereaved by Suicide: An Exploratory Study

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The present study examined the impact of several sociodemographic and suicide-related variables on the distress of family members bereaved by suicide. A sample of Portuguese family members bereaved by suicide (N = 93) living in the Alentejo region completed a sociodemographic and suicide information questionnaire and the Brief Symptom Inventory. Forward multiple linear regression analysis demonstrated that several sociodemographic and suicide variables were related to general distress, depression, and anxiety. The results contribute to characterizations of family members bereaved by suicide and have implications for the implementation of postvention programs.

KEYWORDS *suicide survivors, distress, sociodemographic variables, suicide-related variables, depression, anxiety*

Suicide is a major mental health issue in both clinical and nonclinical populations throughout the life span. The World Health Organization (2011) estimated that every year almost 1 million people die by suicide in the world. In Portugal, over a thousand people die every year, with suicide being the leading cause of unnatural death (National Institute of Statistics, 2013).

For those who commit suicide the pain comes to an end, but for the victims' loved ones the suicide is usually the beginning of an intense journey

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