

The Polish Association of Suicidology's Contribution to the Advancement of Scholarly Publications in the Field of Suicidology: The Annual Journal *Suicydologia*

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Abstract

The Polish Association of Suicidology (Polskie Towarzystwo Suicydologiczne [PTS]) has played a major role in raising awareness of the dangers of suicidal behavior in society. One of the objectives in establishing the PTS was publishing. The purpose of this article is to describe the contribution of the PTS to the advancement of publications in the field of suicidology, based on the example of the annual journal *Suicydologia*.

The journal was printed in ten volumes between 2005 and 2018. The authors included members of the Polish Association of Suicidology as well as guest authors who were invited from all over Poland. These were professionals in many fields and disciplines, from the medical and health sciences to social science research. It seems that the publication of papers in the field of suicidology in *Suicydologia* contributed to bringing together this scientific community, spreading knowledge about the threat of suicidal behavior and designing preventive measures to mitigate suicide.

Keywords: suicide, suicide attempt, suicidal behavior, suicidology

Introduction

The Polish Association of Suicidology (Polskie Towarzystwo Suicydologiczne [PTS]), having emerged from the Polish Society for Mental Health, was established on March 12, 2002 by a 25-member Founding Committee at the Institute of Psychiatry and Neurology in Warsaw. The Institute also became the headquarters of the PTS General Board.

In legal and formal terms, the Polish Association of Suicidology was not registered until January 17, 2003. The goals of the PTS as defined by its statute include:

- regularly analyzing the prevalence and sociodemographic characteristics of suicidal behavior in Poland and around the world,
- creating a scientific foundation for prevention programs that reduce suicidal behavior, and
- initiating and conducting research in the field of suicidology.

Standing out among the listed goals of the PTS is carrying out regular research on suicidal behavior in Polish society and publishing the findings of this research in order to disseminate knowledge about the threats of suicidal behavior. Therefore, the aim is to increase awareness among citizens and public authorities of the presence of suicidogenic social risks that arise, for example, from the development of modern information technology, as well as to form public attitudes toward loneliness, the existential loss of the individual and societal problems associated with suicidal behavior.

Therefore, the Board of Directors and members of the Polish Association of Suicidology made efforts to advance scientific publications on selected aspects of suicidal behavior. In the beginning, when the association was still part of the Polish Society of Mental Health, there were numerous publishing projects, which resulted in a number of publications on aggressive and self-injurious behavior. The first activities involved obtaining permission from the World Health Organization to reprint a selection of guidebooks addressed to selected social and professional groups (teachers and journalists). However, the real breakthrough in terms of the development of academic publications in the field of suicidology came with the launch of *Suicydologia*, the first nationwide journal on this topic.

Research Publications in *Suicydologia* From 2005 to 2018

The first volume of *Suicydologia* was published in 2005. The man behind this scientific journal, the first of its kind in Poland, was Prof. Brunon Hołyst, long-time president of the Polish Association of Suicidology. Owing to the nature of suicidology (an interdisciplinary field), the authors represented a variety of specializations. The first article to appear in the section entitled Psychosocial Problems of Suicide was a study by the prominent suicide expert, sociologist Prof. Maria Jarosz (2005): “Suicide in the Third Republic of Poland: A Sociological Analysis.” Włodzimierz Adam Brodński (2005) wrote an article titled “Controversies over Sociological Concepts of Suicide.” Czesław Cekiera (2005), in turn, described the psychological and axiological aspects of suicide.

In the second part, the authors focused on mental and somatic disorders. Stanisław Pużyński (2005) stressed the importance of the clinical, biological, and psychosocial conditions of affective diseases in the context of suicide. Another author, Józef Kocur

(2005), analyzed the problem of drug resistance as a risk factor for suicide in mental disorders. The highly important topic of repeated suicide attempts as a diagnostic, therapeutic, and social problem was addressed by Andrzej Polewka (2005). In turn, clinical psychologist Marta Makara Studzińska and Renata Turek (2005) devoted their article to the subject of suicide in somatic diseases. Also in this volume, a team of military psychiatrists, Bartosz Gruszczyński, Antoni Florkowski, and Wojciech Gruszczyński (2005), described indirect self-destructive behavior in soldiers.

The third section of this volume dealt with the determinants and prevention of suicidal behavior. In her article, Agnieszka Gmitrowicz (2005) identified the determinants of suicidal behavior among adolescents. Further on, Marzena Binczycka-Anholcer (2005) drew attention to the problem of suicidal behavior among the elderly. Moreover, a team of military psychiatrists discussed the determinants of suicide among soldiers and evaluated risk factors as a method of prevention (Florkowski et al., 2005). This section of the first volume of *Suicydologia* concluded with an article on the International Program for the Study of Suicidal Behavior (SUPRE-MISS; Rosa & Merez, 2005).

The Special Report section, in turn, featured an article by Brunon Hołyst (2005) on suicide terrorists.

The second volume, published in 2006, contained four sections with corresponding articles. The section called Social and Psychological Problems of Suicide included numerous studies. The first, by Finnish scholar Iikk Henrik Mäkinen (2006), dealt with the acceptance of suicide and its correlates in Eastern and Western Europe during the period of political transformation. Włodzimierz Adam Brodnyak's article (2006) examined contemporary sociocultural concepts and theories of suicide. Andrzej Hankała (2006), in turn, presented his analysis of the role of remembering trauma in the etiology of suicide attempts. Marta Makara-Studzińska and Justyna Moryłowska's publication (2006) looked at suicidal behavior in people with experience of physical and sexual violence in childhood. Agnieszka Gmitrowicz and Aleksandra Lewandowska (2006) addressed the important topic of professional burnout syndrome among therapists and the suicidal behavior of patients.

The second part of this volume brought together articles on mental disorders and biological determinants. Jerzy Vetulani's article (2006) analyzed biological markers of suicide risk. Next, Józef Kocur (2006) concentrated on common risk factors for suicide and substance abuse. Marzena Binczycka-Anholcer (2006) reported on the impact of alcohol on suicidal behavior among women. In turn, psychiatrists headed by Professor Antoni Florkowski (Florkowski, Zboralski, & Gałęcki, 2006) wrote about aggressive and suicidal behavior in depressive and anxiety disorders.

The section on psychosocial factors in suicide and suicide prevention featured more articles. Aleksander Araszkievicz and Edyta Pilecka (2006) investigated the phenomenon of extended suicide in relation to the overall number of suicides in Poland between

1991 and 2005. Researchers from Łódź approached the topic of suicidal thoughts and suicide attempts in the context of modeling the relationship between risk factors (Merecz et al., 2006). Additionally, Andrzej Polewka and Marian Kopciuch (2006) studied the seasonality and periodic fluctuations of suicide attempts. Toxicologist Jan Chrostek-Maj (2006) outlined some of the sociodemographic and clinical factors that were predictors of suicide attempts by toxicology clinic patients. In another article, Agnieszka Malczewska (2006) drew attention to the role of the school counselor in preventing suicidal behavior among students.

In the Special Report section, Brunon Hołyst (2006) covered law-enforcement-assisted suicide.

Włodzimierz Adam Brodniak (2007a) opened the next volume of *Suicydologia* with an article on the possibilities of suicide prevention. The volume continued with an article by Derek Chambers (2007) on the national strategy for suicide prevention in Ireland. This was followed by a description of a regional program for suicide reduction in the Łódź region (Rosa & Gmitrowicz, 2007; Gmitrowicz & Rosa, 2007). Aleksander Araszkiwicz and Joanna Chatizow (2007) outlined a psychiatric model for suicide prevention. In another article, Anita Młodożeniec translated the guidelines of the American Psychiatric Association in “Risk Assessment and Treatment of People at Risk of Suicide: Brief Management Guidelines.” In turn, Józef Kocur (2007) showed the links between bullying and suicide. Further on, military psychiatrists contributed an article on the epidemiology and diagnosis of brain microdamage in soldiers with reference to the prevention of self-destructive behavior (Gruszczyński, Florkowski, Zboralski, & Gruszczyński, 2007a). In another of their articles, the same authors discussed psychological prevention and the promotion of mental health in the military in the context of preventing suicidal behavior (Gruszczyński, Florkowski, Zboralski, & Gruszczyński, 2007b). Next, a team of researchers described the Scale of Critical Life Events in Adolescents (SKWŻ in Polish; Rosa, Sobala, et al., 2007). Marta Makara-Studzińska and Justyna Moryłowska (2007) reported on the current research on suicidal behavior in the course of schizophrenia. Lastly, Włodzimierz Adam Brodniak’s article (2007b) described the risk of suicidal behavior among people with mental disorders.

In the Special Report section in Volume III of *Suicydologia*, Brunon Hołyst (2007) outlined unusual cases of suicide.

The fourth volume of *Suicydologia* introduced the sections Prevention of Suicidal Behavior, Suicidal Risk Factors, Motivation of Suicidal Behavior, and Special Report. The first section, Prevention of Suicidal Behavior, included two articles. One of them was drafted by a research team consisting of Jan Czesław Czabała, Dorota Danielewicz, Anna Hryniewicka, Jarosław Rola, and Ewa Zasępa (Czabała et al., 2008). The subject was mental health promotion as a suicide prevention measure. In another article, Małgorzata Łuba, Anita Młodożeniec, and Włodzimierz Adam Brodniak (Łuba et al., 2008)

reported on the Warsaw Education and Prevention Program to address self-injurious behavior among adolescents.

Several more articles addressed the topic of suicidal risk factors. Anita Młodożeniec (Młodożeniec, 2008) discussed the evaluation of clinical risk factors for suicide. Konstantinos Tsigoritis and Wojciech Gruszczyński (2008) wrote about self-destructive behavior in patients with a diagnosis of schizophrenia. The topics of depression, feelings of hopelessness, and suicidal behavior of people with schizophrenia were also featured in an article by Marta Makara-Studzińska and Anna Koślak (2008). Another team of researchers also covered the issue of self-harm among prisoners (Orzechowska et al., 2008).

The section Motivation for Suicidal Behavior contained an article by Andrzej Hankała (2008) on therapeutic interactions affecting the autobiographical memory of people at risk of suicide. In turn, researchers from Łódź authored an article on indirect self-harm in people who attempted suicide (Tsigoritis et al., 2008). Sara Filipiak (2008) wrote about disorders of the valuation process in the etiology of suicide attempts. Lastly, Andrzej Śliwierski (2008) dedicated his article to the issue of therapeutic help for a person who has made a decision to commit suicide.

In the Special Report section, Brunon Hołyst (2008) described the model of motivation of suicidal behavior. In her report, Agnieszka Gmitrowicz (2008) described the development of suicidology at the beginning of the 21st century based on the topics of international conferences. In turn, Marzena Binczycka-Aholcer, in collaboration with Jerzy T. Marcinkowski and Daniel Zielonka (Binczycka-Anholcer et al., 2008), addressed the bioethical dilemmas of suicide research among individuals and families with Huntington's disease.

Between 2009 and 2010, there was one double volume (V–VI) with 18 articles. The first article analyzed contemporary methods of therapy for patients at long-term risk of suicide (Gmitrowicz, 2009/2010). In a different article, Łukasz Święcicki (2009/2010) presented the issue of suicide in people with bipolar affective disorder. Moreover, a group of researchers outlined the Polish version of a scale for assessing the presence and severity of suicidal thoughts and tendencies in patients with schizophrenia (Młodożeniec et al., 2009/2010a). These authors contributed another article to this volume that reviewed research on akathisia and suicidal behavior in patients with schizophrenia (Młodożeniec et al., 2009/2010b). Next in this double volume was an article by Marta Makara-Studzińska and Anna Koślak (2009/2010), wherein the scholars reviewed the literature on risk factors for suicidal behavior in schizophrenia. This was followed by an article by Adam Czabański (2009/2010) on the characteristics of altruistic suicide. The next article was a psychiatric/sociological diagnosis of the Tatra district in connection with plans to implement a depression and suicide prevention program (Koszevska & Boguszewska, 2009/2010). The topics of suicidal behavior among drug treatment patients and selected psychosocial and medical risk factors were also covered (Brodniak & Zwolinski, 2009/2010). Agnieszka

Gmitrowicz and Aleksandra Lewandowska (2009/2010) discussed the topic of intentional self-harm among students. Another subject that was tackled in this double volume was sexual dysfunction as a risk factor for suicidal behavior in adolescence (Beisert & Izdebska, 2009/2010). Anna Brytek-Matera's article (2009/2010) concerned suicidal behavior and its determinants in anorexia nervosa and bulimia nervosa. The volume also featured an article analyzing how a person's personality, family, and life circumstances correlate with juvenile suicide based on the stories of two of pupils (Sitarczyk, 2009/2010). Professor Józef Kocur and colleagues (Kocur et al., 2009/2010) reported on emergency medical interventions in life and health emergencies following suicide attempts. Next, a group of psychiatrists working with Professor Antoni Florkowski described the subtypes of aggression in psychiatrically hospitalized individuals with a history of suicide attempts (Strombek-Milczarek et al., 2009/2010). Jadwiga A. Przybyłowska's essay (Przybyłowska, 2009/2010) examined the personality and risk of suicidal behavior in patients with depression. Finally, Sara Filipiak and Edyta Worobiej's article (Filipiak & Worobiej, 2009/2010) examined the self-image of people who had attempted suicide.

In the Special Report section, Professor Brunon Hołyst (2009/2010) discussed the preventive functions of suicidology.

For the next several years, there were technical problems that prevented the publication of *Suicydologia*. Only in 2015, when cooperation with a new publisher was established, did the Polish Association of Suicidology resume the task of publishing further articles in the journal *Suicydologia*.

Volume VII of *Suicydologia* contained 10 research articles. The first two attempted to combine sociological and suicidological perspectives (Jarosz, 2015; Brodniak, 2015). In the next part, Brunon Hołyst (2015a) provided insight into psychiatry's interest in the issue of suicide, while Adam Czabański (2015) gave an account of politically motivated suicides. Another article centered on the psychological consequences of divorce (Hankała, 2015). Further on, a team of psychiatrists analyzed the psychosocial aspects of suicide among soldiers (Florkowski, Gądek, et al., 2015). Another group of psychiatrists described the psychopathological determinants of suicide among soldiers (Florkowski, Flinik-Jankowska, et al., 2015). Other authors undertook to portray suicide rates in Łódź as a symptom of social disintegration (Olszewska & Warzyńska-Bartczak, 2015). Next, clinical psychologists reviewed research on suicide risk in people with diabetes (Makara-Studzińska & Zaręba, 2015). In the Special Report section, Brunon Hołyst (2015b) analyzed the correlation between suicides and homicides based on police statistics.

The year 2016 brought the seventh volume of *Suicydologia*, which was divided into three parts. The first section described the experience of Gotland in suicide prevention in the second decade of the 21st century (Rutz et al., 2016). In the following article, Anna Baran (2016) presented the experience of Sweden in this regard. The second section featured articles on the experience of suicide prevention in Poland. The first of these showed

the problem from the perspective of the third sector, i.e. non-governmental organizations (Koszewska, 2016). The next article portrayed systemic solutions to the problem of suicide (Palma, 2016). The third study included in this section looked at the role of modern technologies and the internet in suicide prevention (Szmajda & Gmitrowicz, 2016). The third section (Determinants and Epidemiology of Suicidal Behavior) featured eight articles, the first by a team of psychiatrists who dealt with the suicidal behavior of people suffering from bipolar affective disorder (Florkowski, Jeżowska-Smorąg, et al., 2016). This section also provided insight into suicide among older women (Makara-Studzińska & Madej, 2016). The next article dealt with suicide risk factors in behavioral addictions (Kocur & Trendak, 2016). Further on, the issue of self-harm by prisoners was examined from a neurosurgeon's perspective (Kopciuch, 2016). Next, the suicidological aspect of underage pregnancies was analyzed (Kielan & Cieślak, 2016). Rokeach's BAV model and its application in explaining suicidal behavior was discussed by Włodzimierz A. Brodniak (2016). The last two articles analyzed human risk behavior in the context of community membership (Kieszkowska, 2016) and the topic of suicide in the social consciousness (Balandinovich, 2016).

The fourth part of the eighth volume of *Suicydologia* (Research Workshops) contained one article in which the social reactions of train passengers who had witnessed suicidal incidents on the tracks were analyzed (Czabanski, 2016). Likewise, there was only one article in the fifth section (Suicide in the World of Culture), on the depiction of suicide in contemporary mass culture (Witkowska, 2016). In the Special Report section, Brunon Hołyst (2016) described the planning of prevention programs and the motives and circumstances of suicidal behavior. The article concluding the eighth volume of *Suicydologia* dealt with suicide prevention in Poland and Europe as reflected at suicidology conferences (Gmitrowicz, 2016).

The penultimate, ninth volume of *Suicydologia* opened with an interview with the long-time president of the Polish Association of Suicidology, Professor Brunon Hołyst. Further on came sections with articles in the field of suicidological research. The first of these articles focused on teachers' statements about methods of responding to a student's suicide or suicide attempt (Czabański, 2017).

The essays in the ninth volume of *Suicydologia* touched on the issues in monitoring suicide attempts and self-harm in Poland in light of WHO recommendations (Gmitrowicz, Baran, & Kropiwnicki, 2017), suicide and somatic diseases (Makara-Studzińska & Madej, 2017), the limits of police intervention in cases of suicidal behavior (Jędrzejczyk & Kornacka, 2017), suicidological sects (Stradomska, 2017), suicide risk among victims of rape (Robak, 2017), the difficult art of "preventive" communication with the media (Baran & Gmitrowicz, 2017), evaluating the depression and suicide prevention program in the Tatra district (Koszewska & Ostaszewski, 2017), the crime of inciting or assisting in suicide in Poland (Gawlinski, 2017), and the suicide note as a performative statement (Witkowska-Nowak, 2017).

The ninth volume of *Suicydologia* ended with two articles on projects that were part of anti-suicide prevention work (Stradomska & Skalska, 2017; Fiszer & Kręgielewska, 2017).

The last volume of *Suicydologia* (X) was divided into the following sections: Review Studies, Research Workshops, Research Essays, and Special Report. Review Studies included articles on rather diverse topics. The first essay showed the role of science in the development of the Polish suicide prevention strategy (Gmitrowicz & Baran, 2018), while the next one dealt with the topic of diagnosing suicide risk (Biechowska, 2018). Adam Czabański (2018) raised the issue of the Far Eastern inspiration of kamikaze and self-immolation in Poland. We should also mention the following articles published in this part of Volume X: “Communication in Urban Space: Prevention or Suicide Risk?” (Stradomska, 2018), “Transsexualism and Suicide Risk” (Robak, 2018), and “The History of Research on the Causes of Suicide in Hungary in the 20th Century” (Kopyś, 2018).

The Research Workshops section dealt with four topics: hyperactivity and the risk of suicide in schizophrenia (Bohaterewicz et al., 2018); social and familial factors and suicidal behavior in adolescents hospitalized at the Department of Developmental Psychiatry, Psychotic Disorders, and Geriatrics at the Medical University of Gdańsk between 2002 and 2012 (Penkowska, 2018a); a case report of a client of the Crisis Intervention Center in a suicide crisis (Zawadzka, 2018); and the recurrence of suicide attempts among hospitalized adolescents of the Department of Developmental Psychiatry, Psychotic Disorders, and Geriatrics of the Medical University of Gdańsk between 2002 and 2012 (Penkowska, 2018b).

The Research Essays section of Volume X of *Suicydologia* included “The Final Monologue” (Witkowska, 2018) and “Self-Immolation as a Performative Gesture: The Case of Jan Zajić” (Kulminski, 2018). Danuta Raś (2018) touched on the life paths of the Church’s saints, while Marta Koziątek (2018) covered suicide in selected works of Russian literature.

The 10th volume of *Suicydologia* concluded with a Special Report by Bruno Hołyst (2018) on suicide as a political protest.

The Importance of the Publications of the Polish Association of Suicidology in *Suicydologia* for the Advancement of Suicidology

A total of 125 diverse scholarly articles dealing with multiple aspects of suicidal behavior were published in the ten volumes of *Suicydologia*; they often combined the perspectives of many scientific disciplines in a single essay. With the launch of the publications in the field of suicidology, many scientific communities became interested in the subject. These publications resulted not only in the establishment of scientific collaboration among

members of the Polish Association of Suicidology, but also among a wider range of authors throughout Poland. These authors represent most of the prominent Polish academic centers. Moreover, many research studies published by the PTS attracted a spectacularly broad readership and resonated among suicidologists from foreign academic centers. Suffice it to mention the cooperation that these publications triggered between Adam Czabański and world-renowned suicidologist David Lester (Stockton University), which culminated in their joint scholarly work. Some of the world-renowned suicidologists who collaborated with Polish scientists as a result of the impact of publications published by the PTS in *Suicydologia* include Nestor D. Kapusta (Medical University of Vienna), Danuta Wasserman (Karolinska Institutet), Karl Andriessen, and Karolina Krysinska (University of Melbourne).

It is worth noting that the initiative to establish and expand the first suicidological journal in Poland also had the value of bringing together the community of scholars involved in research in the field of suicidology. It is also noteworthy that this community is very diverse, as it comprises representatives of the medical sciences (psychiatrists, geneticists, and surgeons) as well as clinical psychologists, educators, sociologists, lawyers, criminologists, cultural scientists, and philosophers.

It is to be hoped that in the years to come the Polish Association of Suicidology will make further efforts to provide Polish readers, both those from the world of science and those who are simply interested in the topics covered in the publications, with interesting scientific articles. This should result in the broadening of knowledge in society about the nature of suicidal behavior and, consequently, in reducing the scale of suicide in society.

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