



國立臺灣大學公共衛生學院

COLLEGE OF PUBLIC HEALTH, NTU

2023/11/8 Taiwan Global Health and Welfare Forum

Recent Trends in Youth Suicide and Potential Influencing Factors in Taiwan: Implications for Prevention Strategies

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學歷

- 英國布里斯托大學 社會與社區醫學部 博士 (2007-2010)
- 國立臺灣大學 流行病學研究所 碩士 (2004-2007)
- 國立臺灣大學 醫學系 醫學士 (1991-1998)

經歷

- 國立臺灣大學 健康行為與社區科學研究所 教授暨所長 (2021-)
- 衛生福利部自殺防治諮詢會委員 (2019-2023)
- 新北市/桃園市政府心理健康及自殺防治委員會委員 (2022-2023)
- 國立臺灣大學 健康行為與社區科學研究所與公共衛生學系 副教授 (2017-2021)
- 國立臺灣大學 健康行為與社區科學研究所與公共衛生學系 助理教授 (2015-2017)
- 香港大學 香港賽馬會防止自殺研究中心 研究助理教授 (2012-2014)
- 英國布里斯托大學 社會與社區醫學部 博士後研究員 (2010-2011)
- 居善醫院 主治醫師 (2004-2007)
- 國立臺灣大學醫學院附設醫院精神科 兼任主治醫師 (2006-2007)
- 國立臺灣大學醫學院附設醫院精神科 住院醫師 (2000-2004)
- 國立臺灣大學醫學院附設醫院內科 住院醫師 (1999-2000)

Education

- PhD, School of Social and Community Medicine, University of Bristol, Bristol, United Kingdom (2007-2010)
- MSc, Institute of Epidemiology, College of Public Health, National Taiwan University, Taipei, Taiwan (2004-2007)
- MD, College of Medicine, National Taiwan University, Taipei, Taiwan (1991-1998)

Employment

- Director and Professor, Institute of Health Behaviors and Community Sciences, College of Public Health, National Taiwan University, Taipei, Taiwan (2021-)
- Member, National Suicide Prevention Advisory Committee, Ministry of Health and Welfare, Taiwan (2019-2023)
- Member, Mental Health and Suicide Prevention Advisory Committee, New Taipei City and Taoyuan City Government (2022-2023)
- Associate professor, Institute of Health Behaviors and Community Sciences, and Department of Public Health, College of Public Health, National Taiwan University, Taipei, Taiwan (2017-2021)
- Assistant professor, Institute of Health Behaviors and Community Sciences, and Department of Public Health, College of Public Health, National Taiwan University, Taipei, Taiwan (2015-2017)
- Research Assistant Professor, Hong Kong Jockey Club Centre for Suicide Research and Prevention, The University of Hong Kong, Hong Kong (2012-2014)
- Post-doctoral research fellow, School of Social and Community Medicine, University of Bristol, United Kingdom (2010-2011)
- Attending psychiatrist, Ju Shan Hospital, Taoyuan, Taiwan (2004-2007)
- Residency in psychiatry, Department of Psychiatry, National Taiwan University Hospital, Taipei, Taiwan (2000-2004)

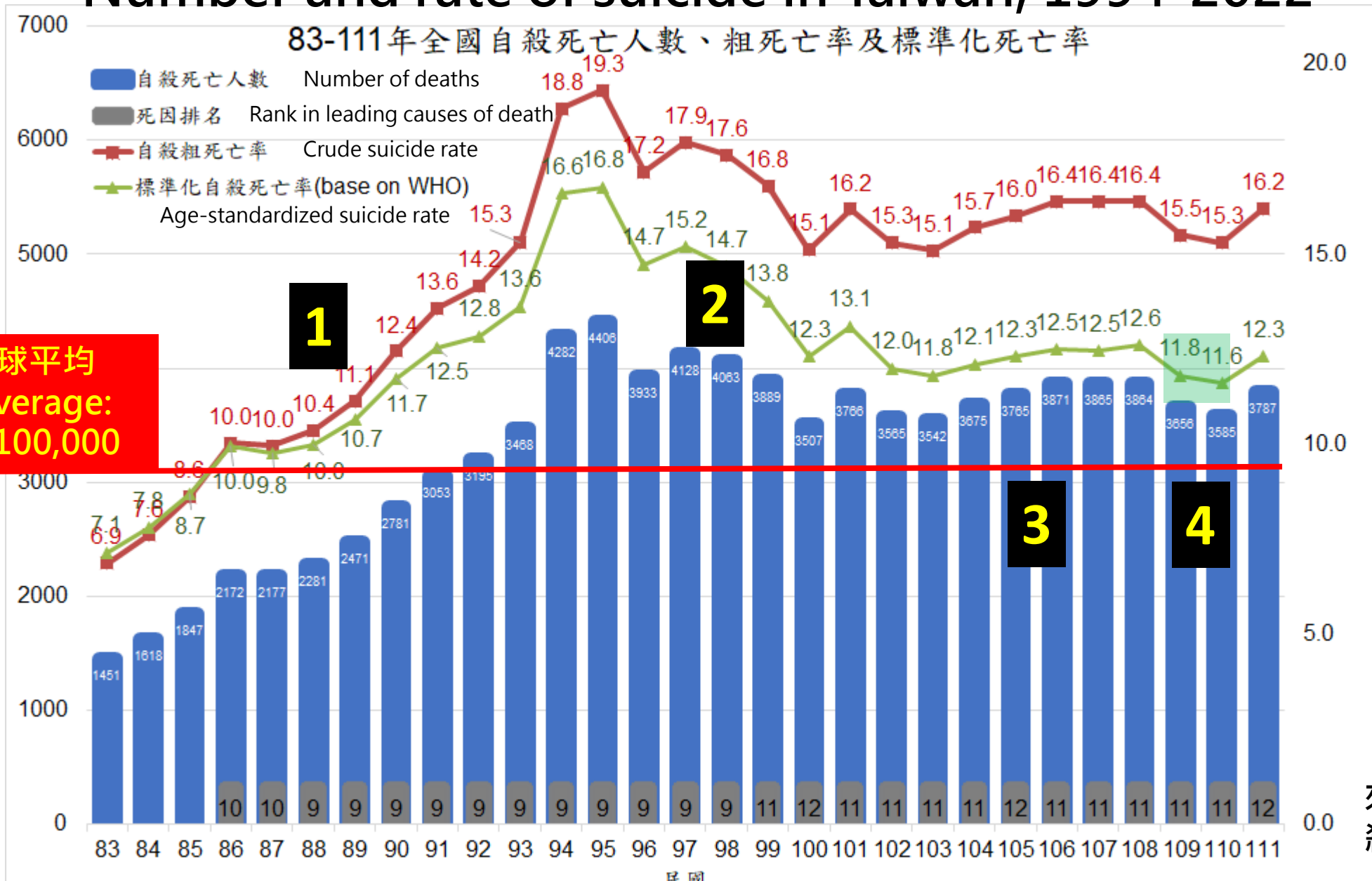


大綱 Outline

- Trends in youth suicide in Taiwan
- Possible factors associated with the recent rise in youth suicide
- Implications for prevention strategies

1994-2022年全國自殺死亡人數 / 死亡率

Number and rate of suicide in Taiwan, 1994-2022

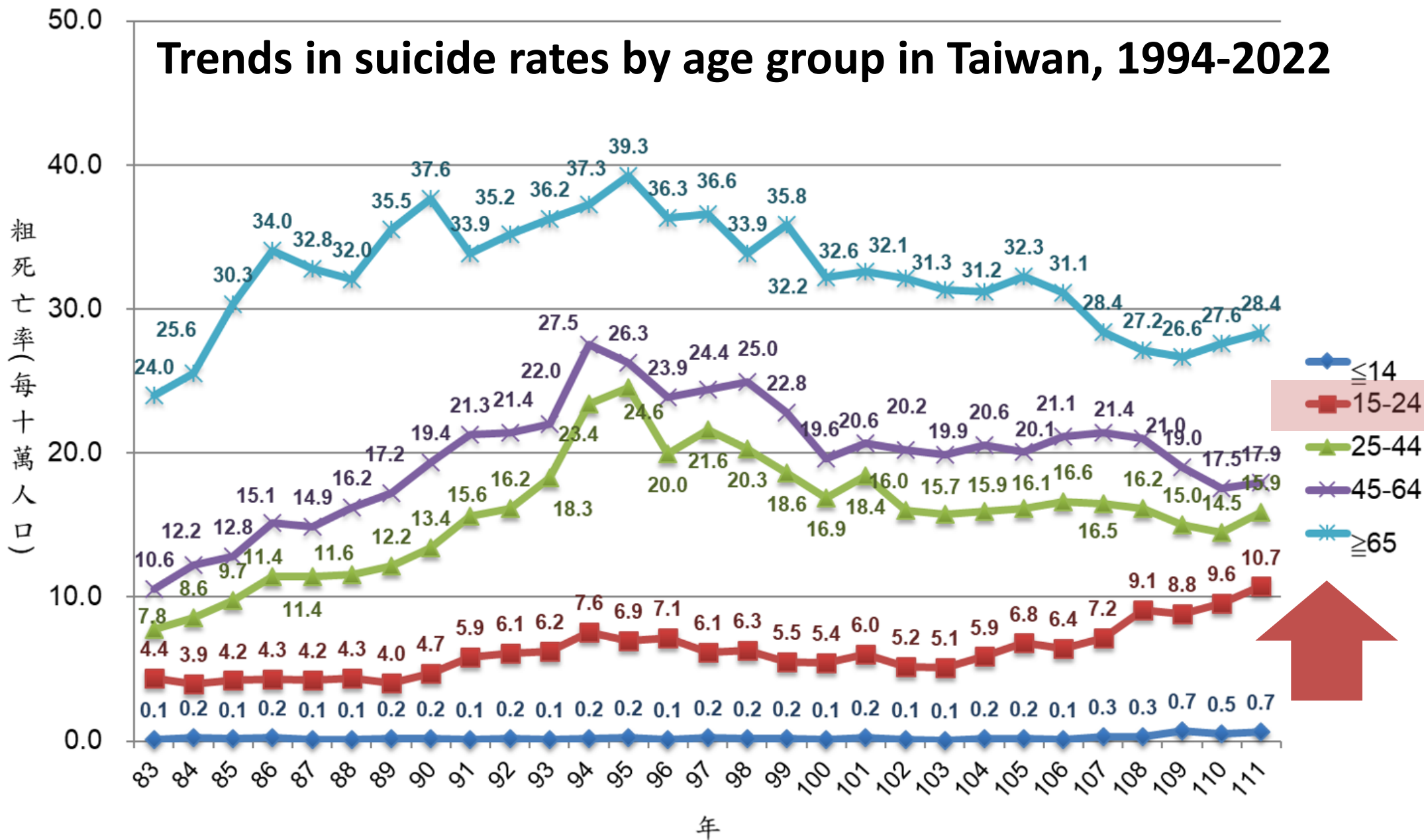


2019 全球平均 world average: 9.0 per 100,000

來源：全國自殺防治中心

83-111年全國各年齡層自殺死亡率

Trends in suicide rates by age group in Taiwan, 1994-2022

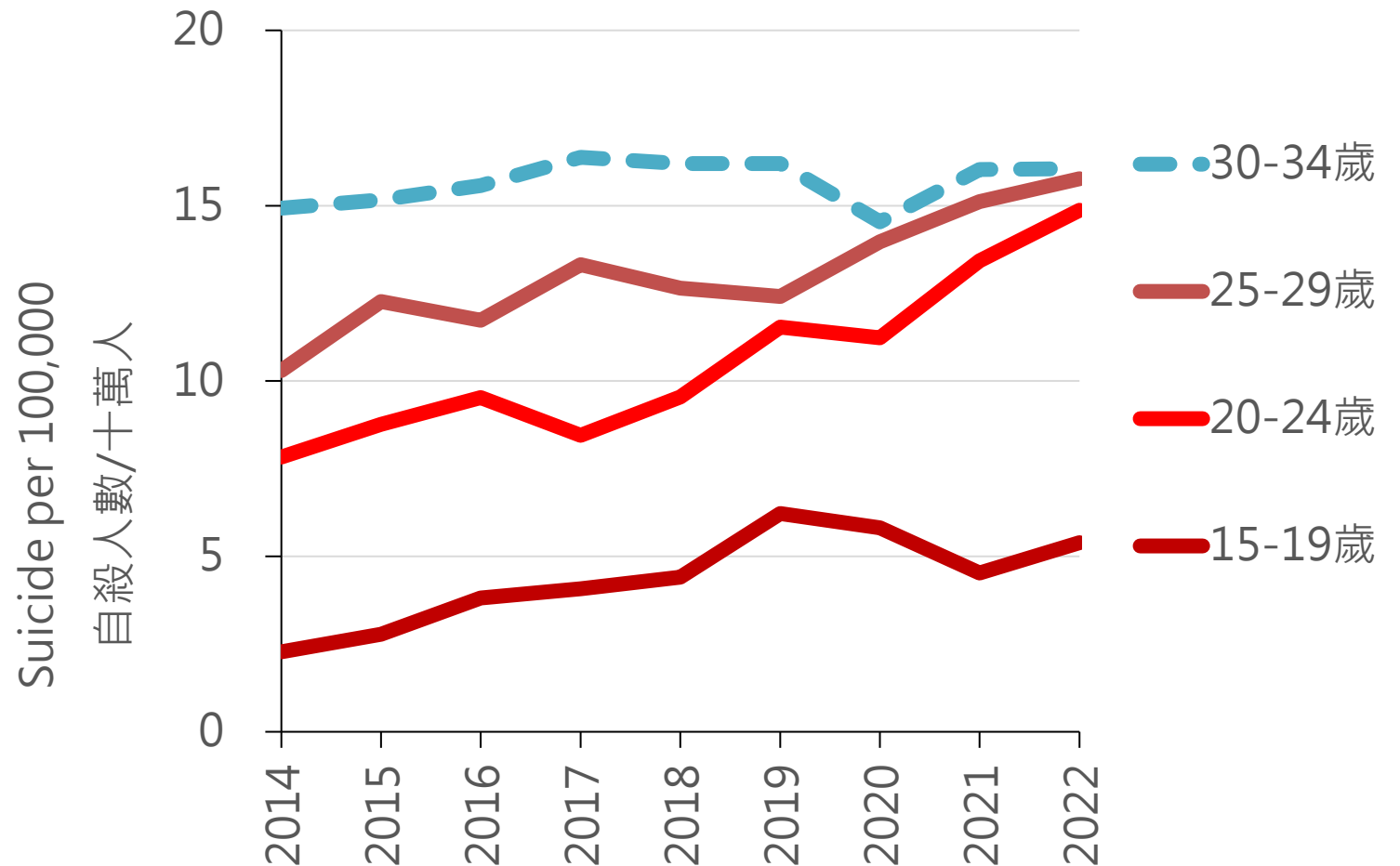


Source: Taiwan National Suicide Prevention Center 資料來源：全國自殺防治中心

The recent rise in youth suicide in Taiwan

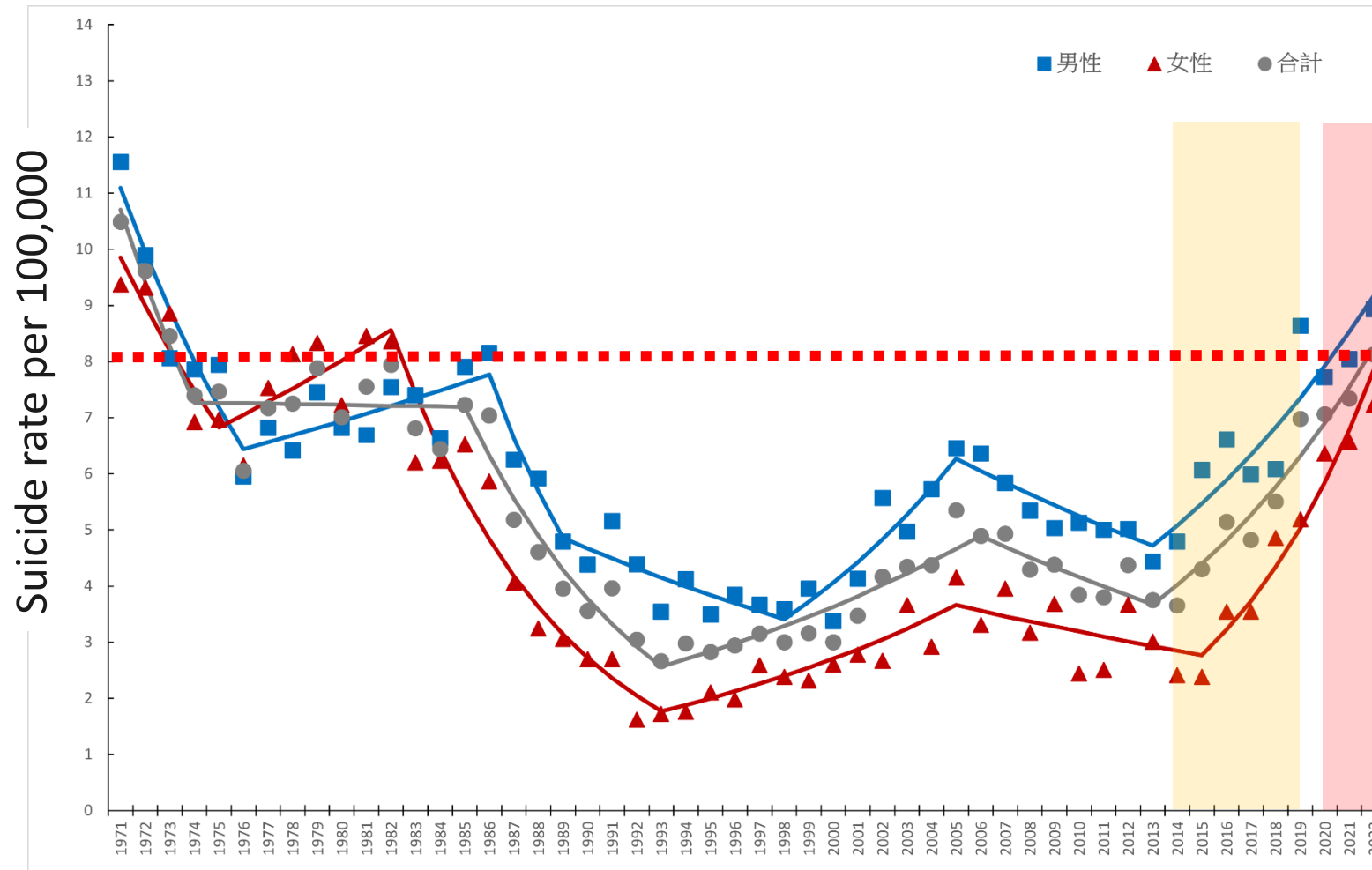
台灣年輕族群自殺身亡率有增加趨勢

- Stable or declining suicide rates in 30+ year-olds
 - 30歲以上自殺率趨勢**穩定或下降**
- Increase in suicide in 15-29-year-olds
 - 15-29歲自殺率有**上升**趨勢
 - In 2014-2022
 - 25-29歲增加+53%
 - 20-24歲增加+90%
 - 15-19歲增加+137%



臺灣10-24歲自殺死亡率 (1971-2022)

Suicide rate in young people aged 10-24 in Taiwan



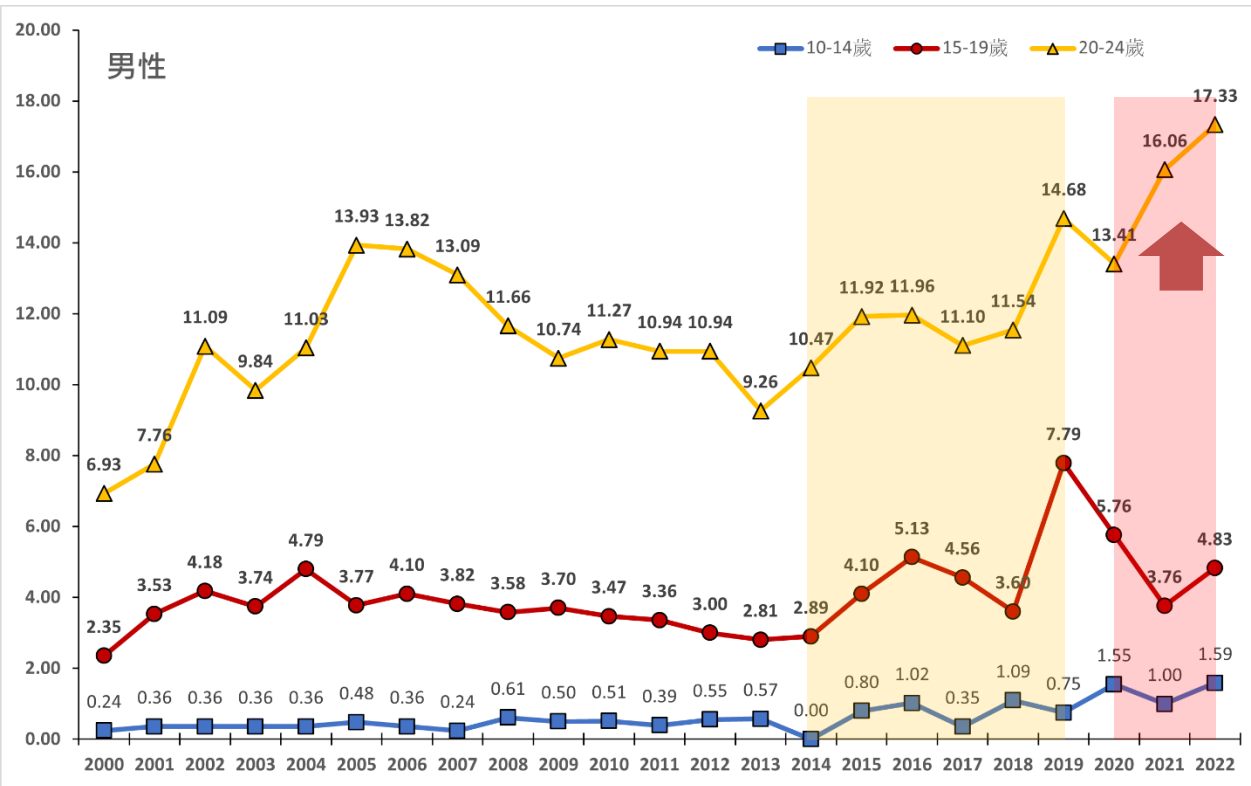
Male
Overall
Female



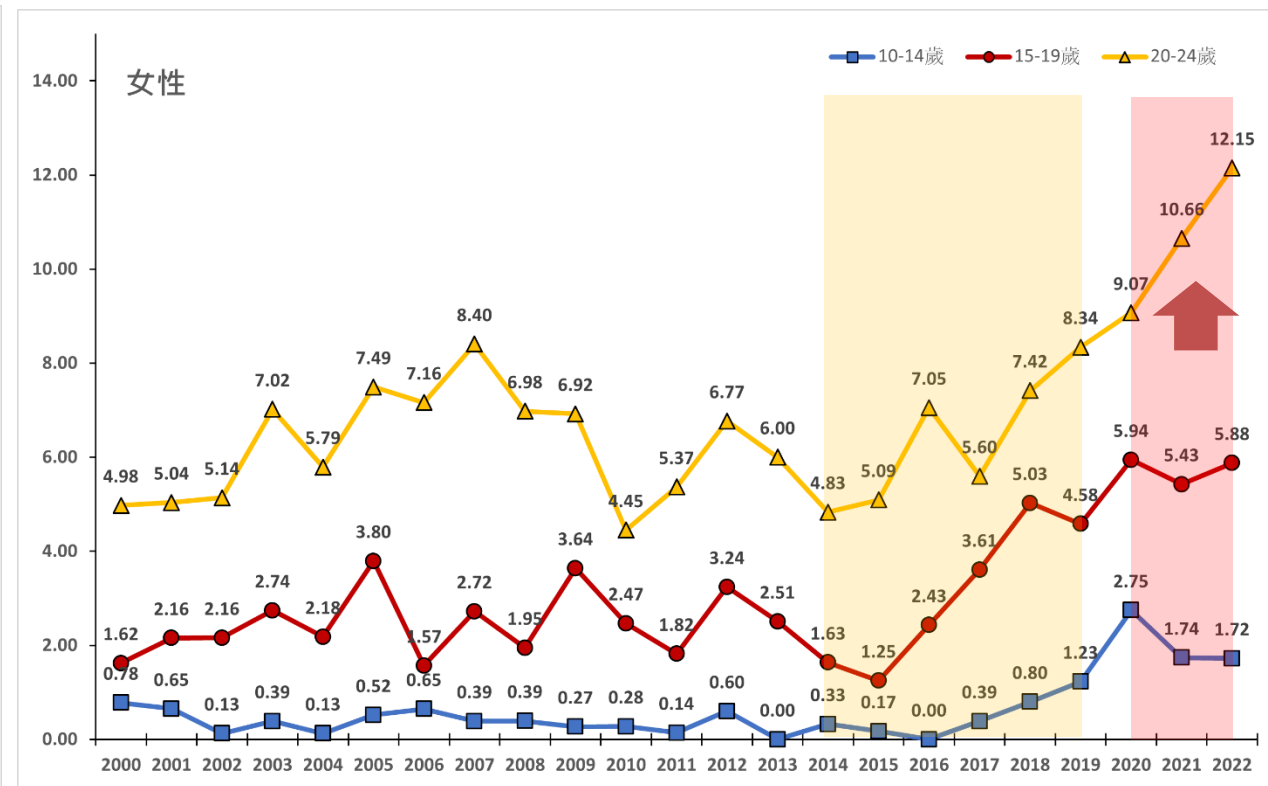
Updated based on Chang, Y.H., Lin, C.Y., Liao, S.C., Chen, Y.Y., Shaw, F.F., Hsu, C.Y., Gunnell, D., and Chang, S.S., Societal factors and psychological distress indicators associated with the recent rise in youth suicide in Taiwan: A time trend analysis. Australian and New Zealand Journal of Psychiatry, 2023. 57: 537-549.

Trends in youth suicide rates by sex and age in Taiwan, 2000-2022

Male



Female



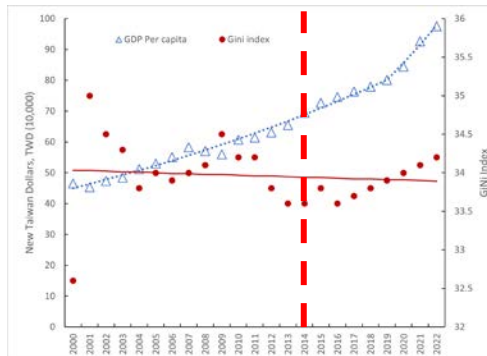
Updated based on Chang, Y.H., Lin, C.Y., Liao, S.C., Chen, Y.Y., Shaw, F.F., Hsu, C.Y., Gunnell, D., and Chang, S.S., Societal factors and psychological distress indicators associated with the recent rise in youth suicide in Taiwan: A time trend analysis. Australian and New Zealand Journal of Psychiatry, 2023. 57: 537-549.

大綱 Outline

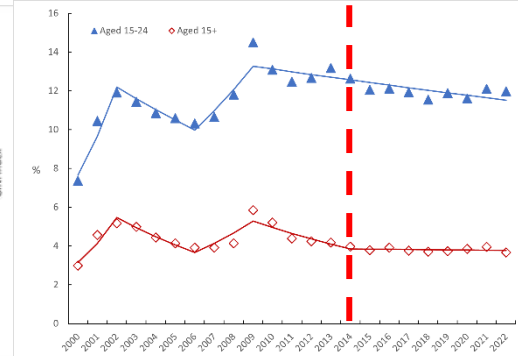
- Trends in youth suicide in Taiwan
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Trends in potential influencing factors of youth suicide

GDP growth/GINI

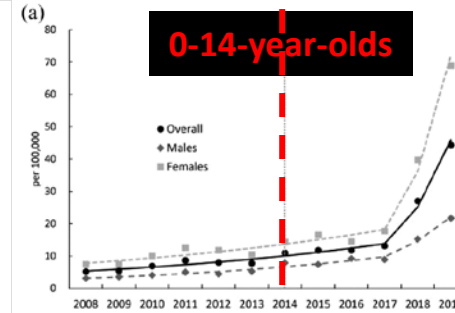


Unemployment

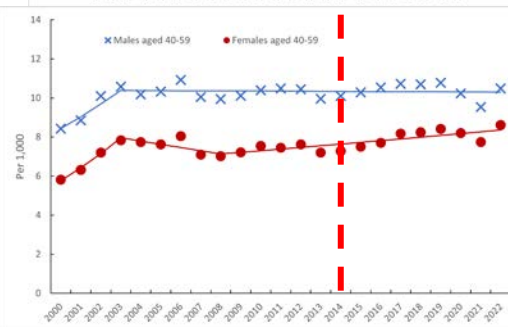
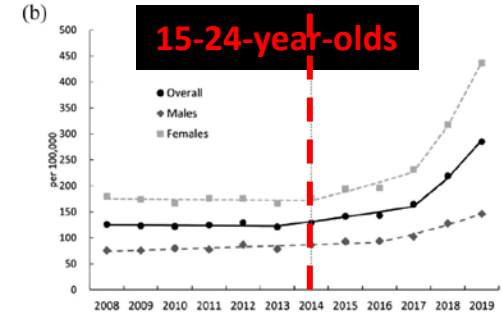


Self-harm hospital presentations

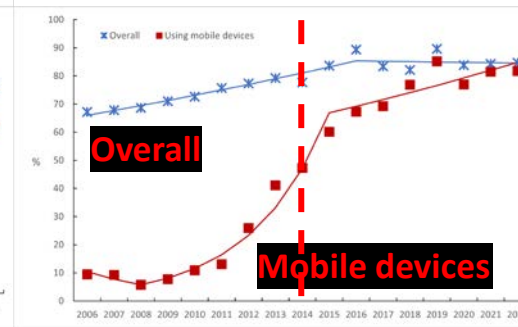
0-14-year-olds



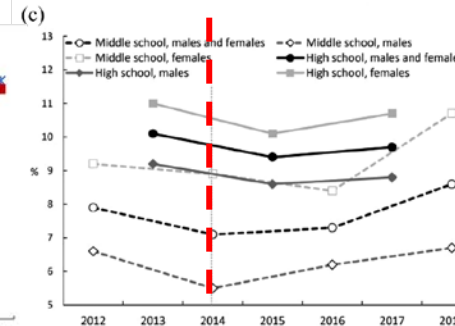
15-24-year-olds



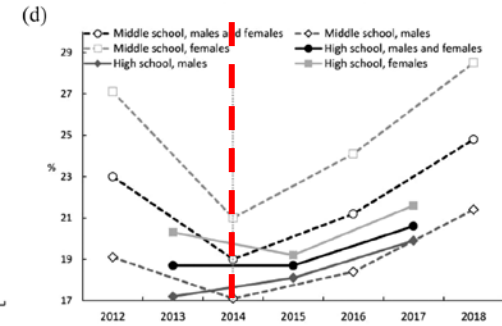
Parental divorce rate



Internet use



Worry-related insomnia in grades 7-9 and 10-12



Suicidal ideation in grades 7-9 and 10-12

Table 3. Prais–Winsten regression analyses of the associations between societal risk factors, youth self-harm rates and youth suicide rates (per 100,000) and the sex differences in Taiwan.

	Males and females 10–24 years			Males 10–24 years			Females 10–24 years			<i>p</i> for sex interaction
	β	[95% CI]	<i>p</i>	β	[95% CI]	<i>p</i>	β	[95% CI]	<i>p</i>	
Societal factors (2000–2019)										
GDP per capita (TWD 10,000)	−0.05	[−0.25, 0.15]	0.62	0.09	[−0.19, 0.38]	0.50	−0.15	[−0.39, 0.10]	0.22	0.25
Gini Index (0–100)	0.29	[−0.23, 0.81]	0.25	0.25	[−0.55, 1.04]	0.52	0.36	[−0.34, 1.07]	0.29	0.89
Unemployment rates (%)										
Overall (15 years and above)	0.39	[−0.10, 0.88]	0.11	0.19	[−0.54, 0.93]	0.59	0.27	[−0.37, 0.91]	0.39	0.79
15–24 years	0.23	[−0.05, 0.50]	0.10	0.08	[−0.33, 0.49]	0.69	0.07	[−0.28, 0.43]	0.67	0.91
Divorce rates (per 1000 married individuals; 2001–2019)										
Males, 40–59 years	0.31	[−0.41, 1.02]	0.37	0.49	[−0.61, 1.60]	0.36	0.00	[−1.03, 1.02]	0.99	0.32
Females, 40–59 years	0.28	[−0.57, 1.14]	0.49	1.14	[0.02, 2.26]	0.047	0.42	[−0.65, 1.48]	0.42	0.30
Internet use (%; 2006–2019)										
Overall	0.10	[0.02, 0.18]	0.022	0.18	[0.09, 0.27]	0.001	0.02	[−0.14, 0.19]	0.77	0.12
Using mobile devices	0.05	[−0.03, 0.13]	0.18	0.07	[0.001, 0.15]	0.047	0.04	[−0.04, 0.13]	0.29	0.45
Self-harm rates (per 100,000; 2008–2019)										
0–14 years	0.08	[0.03, 0.13]	0.004	0.21	[0.08, 0.35]	0.006	0.04	[−0.01, 0.08]	0.083	< 0.001
15–24 years	0.02	[0.01, 0.03]	0.001	0.04	[0.01, 0.08]	0.014	0.01	[0.003, 0.02]	0.011	0.048

CI: confidence interval; GDP: gross domestic product; TWD: New Taiwan Dollars (the current USD/TWD exchange rate is about 28).

Each model included one factor and was controlled for calendar year. 95% CIs that do not include zero or *p* values smaller than 0.05 for β or *p* values smaller than 0.10 for sex interaction test are highlighted in bold. Self-harm rates were analyzed using sex-specific data in analyses stratified by sex and when examining sex interaction. Internet use: the percentage of individuals who had any Internet use in the past 6 months. Self-harm rates: the number of self-harm episodes per 100,000 youth.

Prevalence of receiving a psychiatric diagnosis

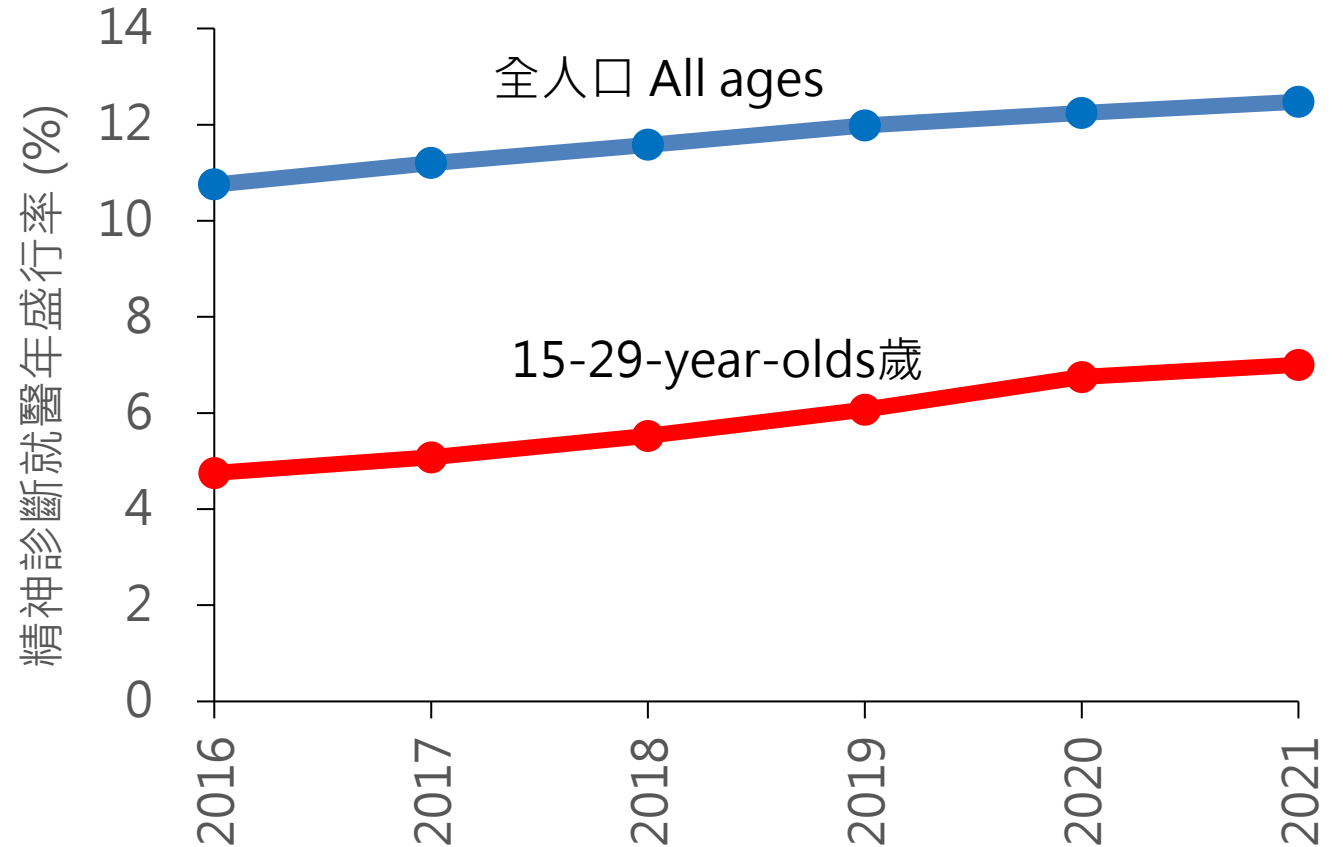
台灣年輕族群精神診斷就醫有增加趨勢

- Prevalence of receiving a psychiatric diagnosis (ICD-10 F01-F99) in 2016-2021

- All ages: from 10.8% to 12.5%
 - (a 16% rise)
- 15-29-year-olds: from 4.8% to 7.0%
 - (a 47% rise)

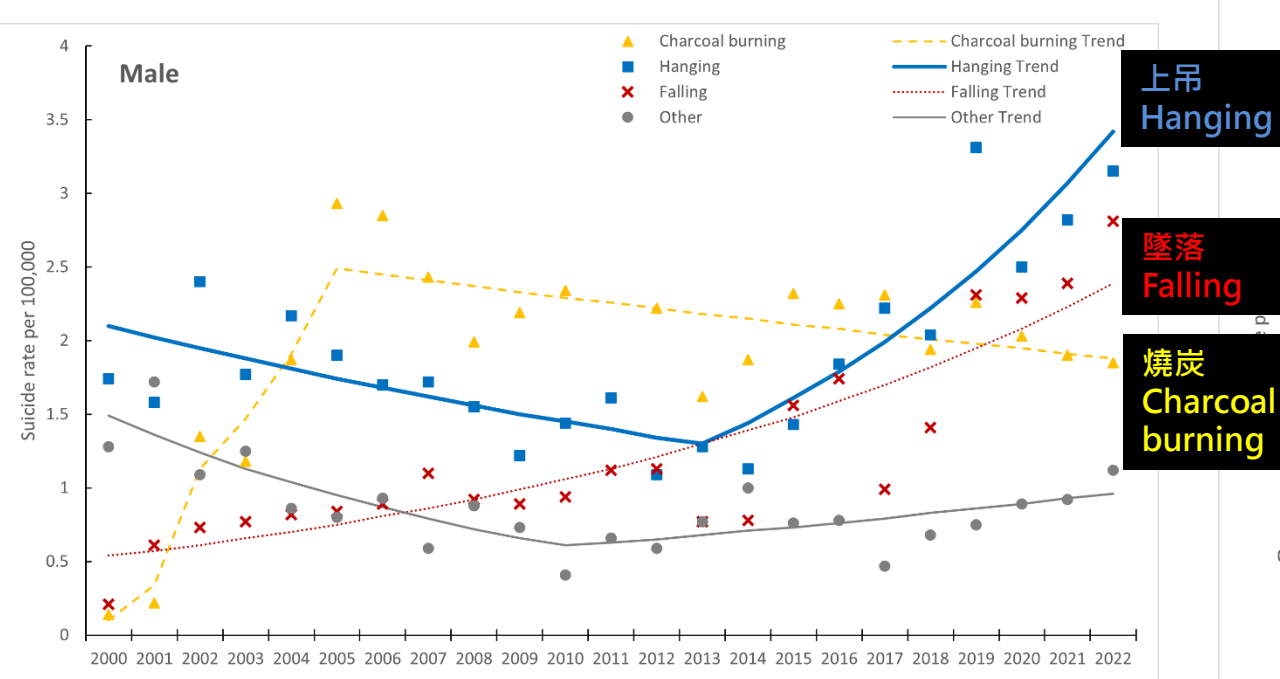
- 精神診斷 (ICD-10 F01-F99) 就醫於人口中的盛行率**增加**

- (2016-2021)
- 全人口從10.8%增加到12.5%
 - 成長16%
- 15-29歲從4.8%增加到7.0%
 - 成長47%

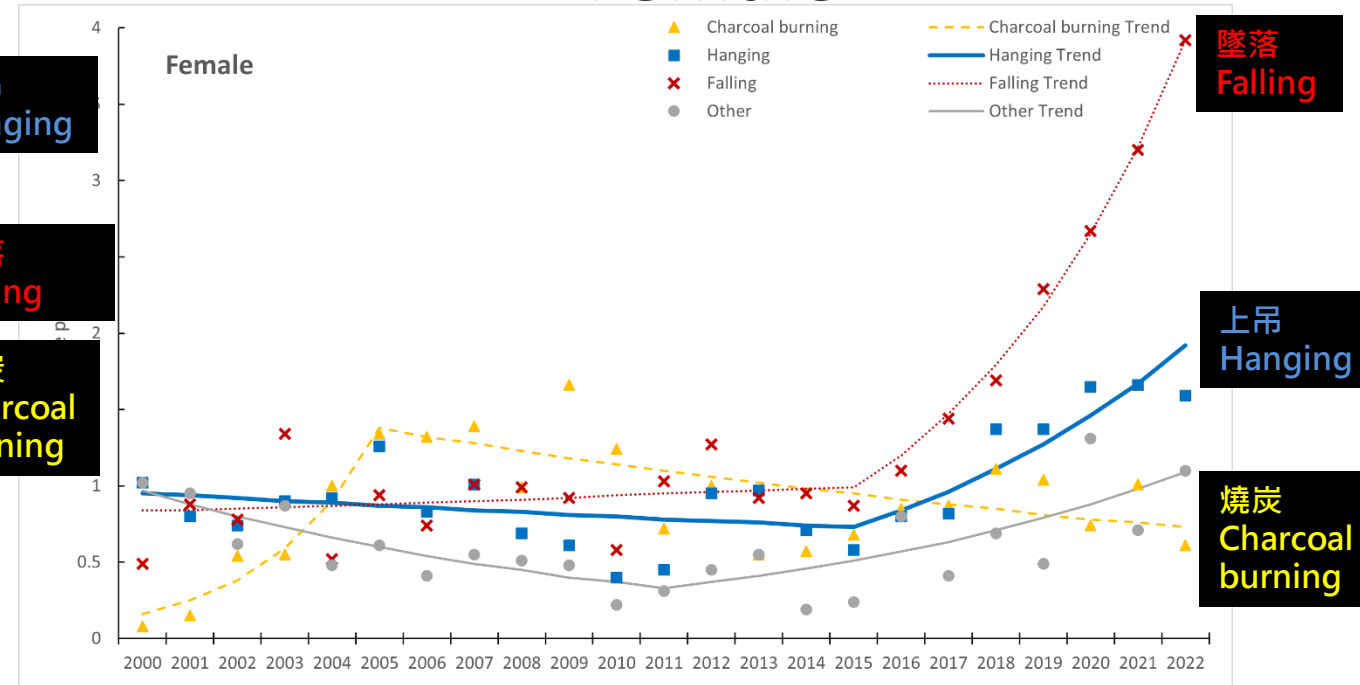


Trends in youth suicide (aged 10-24) by method in Taiwan, 2000-2022

Male



Female



男性：上吊、墜落明顯增加

女性：墜落、上吊明顯增加

張奕涵 and 張書森, 台灣青少年自殺率上升的相關因素：對預防策略的啟發. 台灣公共衛生雜誌, 2023. 42: 131-136.

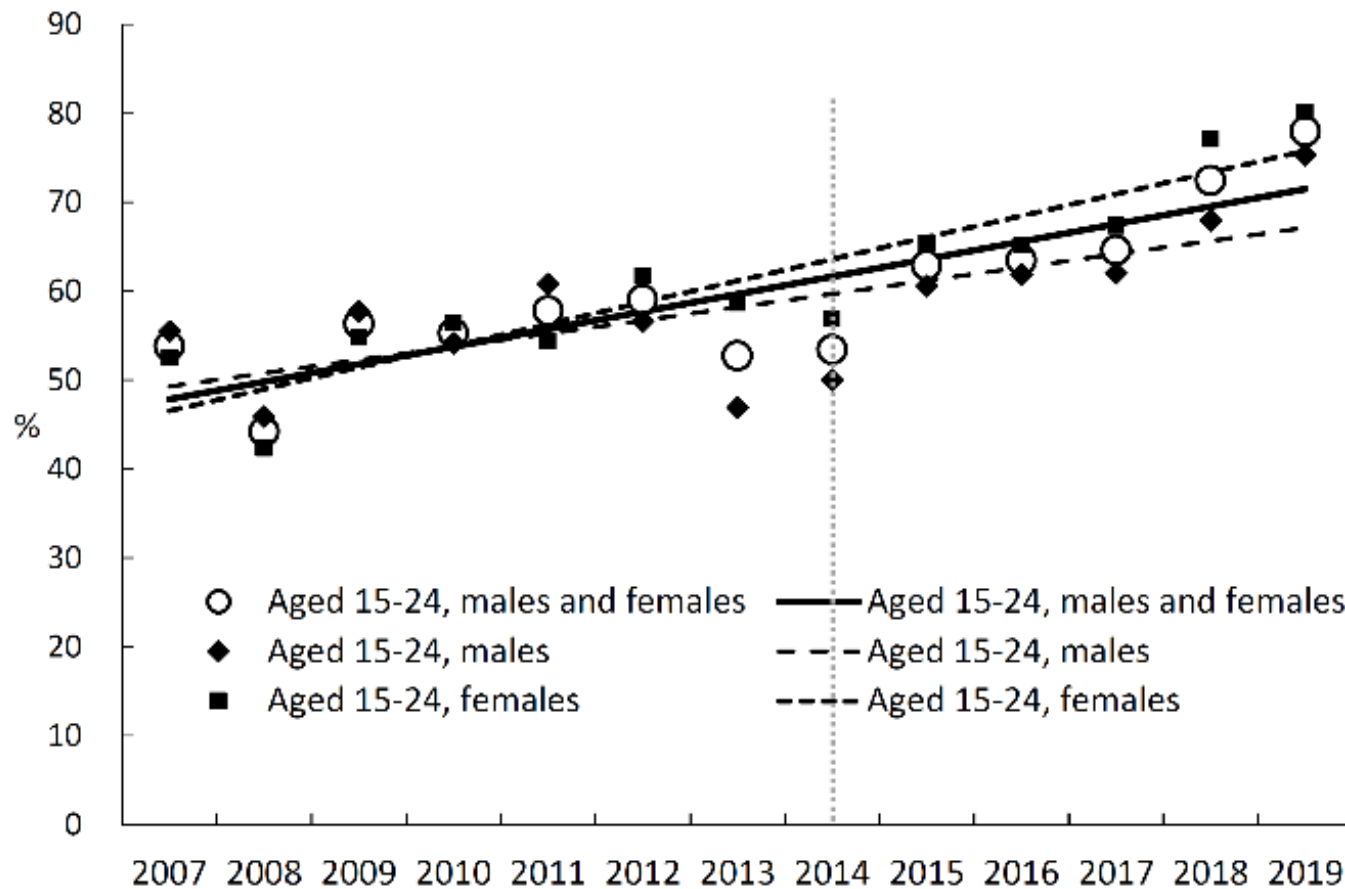
Chang, Y.-H. and Chang, S.-S., Factors associated with the rise in youth suicide in Taiwan: implications for suicide prevention.

Taiwan Journal of Public Health, 2023. 42: 131-136.



Trends in attitude toward suicide in youth: % agreed that "it is a personal right to kill oneself"

(E) Positive attitude toward suicide (i.e., % agreed that "it is a personal right to kill oneself")



Summary of research findings

- A recent rise in youth suicidal behavior in Taiwan since 2014

- A rise in suicide in the groups aged <30
 - No increases in older age groups
 - Continued during the COVID-19 pandemic in 2020-2022
 - vs reduction in suicide in middle-age groups

- A rise in youth self-harm hospital presentation

- A rise in self-reported suicide ideation and suicide attempt in grade 7-12 students

- A rise in mental health issues in youth

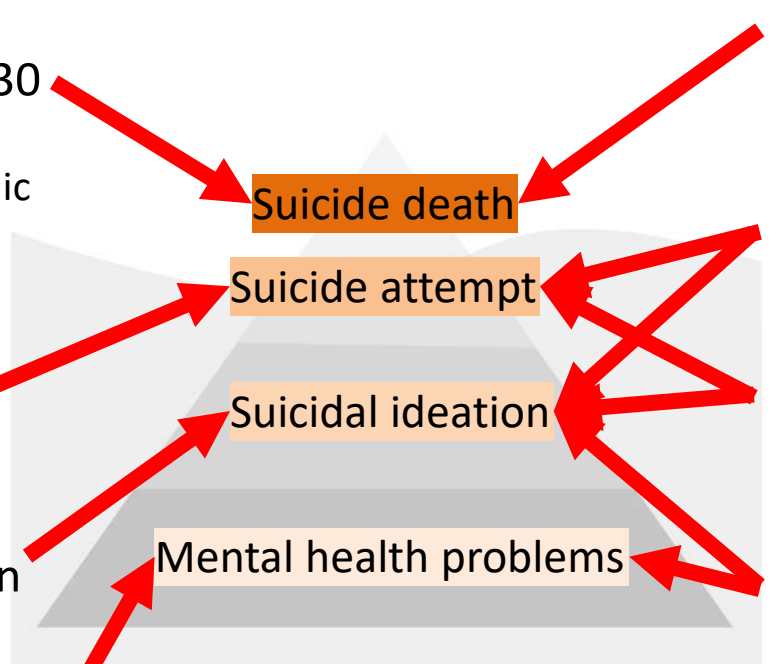
- Possible influencing factors

- A rise in the use of high-lethality methods for suicide, e.g., jumping and hanging

- A rise in permissive or positive attitudes towards suicidal behavior

- A rise in internet use
 - and (likely) exposure to potentially harmful content

- A rise in divorce among parents
 - and (likely) families and parents in distress



Iceberg of suicidal behavior

大綱 Outline

- Trends in youth suicide in Taiwan
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Some directions for youth suicide prevention strategies in Taiwan based on research findings 青少年自殺預防政策建議

- **Support families, parents, and children in distress**
 - 協助處於困擾中的家庭、父母與孩子
 - Strengthen existing services by connecting to mental health support and resources
 - Parenting intervention
- **Safer internet content and use**
 - 安全的網路內容與使用
 - Monitor and improve internet and media content to avoid the normalization of suicidal behavior
 - Guide and education on safer internet use (e.g., #chatsafe)
 - Online chat services
- **Detect, treat, and manage mental health issues in youth**
 - 及早偵測、治療，與處遇青少年心理困擾
 - Mental health first aid (MHFA)
 - Increase youth's access to psychological supports
 - Whole-school approach to suicide prevention
- **Cognitive and physical restriction of means**
 - 從心理與物理來限制致命自殺工具
 - Safer school environments
 - Safe and responsible media reporting and drama
- **Research and monitoring**
 - 研究與追蹤



Responsible media reporting of suicide

Taiwan laws on media reporting of suicide

- **Taiwan Suicide Prevention Act, Article 16**
 - Promotional materials, publications, radio, television, the Internet, or other media may not report or contain the following matters:
 - 1. Messages that tutor suicide methods or instigate, lure, or provoke people to engage in suicidal behavior;
 - 2. Detailed descriptions of the suicide method and cause of a suicidal person;
 - 3. Texts, audios, images, or videos that may induce people to engage in suicidal behavior;
 - 4. Information about the sales of toxic substances or other lethal suicide tools;
 - 5. Other circumstances
- **The Protection of Children and Youths Welfare and Rights Act**
 - Newspapers will not publish the following contents that will harm children and youth's mental health; this excludes public documents as properly quoted from judicial agency or administrative agencies:
 - 1. Letters or photos that described (draw) detailed sex offenses, obscenities, described suicide, drug use, etc.

Ministry of Justice. Articles 16 and 17. Suicide Prevention Law. 2019; Available from:

<https://law.moj.gov.tw/ENG/LawClass/LawAll.aspx?pcode=L0020213>.

Ministry of Justice, Article 45. The Protection of Children and Youths Welfare and Rights Act, 2014.

WHO guideline on media reporting of suicide

- 世界衛生組織自殺新聞報導指引：2017年更新版
- Preventing suicide: a resource for media professionals - update 2023



世界衛生組織. 世界衛生組織自殺新聞報導指引：2017年更新版. 2017; Available from:

<http://www.stba.org.tw/news.aspx?id=20180905111444>.

World Health Organization. Preventing suicide: a resource for media professionals - update 2023. 2023; Available from: <https://www.who.int/publications/i/item/9789240076846>.



公視 PTS 台灣. 你的孩子不是你的孩子 | 茉莉的最後一天 | 好希望媽媽看到我的痛苦 · 會跟我說對不起 ! . 2020 [cited 2020 Dec 11]; Available from: <https://www.youtube.com/watch?v=PCePN8GmF6o&feature=youtu.be>.

Netflix Asia. 《返校》影集 | 前導預告 | Netflix. 2020 [cited 2020 Dec 18]; Available from: https://www.youtube.com/watch?v=w_QTdidu9jE.

公視 PTS 台灣. 《返校》影集11分鐘精彩片花搶先看 ! . 2020 [cited 2020 Dec 18]; Available from: <https://www.youtube.com/watch?v=i5ttjnasYmc>.

- 納入具有**韌性和有效處理**困擾方式的角色和敘述
- 描繪如何獲得**支持與幫助**
- 展現從**朋友、家人和其他人**獲得支持的潛在正向價值
- **避免**描述自殺行為或方法
- 故事情節基於**真實**生活
- 納入自殺**警訊**以及如何應對
- 展現自殺的**複雜性**
- 使用適當的**語言**
- **諮詢**自殺預防專家及溝通專家、心理健康專業人員和真實經驗者
- 在開始電影、電視、串流或戲劇前加入**建議訊息**
- 考慮描繪自殺對參與舞台和電影**製作**的人的影響
- 為**18歲以下**目標觀眾內容提供**家長指引**

- Include characters and narratives displaying **resilience** and **effective ways** of dealing with problems.
- Outline how to **obtain help** from support services.
- Show the potential positive value of **support** from friends, family and others.
- **Avoid** depicting the act or method of suicide.
- Base storylines on **real life**.
- Include potential **warning signs** of suicide and how to cope with them.
- Display the **complexity** and wider issues associated with suicide.
- Use appropriate **language**.
- **Consult** suicide prevention and communications experts, mental health professionals and persons with lived experience.
- Consider including a **content advisory message** prior to the beginning of cinematic, televised, streamed or theatrical content.
- Consider the impact of portraying suicide on **persons** involved in stage and screen productions.
- Provide **parental guidance** for content aimed at viewers under 18 years of age.

World Health Organization. Suicide prevention: A resource for filmmakers and others working on stage and screen. 2019; Available from:

<https://www.who.int/publications-detail/preventing-suicide-a-resource-for-filmmakers-and-others-working-on-stage-and-screen>.

iWIN: Institute of Watch Internet Network

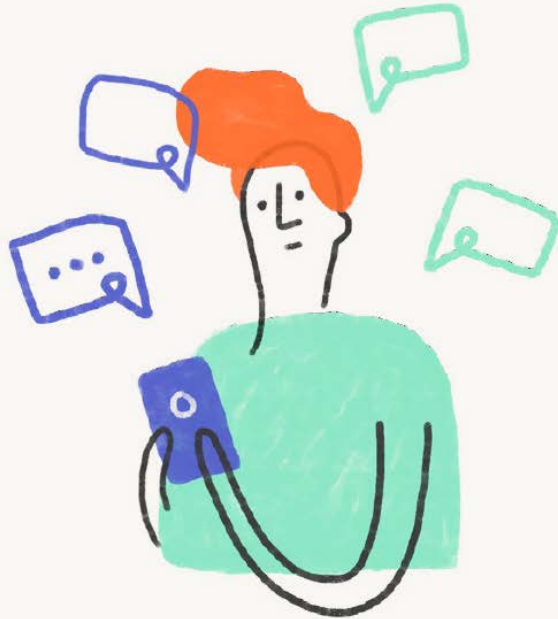


Ministry of Justice, Article 46, The Protection of Children and Youths Welfare and Rights Act, 2021.

<https://www.win.org.tw/appeal>

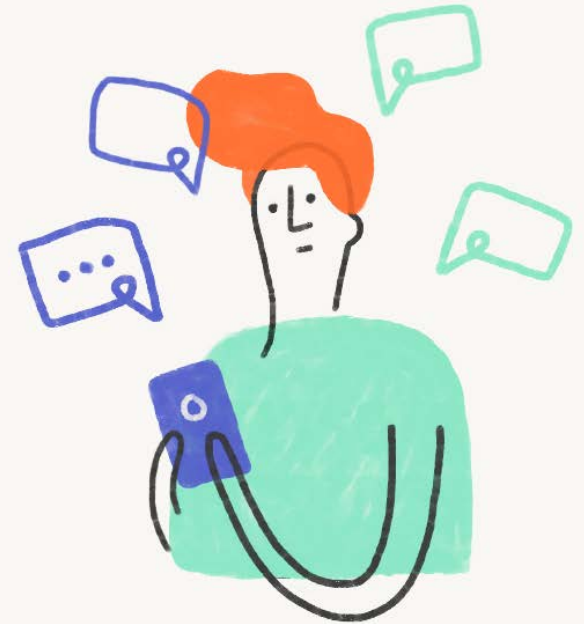
#chatsafe

A young person's guide
for communicating safely
online about suicide



#chatsafe

青少年網上討論自
殺安全議題指南



Orygen. #chatsafe - A young person's guide for communicating safely online about suicide. Available from:
[https://www.orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Guidelines/chatsafe-A-young-person-s-guide-for-communicatin/Guidelines_Orygen_Final_WebLG?ext=.](https://www.orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Guidelines/chatsafe-A-young-person-s-guide-for-communicatin/Guidelines_Orygen_Final_WebLG?ext=)

Online chat services 線上即時協談

- Taipei Lifeline
- 台北市生命線 (since 2019)



請登入或註冊

Facebook

Google+

帳號(電子郵件)

密碼 忘記密碼

登入 記住我的帳號

還不是會員?

加入台灣eSOS生命守護者會員有多重好康:
1.收藏文章 2.量表紀錄 3.文字協談功能 4.諮詢所轉介優惠

建立新會員帳號



<https://www.sos.org.tw/web/index.jsp>

- Lifeline International Taiwan
- 生命線總會 (since 2022)



服務型態

以社群帳號進入本平台；為不需身份認證之匿名協談服務。

服務時間

即日起每週一至五：1-5時。

服務窗口

- (1)本會官方臉書按讚：臉書搜尋「社團法人國際生命線台灣總會」，按讚後，使用發送訊息功能，即可進入本平台。
- (2)本會官方LINE帳號：LINE搜尋ID「@taiwanlifeline1995」，加入好友後，即可進入本平台。
- (3)本會官方網站：掃描以下官方臉書或官方LINE帳號QR Code並加入，即可進入本平台。



teen **Mental Health First Aid** Action Plan

青少年MHFA行動計畫

teen MHFA action plan



- Look** for warning signs
- Ask** how they are
- Listen** up
- Help** them connect with an adult
- Your friendship** is important

- **青少年**MHFA方案的行動計畫
The modified Action Plan for teen MHFA Program.
- 重點是讓**成年人**迅速參與進來，而不要承擔太多責任
Emphasis is on getting an adult involved quickly and not taking on too much responsibility.

An overview and update of Mental Health First Aid 「心理健康急救」新進展

Anthony Jorm
Emeritus Professor, Melbourne School of Population and Global Health, University of Melbourne, Australia
Co-founder of Mental Health First Aid
澳洲墨爾本大學 榮譽教授
「心理健康急救」創建者



Mental Health First Aid (MHFA) is a training program that teaches members of the public how to help a person developing a mental health problem (including a substance use problem), experiencing a worsening of an existing mental health problem, or in a mental health crisis.

The MHFA Program was developed in Australia by Betty Kitchner and Anthony Jorm in 2000. Over 25 countries have now adopted MHFA. As of now, over 6 million people had been trained in MHFA worldwide.

In this lecture, Professor Jorm will give an overview and update of MHFA, including its development, content, evidence of effectiveness, dissemination from Australia to other countries, and recent new development of blended online training.

心理健康急救 (MHFA) 培訓計畫的目標是教導學員如何協助可能面臨心理困擾 (包括物質使用者)、正在面臨心理困擾或處於心理健康危機狀態者。

MHFA培訓計畫於2000年由 Betty Kitchner 及 Anthony Jorm 創立於澳洲，目前已有超過25個國家引進 MHFA。截至今日，全世界有超過六百萬完成 MHFA 培訓。

這在場演講中，Jorm 教授將會介紹 MHFA 的發展、內容、效果、分享如何將 MHFA 從澳洲拓展至其他國家，以及介紹新發展的線上-實體混合培訓課程。

Time: 10:10am-12:00pm
Wed November 8, 2023
Venue: Global Hall, Public Health Building, National Taiwan University, No 17, Xu-Zhou Road, Taipei

Synchronous online livestream will be provided by our co-organizer. Please register to receive the link. A light lunch will be provided to the first 60 participants who register to attend in person.

時間: 2023年11月8日10:10-12:00
地點: 台大公衛大樓1樓全球廳 (台北市徐州路17號)
協辦單位將提供同步線上直播與翻譯。請先註冊取得連結。將提供輕便午餐給首先報名現場參與的60位來賓

活動註冊 Register NOW!
<https://reurl.cc/NyARGn>



Organized by the "Health Psychology" course at the Institute of Health Behaviors and Community Sciences, and Population Health Research Center, National Taiwan University; and co-organized by Taiwan Institute of Psychotherapy.
主辦單位: 國立臺灣大學公共衛生學院「健康心理學」課程 (健康行為與社區科學研究所) 與群體健康研究中心。協辦單位: 華人心理治療研究發展基金會。

國立臺灣大學 健康行為與社區科學研究所
Institute of Health Behaviors and Community Sciences, National Taiwan University

TIP 財團法人華人心理治療研究發展基金會
TAIWAN INSTITUTE OF PSYCHOTHERAPY

Increased access to psychological support for youth program by Taiwan Ministry of Health and Welfare (2023-2024)

衛福部年輕族群心理健康支持方案 加強高風險轉介醫療

年輕族群心理健康支持方案 3大重點

- 鼓勵年輕族群勇於求助
- 傳達正確認知心理諮商
- 加強高風險個案轉介醫療

補助對象 15-30歲

補助次數 3次 / 人

至簽約心理機構
或醫療院所預約



自由時報. 年輕族群憂鬱症 10年增20% / 2016~2021年15至30歲
有精神科相關診斷者 成長7.1萬人. 2023-8-1; Available from:
<https://news.ltn.com.tw/news/life/paper/1596921>.

- Encourage help-seeking
- Increase mental health literacy
- Refer high-risk groups to mental health services

- Individuals aged 15-30
- Three sessions of psychological counseling
- Provided by contracted counseling or medical institutes



World Suicide Prevention Day Creating Hope Through Action

September 10



**Creating
Hope
Through
(Collective)
Action**