



## Suicide Data in Türkiye from 2017 to 2022 (Impact of COVID-19)

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### Dear Editor-in-Chief

Mortality statistics are important for the continuity of both preventive and therapeutic services by determining the changes, regional differences, and causes of deaths over time (1). In Türkiye, the causes of death remained almost the same in all years, and mortality rates remained stable between 2017 and 2019, but they increased due to the impact of the COVID-19 pandemic (2). During the COVID-19 pandemic in Türkiye, statistics on deaths by suicide increased. In 2017 (N=3168) and 2018 (N=3342), the suicide-related mortality rate was between 3.94-4.11 per 100,000; in 2019 (N=3476), it was 4.21 per 100,000; in 2020 (N=3710), it was 4.45 per 100,000; and in 2021 (N=4194), it was 4.98 per 100,000 (3).

Especially between 2019 and 2020, an increase of 1.54 per 100,000 and 1.43 per 100,000 was observed in the 70-74 and 60-64 age groups, respectively. From 2020-2021, the highest increase in suicide deaths was observed in the 30-34 and 25-29 age groups, with rates of 1.36 per 100,000 and 1.26 per 100,000, respectively. As in all years, suicides are higher in the males (3).

The direct impact of the pandemic on suicides is not clear. However, the pandemic has been described as a tsunami of mental disorders worldwide, and it was predicted that the lockdown of the health system, the measures taken to contain the pandemic, the fear of infection, the economic

recession, increased unemployment, and their effects on mental health could trigger suicides (4). Although the causes of suicides are multifactorial, feeling hopeless and trapped, being unable to bear emotional pain, being overly anxious and worried, having changes in sleep patterns and daily routines, being depressed, and feeling lonely are also seen as facilitating causes, and almost all of these emotions were common during the pandemic period (5).

Throughout human history, epidemics have caused pandemics. When all these are considered as data and information that can contribute to the development of basic principles in the fight against possible pandemics in the future, it seems to be able to contribute in practice.

### Conflict of Interest

Non-declared.

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