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Epidemiol Psychiatr Soc. 2009 Oct-Dec;18(4):331-5.

Does sport have a protective effect against suicide?

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Abstract

AIM: The association between sporting activities, or lack there of, and suicidal behaviour has not yet been clarified. The objective of this study was to determine, if sports participation has an impact on risk for completed **suicide**.

METHODS: Axis I and Axis II disorders, sociodemographic factors, and current and former sports activities, including various sports disciplines, were assessed by a semi-structured interview by psychological autopsy method in 163 suicides and by personal interview in 396 living population-based control persons.

RESULTS: Current sports activities (OR = 0.24, 95%CI, 0.15 to 0.39; OR = 0.27, 95%CI, 0.16 to 0.45) and sports activities at some point in life (OR = 0.33, 95%CI, 0.18 to 0.62; OR = 0.40, 95%CI, 0.23 to 0.68, after adjustment for axis I and II disorders or educational level, each) were associated with decreased **suicide** risk.

CONCLUSIONS: Current sports activities and sports activities at some point in life may reduce **suicide** risk.

PMID: 20170048 [PubMed - indexed for MEDLINE]

Publication Types, MeSH Terms

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MeSH Terms

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