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Resilience mitigates the suicide risk associated with childhood trauma.

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Abstract

OBJECTIVE: We wished to examine whether resilience might be a **protective** factor in relation to suicidal behavior.

METHOD: To do this resilience was examined in relation to childhood trauma, a well established risk factor for suicidal behavior, in two samples. In a preliminary sample 20 abstinent substance abuse patients who had attempted **suicide** were matched for age and their score on the Childhood Trauma Questionnaire (CTQ) with 20 substance abuse patients who had never attempted **suicide**. The two age and CTQ matched attempter (N=20) and non-attempter (N=20) groups were then compared for their scores on the Connor-Davidson Resilience Scale (CD-RISC). In the second sample 166 prisoners who had attempted **suicide** were matched for age and their scores on the CTQ with 166 prisoners who had never attempted **suicide**. These two age and CTQ matched attempter (N=166) and non-attempter (N=166) groups were similarly compared for their CD-RISC resilience scores.

RESULTS: In the preliminary substance abuse sample, patients who had never attempted **suicide** (N=20) had significantly higher mean CD-RISC resilience scores than the age and CTQ matched patients who had attempted **suicide** (N=20). Similarly in the prisoner sample, those who had never attempted **suicide** (N=166) had significantly higher CD-RISC resilience scores than the age and CTQ matched prisoners who had attempted **suicide** (N=166).

CONCLUSIONS: The results from these two studies suggest that resilience may be a **protective** factor mitigating the risk of suicidal behavior associated with childhood trauma.

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