

# Evolutionary Perspectives on Suicide



C. A. Soper and Todd K. Shackelford

**Abstract** A scientific answer to suicidology's central question, "Why do people kill themselves?" can take two forms, and they are complementary, not competing. A proximate explanation addresses mechanistic causation—psychological experiences, interactions of risk factors, and suchlike. An ultimate explanation speaks to the behaviour's evolution in the human species. A coherent understanding of suicide requires integration of the two levels of analysis. However, suicidology has traditionally focussed on the proximate and neglected the ultimate, thereby missing half the explanatory story and hobbling the research effort. This chapter encourages a healthy rebalancing of priorities. The publication of this chapter marks a breakthrough in that it indicates an emerging rapprochement between suicidology and human evolutionary science. The two fields need each other. "Why do people kill themselves?" is a key question for evolutionists too: how could natural selection, powered by the Darwinian "Struggle for Existence", have produced an animal that wilfully and voluntarily deselects itself from the struggle? Seeking to resolve the paradox are more than a score of evolutionary hypotheses, advanced from diverse disciplines. The chapter outlines, critiques, and organises the various ideas into a conceptual map, intended to mark out the most promising throughways. The hypotheses are set out in five sections reflecting different genres of theory: non-reproductivity theories, kin and group selection theories, pathology theories, communication theories, and escape theories. The authors find the last of these most promising: "escape"-type evolutionary theories broadly align with several existing proximate theories in suicidology, but they raise important new questions for researchers. The primary obstacle to an evolutionary suicidology may be more psychological than technical, because an evolutionary view may require suicide to be understood as a universal feature of our species: there is potentially a suicidal person in us all.

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# Perspectives On Suicide

**Spencer A. Rathus, Jeffrey S. Nevid**



## Perspectives On Suicide:

Evolutionary Perspectives on Death Todd K. Shackelford, Virgil Zeigler-Hill, 2019-10-21 The latest volume in this multidisciplinary series on key topics in evolutionary studies Evolutionary Perspectives on Death provides an evolutionary analysis of mortality and the consideration of death Bringing together noted experts from a variety of fields the books emanate from conferences held at Oakland University and are dedicated to providing wide ranging and occasionally provocative views of human evolution The volume on death covers topics from biology anthropology psychology sociology and philosophy with contributors addressing how evolution informs the process of comprehending grieving depicting celebrating and accepting death Among the topics covered Evolutionary perspectives on the loss of a twin Nonhuman primate responses to death Death in literature Witnessing and representing the death of pets The role of human decomposition facilities in shaping American perspectives on death This insightful volume showcases groundbreaking empirical and theoretical research addressing death and mortality from an evolutionary perspective demonstrating the intellectual value of an interdisciplinary approach to understanding psychological processes and behavior Chapter 6 of this book is available open access under a CC BY 4.0 license at [link.springer.com](https://link.springer.com)

*Thinking about Suicide* David Lester, 2004 The book of suicidal behaviour has been truly interdisciplinary Scholarly papers on suicide have appeared in anthropological biological criminal justice economic law literature medical nursing pharmacological philosophical psychiatric psychological religious social work sociological and thanatological journals as well as those devoted to specific topics such as drug addiction and gambling Although this book does not explain suicide they may further our understanding of the behaviour by portraying it in all of its complexities By examining the behaviour from different perspectives people reading this book will be challenged to broaden their view and thereby devise new theories and research approaches for studying suicide The goal of this book therefore is to the reader to think about suicide in ways not considered before

*Perspectives on a Young Woman's Suicide* John F. Gunn III, David Lester, 2021-12-21 Perspectives on a Young Woman's Suicide is a unique and updated analysis of a diary left behind by Katie a young woman who took her own life By drawing on clinicians researchers survivors of suicide loss and those closest to Katie this book delves into common beliefs about why people die by suicide and into the internal worlds of those who do as well as ethical and moral questions surrounding those deaths Several contributors discuss Katie's suicide from the perspective of recent theories of suicide including Joiner's interpersonal theory and Klonsky's three step theory Two contributors who have lost a child to suicide look at Katie's diary from their perspective one of whom discusses whether it is truly possible to prevent suicide Finally Katie's sister reveals her reactions to this project and her ex boyfriend shares his account of her death This book is a vital addition to the library of any researcher academic or professional interested in suicide and suicide prevention

Perspectives on Suicide James T. Clemons, 1990

*Lifelines* Ellen L. Bassuk, Stephen C. Schoonover, Andrew Gill, 2012-12-06 Suicide is a source of endless disquiet One of the few fatal consequences of psychiatric

illness it is a threat to patients and a vexation to therapists that puts clinical judgment to the ultimate test It arouses countertransference reactions of unusual intensity helplessness and guilt when the suicide is successful anxiety and anger when it is used as a manipulative tool For as Samuel Johnson was aware when he commented that many commit suicide as a passionate man will stab another it is not only an escape from hopeless despair but an expression of the most violent rage To all those who care for suicidal patients this book will come as a welcome guide Each of the authors represented here brings a wealth of clinical experience to bear on the subject under discussion The psychological and biological determinants of depression are simply and clearly delineated to provide a basis for understanding the processes underlying suicide for judging its likelihood and for preventing its occurrence Detailed descriptions of the variety of psychological and pharmacological treatments of the suicidal patient are complemented by extensive discussions of the several settings in which such patients will be encountered whether these be an inpatient unit an outpatient clinic a medical ward an emergency room or a private office

*New Perspectives on Suicidal Behavior* Álvaro Jiménez-Molina, Vania Martínez, 2025-07-31 This book offers a comprehensive overview of current research clinical practice and prevention efforts related to suicidal behavior The first section of the book focuses on theoretical frameworks and sociocultural dimensions exploring the subjective experiences of suicidal thoughts and behaviors within diverse social contexts It examines theoretical models the role of personality disorders and perspectives from indigenous communities as well as the experiences of transgender and gender nonconforming individuals highlighting their implications for research and clinical practice The second section focuses on clinical assessment and psychosocial interventions for suicide risk It provides tools for early detection evaluation and intervention while also addressing prevention and postvention strategies across various settings Additionally it explores the growing role of digital technologies in suicide prevention and treatment offering insights into their potential applications and impact Suicide is a significant global public health issue claiming over 700 000 lives each year It accounts for approximately 1.3% of all deaths with around 80% occurring in low and middle income countries In this context the United Nations Sustainable Development Goals SDGs have prioritized reducing suicide mortality as a key target for improving global health by 2030

*New Perspectives on Suicidal Behavior Cultural Context Clinical Assessment and Intervention* is designed for clinical psychologists psychiatrists and other mental health students and professionals advocating for a shift toward multidimensional culturally informed frameworks to enhance the understanding assessment and intervention of suicidal behavior across diverse contexts

**Life Span Perspectives of Suicide** A. A. Leenaars, 2014-01-15

Oxford Textbook of Suicidology and Suicide Prevention Danuta Wasserman, 2021 Part of the authoritative Oxford Textbooks in Psychiatry series the new edition of the Oxford Textbook of Suicidology and Suicide Prevention remains a key text in the field of suicidology fully updated with new chapters devoted to major psychiatric disorders and their relation to suicide

*UNDERSTANDING SUICIDE*, 2018 *Encyclopedia of Death and the Human Experience* Clifton D.

Bryant, Dennis L. Peck, 2009-07-15 Death and dying and death related behavior involve the causes of death and the nature of the actions and emotions surrounding death among the living Interest in the varied dimensions of death and dying has led to the development of death studies that move beyond medical research to include behavioral science disciplines and practitioner oriented fields As a result of this interdisciplinary interest the literature in the field has proliferated This two volume resource addresses the traditional death and dying related topics but also presents a unique focus on the human experience to create a new dimension to the study of death and dying With more than 300 entries the Encyclopedia of Death and the Human Experience includes the complex cultural beliefs and traditions and the institutionalized social rituals that surround dying and death as well as the array of emotional responses relating to bereavement grieving and mourning The Encyclopedia is enriched through important multidisciplinary contributions and perspectives as it arranges organizes defines and clarifies a comprehensive list of death related perspectives concepts and theories Key Features Imparts significant insight into the process of dying and the phenomenon of death Includes contributors from Asia Africa Australia Canada China eastern southern and western Europe Iceland Scandinavia South America and the United States who offer important interdisciplinary and cross cultural perspectives Provides a special focus on the cultural artifacts and social institutions and practices that constitute the human experience Addresses death related terms and concepts such as angel makers equivocal death end of life decision making near death experiences cemeteries ghost photography halo nurses caregiver stress cyberfunerals global religious beliefs and traditions and death denial Presents a selective use of figures tables and images Key Themes Arts Media and Popular Culture Perspectives Causes of Death Conceptualization of Death Dying and the Human Experience Coping With Loss and Grief The Human Experience Cross Cultural Perspectives Cultural Determined Social Oriented and Violent Forms of Death Developmental and Demographic Perspectives Funerals and Death Related Activities Legal Matters Process of Dying Symbolic Rituals Ceremonies and Celebrations of Life Theories and Concepts Unworldly Entities and Events With an array of topics that include traditional subjects and important emerging ideas the Encyclopedia of Death and the Human Experience is the ultimate resource for students researchers academics and others interested in this intriguing area of study

**American Journal of Psychotherapy**, 1947 **Suicide from a Sociological Perspective**

David Lester, 1989 **The Social Reality of Death** Kathy Charmaz, 1980 In this book I aim to take a fresh look from a sociological perspective at both earlier assumptions and current issues about death and dying Specifically the major source of my theoretical perspective is symbolic interactionism By examining the thoughts feelings and actions of the dying and those affected by death from this perspective we can gain greater insight into the subtle relationships these actors have with each other and more over with death Page v

**Contemporary Perspectives on Rational Suicide** James L. Werth, 2013-06-17 This text brings together spokespersons from several different disciplines who can present their arguments for or against rational suicide as a viable concept and consequently a realistic option The pros and cons of the

discussion format bring the readers to search for their beliefs and the final decision of acceptance or rejection of the concept is left to each individual reader

**Suicide: A Global Perspective** Maurizio Pompili, 2012-09-19 In the year 2000 approximately one million people died from suicide a global mortality rate of 16 per 100 000 or one death every 40 seconds In the last 45 years suicide rates have increased by 60% worldwide Suicide is now among the three leading causes of death among those aged 15 44 years both sexes these figures do not include suicide attempts up to 20 times more frequent than completed suicide Suicide worldwide is estimated to represent 1.8% of the total global burden of disease in 1998 and 2.4% in countries with market and former socialist economies in 2020 Although traditionally suicide rates have been highest among the male elderly rates among young people have been increasing to such an extent that they are now the group at highest risk in a third of countries in both developed and developing countries Mental disorders particularly depression and substance abuse are associated with more than 90% of all cases of suicide however suicide results from many complex sociocultural factors and is more likely to occur particularly during periods of socioeconomic family and individual crisis situations e.g. loss of a loved one employment honour The economic costs associated with completed and attempted suicide are estimated to be in the billions of dollars One million lives lost each year are more than those lost from wars and murder annually in the world It is three times the catastrophic loss of life in the tsunami disaster in Asia in 2005 Every day of the year the number of suicides is equivalent to the number of lives lost in the attack on the World Trade Center Twin Towers on 9/11 in 2001 Everyone should be aware of the warning signs for suicide Someone threatening to hurt or kill him/herself or taking of wanting to hurt or kill him/herself someone looking for ways to kill him/herself by seeking access to firearms available pills or other means someone talking or writing about death dying or suicide when these actions are out of the ordinary for the person Also high risk of suicide is generally associated with hopelessness rage uncontrolled anger seeking revenge acting reckless or engaging in risky activities seemingly without thinking feeling trapped like there's no way out increased alcohol or drug use withdrawing from friends family and society anxiety agitation unable to sleep or sleeping all the time dramatic mood changes no reason for living no sense of purpose in life

Table 1 Understanding and helping the suicidal individual should be a task for all

**Suicide Myths How to Help the Suicidal Person**

**Warning Signs of Suicide Myth**

Suicidal people just want to die **Fact** Most of the time suicidal people are torn between wanting to die and wanting to live Most suicidal individuals don't want death they just want to stoop the great psychological or emotional pain they are experiencing Listen Accept the person's feelings as they are Do not be afraid to talk about suicide directly Ask them if they developed a plan of suicide Expressing suicidal feelings or bringing up the topic of suicide Giving away prized possessions settling affairs making out a will Signs of depression loss of pleasure sad mood alterations in sleeping eating patterns feelings of hopelessness

**Myth** People who commit suicide do not warn others **Fact** Eight out of every 10 people who kill themselves give definite clues to their intentions They leave numerous clues and warnings to others although clues may be

non verbal of difficult to detect Remove lethal means for suicide from person s home Remind the person that depressed feelings do change with time Point out when death is chosen it is irreversible Change of behavior poor work or school performance Risk taking behaviors Increased use of alcohol or drugs Social isolation Developing a specific plan for suicide Myth People who talk about suicide are only trying to get attention They won t really do it Fact Few commit suicide without first letting someone know how they feel Those who are considering suicide give clues and warnings as a cry for help Over 70% who do threaten to commit suicide either make an attempt or complete the act Express your concern for the person Develop a plan for help with the person Seek outside emergency intervention at a hospital mental health clinic or call a suicide prevention center Myth Don t mention suicide to someone who s showing signs of depression It will plant the idea in their minds and they will act on it Fact Many depressed people have already considered suicide as an option Discussing it openly helps the suicidal person sort through the problems and generally provides a sense of relief and understanding Suicide is preventable Most suicidal individuals desperately want to live they are just unable to see alternatives to their problems Most suicidal individuals give definite warnings of their suicidal intentions but others are either unaware of the significance of these warnings or do not know how to respond to them Talking about suicide does not cause someone to be suicidal on the contrary the individual feel relief and has the opportunity to experience an empathic contact Suicide profoundly affects individuals families workplaces neighbourhoods and societies The economic costs associated with suicide and self inflicted injuries are estimated to be in the billions of dollars Surviving family members not only suffer the trauma of losing a loved one to suicide and may themselves be at higher risk for suicide and emotional problems Mental pain is the basic ingredient of suicide Edwin Shneidman calls such pain psychache 1 meaning an ache in the psyche Shneidman suggested that the key questions to ask a suicidal person are Where do you hurt and How may I help you If the function of suicide is to put a stop to an unbearable flow of painful consciousness then it follows that the clinician s main task is to mollify that pain Shneidman 1 also pointed out that the main sources of psychological pain such as shame guilt rage loneliness hopelessness and so forth stem from frustrated or thwarted psychological needs These psychological needs include the need for achievement for affiliation for autonomy for counteraction for exhibition for nurturance for order and for understanding Shneidman 2 who is considered the father of suicidology has proposed the following definition of suicide Currently in the Western world suicide is a conscious act of self induced annihilation best understood as a multidimensional malaise in a needful individual who defines an issue for which the suicide is perceived as the best solution Shneidman has also suggested that that suicide is best understood not so much as a movement toward death as it is a movement away from something and that something is always the same intolerable emotion unendurable pain or unacceptable anguish Strategies involving restriction of access to common methods of suicide have proved to be effective in reducing suicide rates however there is a need to adopt multi sectoral approaches involving other levels of intervention and activities such as crisis centers

There is compelling evidence indicating that adequate prevention and treatment of depression alcohol and substance abuse can reduce suicide rates School based interventions involving crisis management self esteem enhancement and the development of coping skills and healthy decision making have been demonstrated to reduce the risk of suicide among the youth Worldwide the prevention of suicide has not been adequately addressed due to basically a lack of awareness of suicide as a major problem and the taboo in many societies to discuss openly about it In fact only a few countries have included prevention of suicide among their priorities Reliability of suicide certification and reporting is an issue in great need of improvement It is clear that suicide prevention requires intervention also from outside the health sector and calls for an innovative comprehensive multi sectoral approach including both health and non health sectors e g education labour police justice religion law politics the media

**Suicide from a Psychological Perspective** David Lester,1988 **Abnormal Psychology in a Changing World** Jeffrey S. Nevid,Spencer A. Rathus,Beverly Greene,2005 For courses in Abnormal Psychology and Psychopathology A mainstream text with a contemporary twist this introduction to abnormal psychology is designed to make the material more accessible and inviting to a new generation of students in a changing world It offers a fully integrated approach that interweaves diversity issues theoretical perspectives research and multimedia content throughout Students gain insight into their own attitudes and behavior patterns through carefully selected questionnaires

**Suicide and Social Justice** Mark E. Button,Ian Marsh,2019-11-05 Suicide and Social Justice unites diverse scholarly and social justice perspectives on the international problem of suicide and suicidal behavior With a focus on social justice the book seeks to understand the complex interactions between individual and group experiences with suicidality and various social pathologies including inequality intergenerational poverty racism sexism and homophobia Chapters investigate the underlying and often overlooked connections that link rising rates and disproportionate concentrations of suicide within specific populations to wider social political and economic conditions This edited volume brings diverse scholarly and social justice perspectives to bear on the problem of suicide and suicidal behavior equipping researchers and practitioners with the knowledge they need to fundamentally rethink suicide and suicide prevention *Abnormal Psychology* Spencer A.

Rathus,Jeffrey S. Nevid,1991 **Understanding and Preventing Suicide** David Lester,1990



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