Divorce and suicide risk

There is accumulating evidence that divorced and separated people have much higher suicide rates than their married counterparts. In a previous paper published in this journal, it was observed that divorced and separated men were nearly 2.4 times more likely to commit suicide than their married counterparts. It was also observed that divorced and separated men were over eight times more likely to commit suicide than divorced women (RR = 8.36, 95% CI = 4.24 to 16.38). After taking into account other factors that have been reported to contribute to suicide, divorced men still experienced much increased risks of suicide than divorced women. They were nearly 9.7 times more likely to kill themselves than comparable divorced women (RR = 9.68, 95% CI = 4.87 to 19.22). Put another way, for every divorced woman that committed suicide, over nine divorced men killed themselves.

These results dramatise the terrible consequences of being a divorced man in America, and lead to the question: why are divorced men killing themselves? Some analysts argue that the research community has ignored a plausible explanation for the excess suicide risks experienced by divorced men. As Perrault and Farrell observe, while social, psychological, and even personal problems facing women are readily denounced, societal institutions tend to ignore or minimise male problems as evidence in suicide statistics. For instance, in many jurisdictions in the US there seems to be an implicit assumption that the bond between a woman and her children is stronger than that between a man and his children. As a consequence, in a divorce settlement, custody of children is more likely to be given to the wife. In the end, the father loses not only his marriage, but his children. The result may be anger at the court system especially in situations wherein the husband feels betrayed because it was the wife that initiated the divorce, or because the courts virtually gave away everything that was previously owned by the ex-husband or the now defunct household to the former wife. Events could spiral into resentment (toward the spouse and “the system”), bitterness, anxiety, and depression, reduced self esteem, and a sense of “life not worth living”. As depression and poor mental health are known markers of suicide risk, it may well be that one of the fundamental reasons for the observed association between divorce and suicide in men is the impact of post divorce (court sanctioned) “arrangements”. Clearly this is an issue that needs further investigation.

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Table 1 Hazards regression estimates of the impact of divorce on the risk of white suicide

<table>
<thead>
<tr>
<th>Covariate</th>
<th>Suicides</th>
<th>Population at risk</th>
<th>Model 1</th>
<th>Model 2</th>
</tr>
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<tbody>
<tr>
<td></td>
<td></td>
<td>RR</td>
<td>95% CI</td>
<td>RR</td>
</tr>
<tr>
<td>Sex</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>10</td>
<td>16687</td>
<td>1.00</td>
<td>(Reference)</td>
</tr>
<tr>
<td></td>
<td>53</td>
<td>10917</td>
<td>8.33**</td>
<td>4.24 to 9.68**</td>
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<tr>
<td>Age (y)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25-34</td>
<td>20</td>
<td>8586</td>
<td>1.00</td>
<td>(Reference)</td>
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<tr>
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<td>2.31**</td>
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<tr>
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<tr>
<td>Income unknown</td>
<td>3</td>
<td>1449</td>
<td>1.21</td>
<td>0.32 to 4.48</td>
</tr>
<tr>
<td>2 Log L</td>
<td>1226.08</td>
<td>1218.85</td>
<td></td>
<td></td>
</tr>
<tr>
<td>URS</td>
<td>57.04**</td>
<td>64.27**</td>
<td></td>
<td></td>
</tr>
<tr>
<td>df</td>
<td>4</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of suicides</td>
<td>63</td>
<td>63</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of cases</td>
<td>27604</td>
<td>27604</td>
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<td></td>
</tr>
</tbody>
</table>

*Significant at p<0.05. **Significant at p<0.01. URS, likelihood ratio statistic; df, degrees of freedom; RR, relative risk; CI, confidence intervals.

References

BOOK REVIEWS

Ethical dimensions of health policy

The main aim of the book is to examine the connections between ethics and health policy. Experts from different disciplines and spheres have contributed. The book is structured in four parts. From an ethical deliberation on healthcare goals readers proceed through an intermediate chapter to political decision making. The final chapter deals with ethical controversies on the resource allocation, accountability, vulnerability, and ethics of the health services research.

The book focuses to a large extent on the US reality and provides an insight into the history of their healthcare reforms as well as the recent debate on a universal healthcare system based on social solidarity. European or other readers may learn from a very profound and sophisticated consideration of how ethical and political approaches may interfere. The pragmatic claim that the bioethical debate descends from academic heights and influences directly political decisions is illustrative. Readers face the debate on justice from a reverse side. Concepts that are taken for granted in Europe are being vindicated and legitimised (Rawls is repeatedly referred to). An outline of a future collective and organisational rather than personal accountability for health care is innovative (Cassel, McParland). The post-modern practice as delineated by Maloney and Luft may be viewed as visionary although stimulating.

New health services research agenda such as research of trust, privacy, internet practices has been suggested. Several conclusions seem to be self evident, sometimes an effort to square the circle may be suspected. However, the focus on inherence of values in policy making, on negotiating culture and procedural aspects as crucial in setting and implementing healthcare goals makes the text instructive. A lesson of democracy in health care is the essence that readers breathe as the fresh air at each page. Even when not all authors share the same opinion, the book is illuminated by an optimistic faith that connecting ethics and health policy is viable—a sustainable health perspective is lacking through the history of their healthcare reforms as well as the recent debate on a universal healthcare system based on social solidarity.

The reader is invited to improve their understanding of the legal principles underlying public health practice, that is to say how law may be applied to improve the health of people. And after reading the book, this aspiration is reached, especially the discovery of the wide range of daily activities of public health where the legal dimension is present.

The first part is related with the conceptual foundations of the legal basis for public health practice and covers topics as constitutional and statutory basis, the applications of regulatory and criminal law, examples of infectious disease pathogens used as weapons of mass destruction—, and overarching areas like common ethical issues in public health such us the concerns about balancing benefits between communities and individual human rights. Also the book provides a framework that can guide practitioners’ reflections in their decisions.

The last two parts examine the public health law infrastructure and make recommendations for needed improvements. With many selected examples the interrelation of law with the core functions of public health are thoroughly reviewed and documented: the interaction between public health law and public health practitioners and legal counsel, surveillance and outbreak investigations, research, confidentiality, and privacy, managed care in public health, interventions in emergency response, and particular populations (children, home-less persons, disabilities, or undocumented immigrants). And also high priority and emerging areas in public health such as genomics, communicable diseases, public health emergencies, reproductive health, tobacco prevention, and environmental, injury, occupational issues.

It must be taken into account that the context of the book is the United States, but despite the fact of the peculiarities of its regulation, the basis and principles are applicable to any country beyond its own legislation and serves as a primary resource for promoting the development and implementation of an effective public health law infrastructure and increase the visibility and effectiveness of law as a tool for the promotion of the public’s health. It is recommendable reading for public health practitioners wishing to improve their understanding about how the law affects the prevention of disease and injury.

E Kézióvá (Krizova)

World report on violence and health

Violence was declared in Resolution WHA49.23 (1996) as a major and growing public health problem across the world. This is the first world report on violence and health aimed mainly to raise awareness about the issue of violence globally and to make the case that violence is preventable and that the health system is a crucial tool to play in tackling its causes and consequences.

The report has been structured in nine chapters, starting with a general one of violence as a global public health problem, followed by specific information about different types of interpersonal violence (youth violence, child abuse against intim- mate partners, abuse of elderly people, and sexual abuse), self directed violence (suicide), and collective violence, and completed by nine recommendations for research and actions at local, national, and international levels. The report also includes a statistical annex with estimated mortality caused by each kind of violence and a list of internet resources.

It provides further information about the magnitude and impact of each type of violence reported; identifies risk factors like social, cultural, and economical stressors and determines as precipitant factors the presence of alcohol, drugs or weapons; it also gives an account of the types of intervention and policy responses that have been already used and summarises what is known about their effectiveness.

The most important strength of this report is the efforts implied to summarise what is known about violence from all over the world.

It is a useful document for those who are involved in research or prevention on violence. However, the lack of information to complete a global approach about the risk and protective factors, interventions, and evaluation of the effectiveness of policy responses is recognised.

This weakness has tried to be solved by the recommendations for action. However, most of them are not new and not practical enough for those who are dedicated to this issue.

On the one hand, the recommendations about how to create, implement, and monitor a national action plan for violence prevention, to increase capacity for collecting data on violence, to support research on the causes, consequences, costs, and prevention of violence and to promote primary preven- tion responses have been already well documented. In the same way, other official documents have already shown evidence about the importance of training for health and education professional, the coordination between public and private sectors, and the strengthening of the community base.

On the other hand, the recommendations related to the importance of producing information about the cost of violence for health services and the prevention in primary health are much too narrow to speak about a true public health approach on violence.

Although it provides useful information about each type of violence in each country, a comprehensive account of the resources needed to cope with violence from a public health perspective is lacking through the book.

For these reasons, this first world report on violence and health can be considered as a valuable starting point about research responses to an old social and public health problem.

E Ronda

Law in public health practice

The aim of this book, written jointly by a variety of law and public health practice specialist authors—who represent the ranks of the legal and public health practitioners in the United States of America—is to clarify the principles of law as they bear on the practice of public health.

The reader is invited to improve their understanding of the legal principles underlying public health practice, that is to say how law may be applied to improve the health of people. And after reading the book, this aspiration is reached, especially the discovery of the wide range of daily activities of public health where the legal dimension is present.

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E Ronda

Case studies in forensic epidemiology

Sane Loue’s book Case studies in forensic epidemiology represents a significant turning point in our habitual conception of epidemiology as a statistical indicator of the extent to which the population is affected by some infectious—that is, toxicological—agent.

The reader is attracted by the title of the book itself because forensic epidemiology is
much less elaborated in professional literature than some epidemiological research within different specialist fields of medical science. The author is very successful in presenting the application of forensic epidemiology, as well as its role in court trials, as a bridge between many criminal deviations of the society, and its responsibility for crimes committed. Her final goal is getting court and police officials to apply efficient changes to negative social actions.

In eight case studies within 12 chapters of the book the author describes the connection between court trials and important epidemiological analysis that can be found in the cases of many trials started by women smokers who had silicon breast implants, done which, consequently caused them serious health problems. In this connection the author describes the obstacles attorneys and judges are faced with while prosecuting powerful tobacco lobbies, pointing out the core of the problem, that is an evident hazardous effect of smoking to human health.

As a forensic expert I would point out case study five in chapter eight that deals with road accidents caused by drivers under the influence of alcohol. The fact that road accidents caused by drunk drivers represent the main cause of most such accidents, is corroborated by some alarming epidemiological data. In this connection, the author describes the activities of non-profit organisation Mothers Against Drunk Drivers, which achieves significant results in making the public aware of the problem. Moreover, they organise legal help to the families of the victims of such accidents, which makes the organisation recognisable and increasingly influential in trials against irresponsible drivers.

It is the author’s goal, which she entirely managed to achieve, to explain the extremely important role of forensic epidemiology in court trials. To sum up, this extraordinary work represents a significant contribution to a successful solving, within the framework of legal system, of difficult and painful court epidemiological problems of the society.

A Bosnar

ActivEpi CD ROM


ActivEpi is a multimedia presentation of the material commonly found in an introductory epidemiology course on CD ROM. In 15 lessons, basic concepts and measures of epidemiology are presented. ActivEpi is intended to be used in a variety of teaching formats, including distance learning, self paced learning on-campus courses, and short courses. The course uses a variety of tools—among others, videos, narrated expositions, exercises, and datasets and quizzes for self evaluations.

With respect to the logical structure of the contents, this introduction is as stringent and clear as previous, more traditional teaching material by David Kleinbaum, including the classic 1982 textbook, which has, certainly, helped numerous epidemiologists and epi students around the world, including myself (who had the additional true privilege to experience David Kleinbaum as an outstanding “physical teacher”), to structure epidemiological reasoning. Whether or not the multimedia approach now offered by David Kleinbaum makes learning more attractive, easy, or effective than more traditional forms of learning in a classroom context or from an introductory textbook may to some degree be a matter of taste, generation, and personal preferences. Being aware that this carries the danger of being blamed old fashioned, I have to admit that I felt the multimedia features to be a little bit too abundant in this course, and sometimes even to be a source of distraction actually hindering concentrated learning rather than a real advantage. Perhaps younger generations of epidemiologists who have grown up with multimedia features from their cradle may appreciate this type of learning much more—I am afraid that I will continue to recommend my students a good personal teacher along with a good introductory textbook rather than CD ROM. However, these resources may not be universally available. In such circumstances, this course may fill a real gap.

H Brenner

Reference


For our young colleagues, the relevance of this book is justified by its reference lists alone, as these include most of the papers that provided the most important achievements of epidemiology and public health from 1919 onwards. The book is easy to consult and read, because for each calendar period the main topics are separately considered—that is, infectious diseases, occupational factors, nutrition, environment, etc. Thus, for instance, under the headings tobacco or air pollution, summary overviews are given on the earlier developments of research and control of these risk factors, which remain of central interest for their public health relevance today.

A second reason for appreciating this book is related to its attention to the major social and public health implications of our discipline. Over the past few years, we have seen (and participated to) endless debates on the potential impact of risk factors such as electromagnetic fields or hair dyes, whose public health relevance, if any, remains marginal. Furthermore, the interest of many of us has been often focused more to the publication of modest excess relative risks than to the critical understanding and evaluation of their potential public health implications. It is thus a pleasure to read a book that provides an overview of the main achievements and contributions of our discipline to public health and society in its broader terms. The book also includes some interesting chapter on methodological developments (from questionnaires to statistical methods) and philosophy of medicine.

Most of us will also find of interest the chapter on trends in UK and US society and politics, which is unusually objective and far from strong partisan opinions, as well as those on the history of the development of public health departments in UK and US universities and other research institutions. In a period of conflicts of interest, the summary of main funding sources is also of important relevance.

A message drawn from the book is that, over the past few decades, US research in public health has improved more than its UK counterpart. Any comparison between public health institutions and achievements in the UK and the US, however, leaves most of—who live and work outside these two countries—with a sense of admiration and envy.
Divorce and suicide risk

A J Kposowa

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