

SEPTINTOJI TARPTAUTINĖ KONFERENCIJA

THE 7th INTERNATIONAL CONFERENCE

2026 m. liepos mėn. 7-10 d., Vilniaus universitetas, LIETUVA

7th-10th of July, 2026, Vilnius University, LITHUANIA

**EVOLIUCINĖ MEDICINA:
ŽMOGAUS RAIDOS PERSPEKTYVOS IR SVEIKATA
BESIKEIČIANČIOJE APLINKOJE**

**EVOLUTIONARY MEDICINE:
PERSPECTIVES ON HUMAN DEVELOPMENT AND HEALTH
CONSEQUENCES IN A CHANGING ENVIRONMENT**

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Vilniaus universiteto Medicinos ir sveikatos mokslų
Doktorantūros mokykla, VU Medicinos fakultetas

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ADOLESCENT SUICIDAL IDEATION AND ATTEMPTS IN LITHUANIA OVER A DECADE: RESULTS FROM TWO SCHOOL-BASED SURVEYS

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Background and Aim: Suicide is a leading cause of death among adolescents; however, mortality data only reflect a small portion of the overall burden of suicidal thoughts and behaviours. This study aimed to examine changes in suicidal ideation and suicide attempts among Lithuanian adolescents between 2012 and 2023, and to identify individual and contextual factors associated with these behaviours, separately for girls and boys.

Materials and Methods: Data came from two repeated cross-sectional, school-based surveys conducted in 2012 and 2023. Anonymous self-report questionnaires were completed by 3851 adolescents in 2012 and 2830 in 2023, enrolled in grades 7–10 in urban and rural schools across four Lithuanian regions. Suicidal ideation and suicide attempts during the past six months were assessed with single items. Covariates included sociodemographic characteristics, school safety, traditional and cyberbullying victimisation, self-reported health problems, and Strengths and Difficulties Questionnaire subscales (SDQ).

Results: Between 2012 and 2023, the prevalence of any suicidal ideation increased from 23.6% to 40.2% in girls and from 15.6% to 21.5% in boys, with adjusted odds ratios of 2.23 and 1.83, respectively. Any suicide attempt rose from 4.0% to 7.0% among girls and from 3.1% to 4.2% among boys, with adjusted odds ratios of 1.93 and 2.25, respectively. Across both survey years, higher emotional problems, hyperactivity, and conduct difficulties, traditional and cyberbullying (especially their co-occurrence), feeling unsafe at school, non-two-biological-parent family structures, and physical health problems were strongly associated with suicidal ideation and attempts. Among boys, older age and non-Lithuanian origin further increased the odds of suicide attempts.

Conclusions: Adolescent suicidality in Lithuania has worsened over the past decade. The findings underscore the need for school-based, gender-responsive prevention strategies that address emotional and behavioural difficulties, bullying in both offline and online settings, and perceived school safety, while strengthening prosocial competencies and support for vulnerable family and health contexts.

Keywords: adolescents, bullying, school safety, suicidality