



# LE SUICIDE, PARLONS-EN

Journée de la Psychiatrie de l'Est, Nancy, le 18 mars 2022

## Le suicide, parlons-en, mais pas n'importe comment !

Pr Pierre Vidailhet

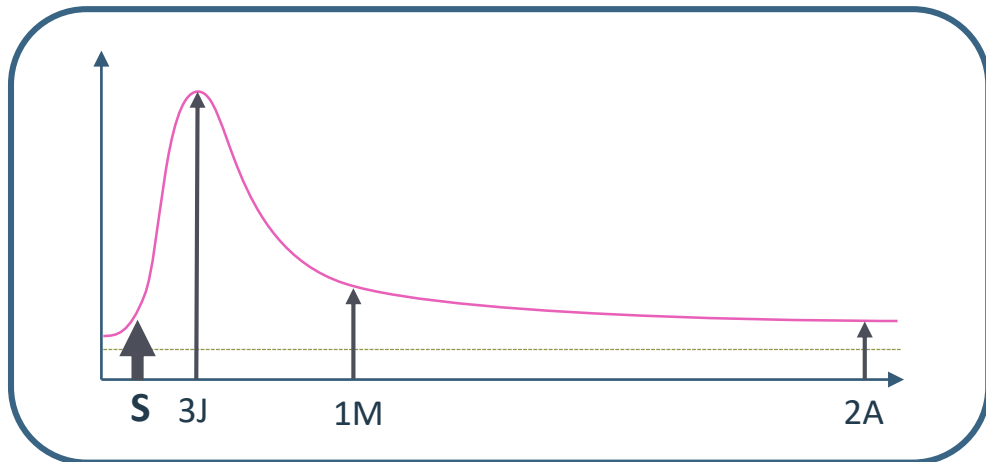


# L'EFFET D'ENCHAINEMENT SUICIDAIRE

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LE CONSTAT DE BASE

# TERMINOLOGIE



- Vulnérabilité de la personne
- Degré de virulence
- Période virémique
- Mode de transmission
- Canaux de transmission
- « Quarantaine » et mesures sanitaires

# HISTORIQUE



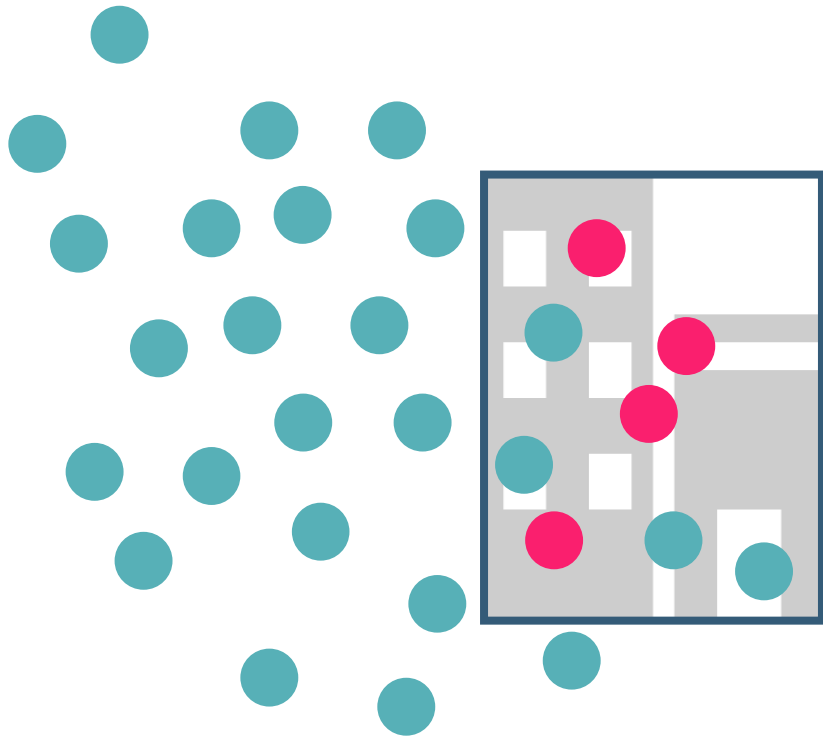
Théâtre Kabuki, au Japon. XVIIème siècle



Volcan Mihara-Yama, 1933 (Kiyoto Matsumoto)

# TYPOLOGIE : MODE DE TRANSMISSION

## SUICIDES EN GRAPPE LOCALISÉE



Limitées dans le temps et l'espace

- **Corps et communautés**

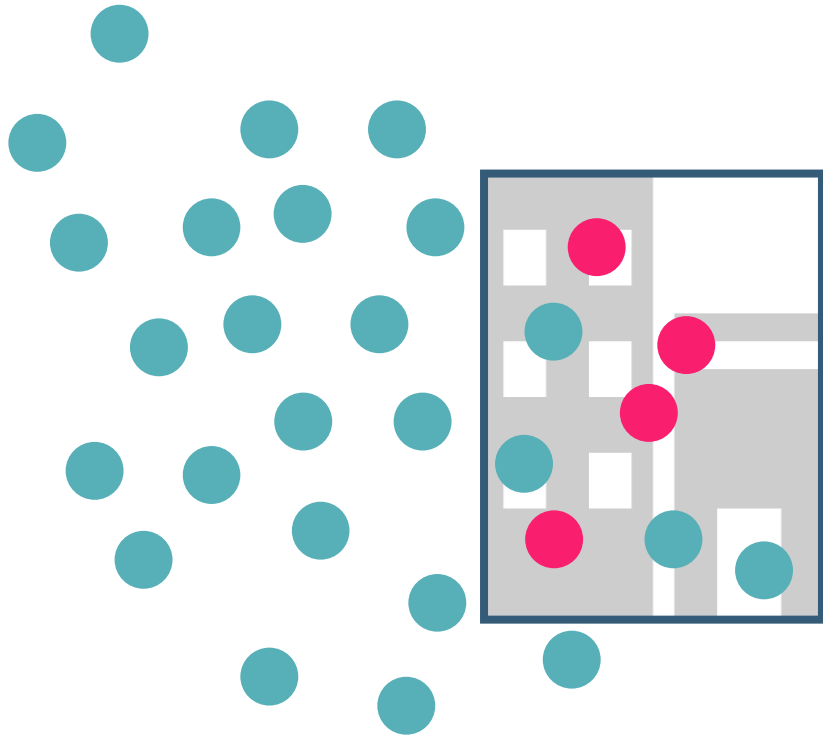
Communautés indigènes (Hanssens & Hanssens, 2007; Wilkie et al., 1998), police, armée

- **Institutions**

Milieu carcéral (McKenzie & Keane, 2007), institutions psychiatriques (McKenzie et al., 2005), établissements scolaires (Robbins & Conroy, 1983; Seiden, 1968), entreprises

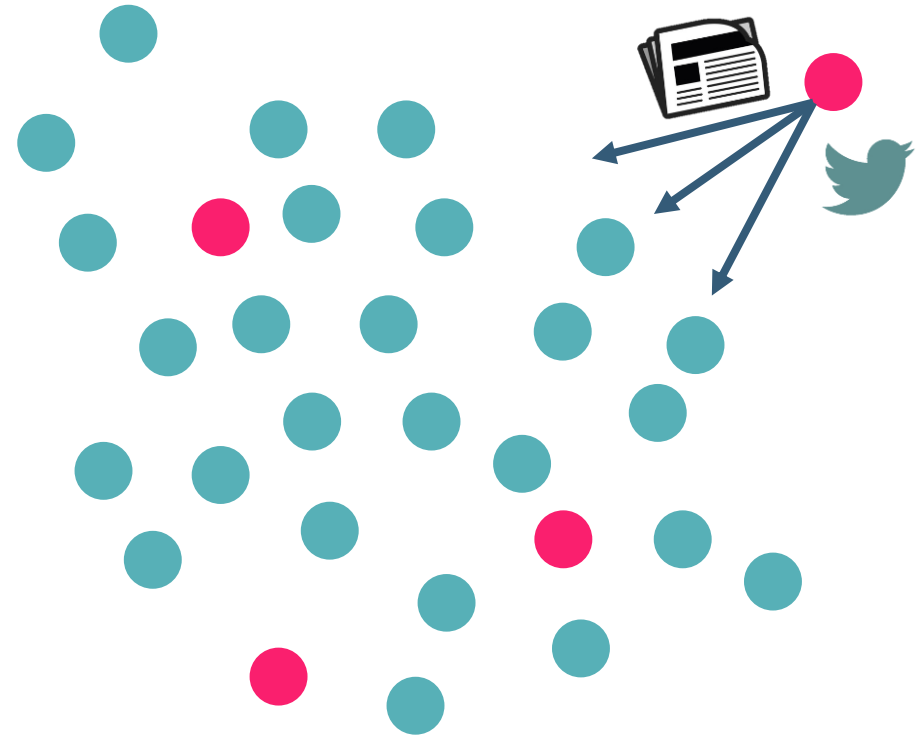
# TYPOLOGIE : MODE DE TRANSMISSION

## SUICIDES EN GRAPPE LOCALISÉE



Limitées dans le temps et l'espace

## SUICIDES EN GRAPPE DE MASSE



Limitées dans le temps

# TYPOLOGIE : MODE DE TRANSMISSION

## SUICIDES EN GRAPPE LOCALISÉE

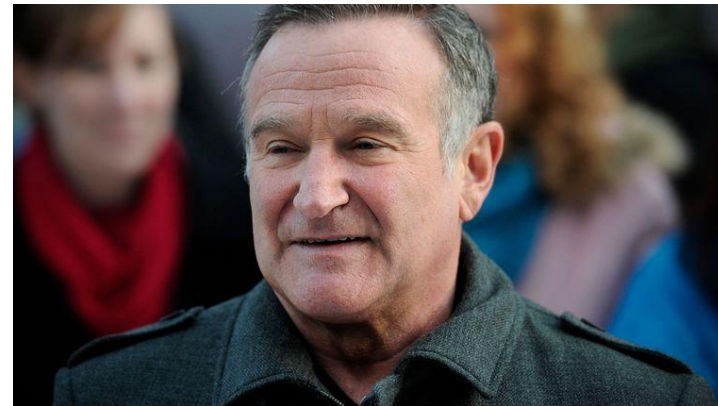


*Ados : 2 à 4 fois + de risque  
suicidaire si exposition  
directe*

*Exposition directe : 70% des TS*

Nicolas, C., Notredame, C.-E., Séguin, M. (2017)  
Mars et al., 2015

## SUICIDES EN GRAPPE DE MASSE



***2014** : Mort de Robin Williams  
+ 1841 S entre août et sept  
+ 10% de S chez les hommes de  
30 à 44 ans, USA  
Dont +32% par asphyxie*

Fink et al., 2018

# WERTHER : IDENTIFICATION







# PRÉVENIR LES SUICIDES EN GRAPPE DE MASSE

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L'IMPACT DES MÉDIAS DE MASSE

# L'EFFET WERTHER

Les souffrances du jeune Werther de Goethe, 1774



Suicide de Marilyn Monroe, 1962



SUICIDES  
USA + 12,5%  
GB + 10%  
LA + 40%

Motto, 1967  
Phillips, 1975

Médiatisation d'une nouvelle méthode de suicide par combustion de charbon de bois, 1998



## HONGKONG/TAIWAN

- **1<sup>er</sup> cas** : 1998
- **3 mois + tard** :  
3<sup>ème</sup> moyen suicidaire
- **2004** :  
2<sup>ème</sup> moyen suicidaire

87% des personnes ayant survécu évoquent avoir choisi cette méthode suite à la lecture d'un article de presse

Yip, 2007

# QUE FAIRE ?



## ENTRETIEN DU SCOTOME-SUICIDE

- Ecueil journalistique
  - Suicide = fait social
  - Négation de la fonction signifiante
- Ecueil sanitaire
  - Suicide = fait intime
  - Isolement
  - Stigmatisation

# L'EFFET PAPAGENO



## Role of media reports in completed and prevented suicide: Werther v. Papageno effects

Thomas Niederkrotenthaler, Martin Voracek, Arno Herberth, Benedikt Till, Markus Strauss, Elmar Etzersdorfer, Brigitte Eisenwort and Gernot Sonneck

### Background

Media reporting of suicide has repeatedly been shown to trigger suicidal behaviour. Few studies have investigated the associations between specific media content and suicide rates. Even less is known about the possible preventive effects of suicide-related media content.

### Aims

To test the hypotheses that certain media content is associated with an increase in suicide, suggesting a so-called Werther effect, and that other content is associated with a decrease in suicide, conceptualised as a Papageno effect. Further, to identify classes of media articles with similar reporting profiles and to test for associations between these classes and suicide.

### Method

Content analysis and latent class analysis (LCA) of 497 suicide-related print media reports published in Austria between 1 January and 30 June 2005. Ecological study to identify associations between media item content and short-term changes in suicide rates.

### Results

Repetitive reporting of the same suicide and the reporting of suicide myths were positively associated with suicide rates. Coverage of individual suicidal ideation not accompanied by suicidal behaviour was negatively associated with suicide rates. The LCA yielded four classes of media reports, of which the mastery of crisis class (articles on individuals who adopted coping strategies other than suicidal behaviour in adverse circumstances) was negatively associated with suicide, whereas the expert opinion class and the epidemiological facts class were positively associated with suicide.

### Conclusions

The impact of suicide reporting may not be restricted to harmful effects; rather, coverage of positive coping in adverse circumstances, as covered in media items about suicidal ideation, may have protective effects.

### Declaration of interest

None.

Evidence suggests that there is an increase in suicides following media reports of suicide, which is frequently referred to as copcat behaviour or as the 'Werther effect', although the effect size is smaller than for other psychosocial risk factors for suicide.<sup>1,2</sup> The risk is thought to depend not only on reader characteristics,<sup>3,4</sup> but also on media content.<sup>5,6</sup> In order to promote safe media content, the World Health Organization (WHO) and national agencies have developed guidelines for the reporting of suicides.<sup>6,7</sup> The guidelines list reporting characteristics that may either prevent or trigger suicides, thus serving as educational material for journalists and editors. But most of the recommendations put forth in these guidelines have not yet been empirically tested.<sup>7</sup> In particular, there is a lack of knowledge about protective reporting characteristics, although the suicide-protective potential of reporting of positive coping in adverse circumstances has been discussed on a theoretical basis.<sup>8</sup> Specifically, it has been found that media items referring to suicidal ideation are associated with a lower risk of a post-report increase in suicide than other media items.<sup>4</sup>

In the present study, we performed a content analysis of suicide-related media reports. To identify potentially protective and harmful reporting characteristics we tested associations between specific components of media reports, and also classes of reports with similar reporting profiles, and short-term changes in suicide rates. We hypothesised that changes in suicide rates following the publication of media items would vary with the circulation rates of the media items in the population. Based on Papageno's overcoming of a suicidal crisis in Mozart's opera *The Magic Flute*, we conceptualised any suicide-protective impact of media reporting as a Papageno effect. In Mozart's opera, Papageno becomes suicidal upon fearing the loss of his beloved Papagena;

however, he refrains from suicide because of three boys who draw his attention to alternative coping strategies.<sup>9,10</sup>

### Method

#### Sample of media reports

We obtained all reports from the 11 largest Austrian nationwide newspapers that included the term suicide between 1 January and 30 June 2005 from the Austrian Press Agency. Each of these newspapers has coverage rates exceeding 1% of the population. Articles using 'self-murder' (original search term: *selbstmord*) or 'free death' (*freiwillig*) were also included, because of their frequent use as German synonyms for suicide. The search yielded 1055 articles. We excluded items that used suicide only as a metaphor ( $n=92$ ), were about suicide bombing ( $n=381$ ), mentioned suicide briefly ( $< 50\%$  of the article) but were on topics not related to suicide ( $n=113$ ) or were located in the movie or television listings or in the classified advertisements ( $n=58$ ). The final sample comprised 497 items.

#### Content analysis of media items

##### Basic item characteristics

Several media reporting characteristics have previously been shown to be associated with an increase in suicides. These characteristics are: quantity of reporting;<sup>11</sup> main focus of the item's reported suicide method;<sup>12,13</sup> prominence of the item;<sup>1</sup> and fictionality of the item.<sup>14</sup> These codes were conceptualised as a code family 'basic item characteristics'. Each of the codes comprised several subcodes that were defined in accordance with

# Effet Papageno

Niederkrotenthaler et al., 2010



# VERS UNE COMMUNICATION RESPONSABLE

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TRAVAILLER AVEC LES  
MÉDIAS DE MASSE



# L'EFFET WERTHER VS L'EFFET PAPAGENO

## Une élève de 15 ans met fin à ses jours au lycée Gambetta-Carnot à Arras

Une élève de 15 ans du lycée Gambetta-Carnot, dans le centre-ville d'Arras, a mis fin à ses jours ce jeudi vers 16 h 20 au sein de son établissement. Les secours n'ont rien pu faire pour la sauver.

Thomas Bourgois | Publié le 02/12/2021, mis à jour à 19h44

f 29k partages f Partager t Twitter



La rue Gambetta a été fermée à la circulation. Les secours n'ont malheureusement rien pu faire pour sauver la lycéenne. Photo Matthieu Botte - VDNPQR

Si vous avez des idées suicidaires, en parler peut tout changer. Appelez le 3114, écoute professionnelle et confidentielle, 24/24 et 7j/7. Appel gratuit.

- Ressources d'aide +++
- Témoignages

« Cela me paraissait insurmontable. Je me sentais coincé au milieu de l'univers, loin de chez moi. J'avais l'impression que j'étais en train de mourir. Je me suis senti attiré vers la fenêtre et j'ai commencé à enjambrer la fenêtre, pour sauter. J'avais l'impression d'être arrivé au bout de quelque chose. J'avais perdu ma trace, quoi.

Donc je suis rentré à Paris, je suis sorti de l'aéroport et j'ai filé direct chez le psy. Et ça a été un moment important. Tout d'un coup, je me suis senti accompagné. Je n'avais plus peur de moi-même. » Etienne Daho



# DERNIÈRE ÉTUDE EN DATE



*2017 : Logic, 1-800-273-8255  
+ 50% des appels  
-5,5% du nombre de suicides aux  
États-Unis chez les 10-19 ans  
soit 245 morts évitées*



# SYNTAXE ET SÉMANTIQUE



La personne «a commis un suicide», « s'est donné la mort »

Le suicidé, le suicidaire

Un suicide réussi ou une TS ratée ou échouée

Idées noires

Épidémie, flambée ou fléau

X s'est suicidé

Compteur des suicides : 27<sup>ème</sup> suicide cette année



La personne «a mis fin à ses jours»

La personne décédée par suicide, la personne qui a des IDS

Un suicide avéré ou une TS

Idées suicidaires

Hausse ou supérieur

X meurt à 27 ans

Vous n'êtes pas obligés d'être le 28<sup>ème</sup>, des ressources existent



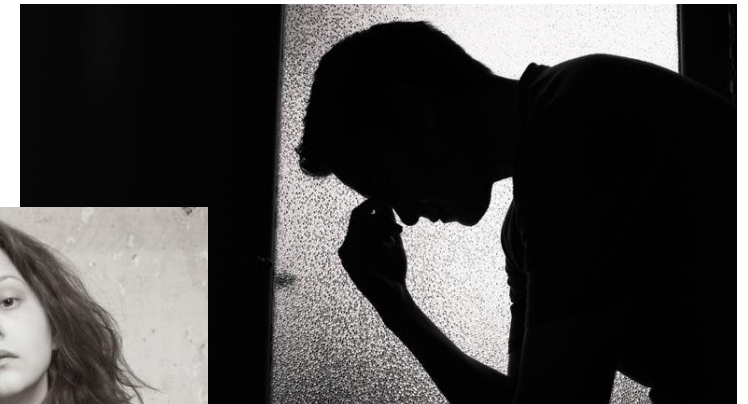
# ILLUSTRATIONS



Tu n'es pas seul.e, de l'aide est disponible



Désespoir ou méthodes de suicide



# L'ACTION DU PROGRAMME PAPAGENO : CLUSTER DE MASSE



JOURNALISTE  
FUTUR JOURNALISTE

SENSIBILISATION  
ACCOMPAGNEMENT  
ALERTE MÉDIAS



ACTEUR  
DE LA PRÉVENTION DU SUICIDE

MEDIA TRAINING



CONTRIBUTEUR  
DU WEB

SENSIBILISATION INFLUENCEURS  
DIFFUSION DE RESSOURCES



AUTEUR  
DE FICTION

CONSEIL  
ACCOMPAGNEMENT

# L'ACTION DU PROGRAMME PAPAGENO : CLUSTER LOCALISÉ

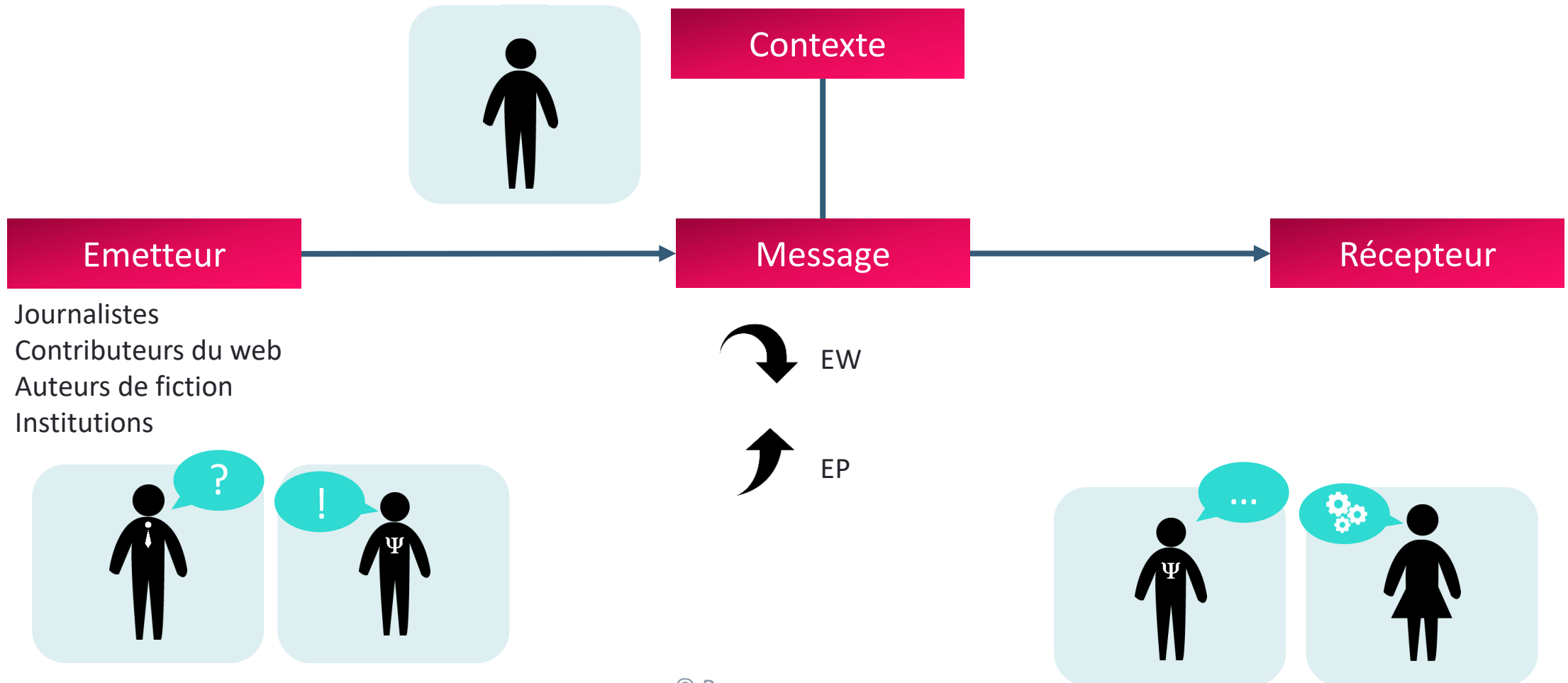


DIAGNOSTIC  
ACCOMPAGNEMENT



CONSEIL  
ACCOMPAGNEMENT  
DÉPLOIEMENT

# EN RÉSUMÉ



# LE SUICIDE, PARLONS-EN

**Papageno**  
PROGRAMME



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[@PapagenoSuicide](https://twitter.com/PapagenoSuicide)



[www.papageno-suicide.com](http://www.papageno-suicide.com)