

BOOK REVIEW

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A Review of *Suicide Research*

REFERENCE: *Suicide Research. Proceedings of the Seminars by Yrjö Jahansson Foundation 1974-1977*, Supplementum Psychiatria Fennica 1976, Helsinki, 1976, 179 pages, no price listed.

It can be stated at the outset that this small volume of 179 pages reads very much like a textbook and just about everything you would want to know about suicide becomes available. It represents comprehensive studies by leaders in the field, and once the reader picks up this excellent work it becomes exceedingly difficult to put it down.

The research investigated every aspect of the subject and is rich in statistical data as well as being very practical from the clinical view. The first chapter by Farberow on "Suicide, Past, Present and Perspective" is a definitive introduction to an understanding of the problem. He deals with the development of Suicide Prevention Centers and discusses the matter of crisis therapy and reconstitution as well as long-term traditional therapy aiming at rehabilitation or reconstruction. The reader soon becomes familiar with all phases of suicide investigation. The literature is most thoroughly combed and there are hundreds of references that offer a great deal of important data to those who are involved in the care of patients.

Some of the items covered included various scales to determine "Suicidal Potential," "Approach to Therapy," "Level and Maintenance of Suicide Prevention Centers," "Suicidal Phenomena in the General Population," "Significance of the Center in Crisis Intervention," "Suicide in Various Population Groups," "Epidemiology," "Family Studies and Suicide Prevention," "Suicide Problems in the Therapeutic Community."

The chapter "On Some Psychodynamic Mechanisms Associated with Suicide" is well worth the price of the book.

The chapter "On the Suicidal Behavior of Young Adults" is a study of 4965 Finnish conscripts, a very stimulating report.

I have nothing but the highest praise for the editors of this work, which covers the proceedings of the seminars of Suicide Research by the Yrjö Jahansson Foundation, 1974 through 1977. This book will be of great appeal to all who are interested in the subject, and certainly should be on every psychiatrist's shelf. It is recommended without reservation.

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