

Suicide and Armenia

by

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Abstract

In Fall of 2017, the number of suicide reports by the online newspapers has increased dramatically. Almost every day there was a report about a person committing suicide. However, the suicide rate in Armenia is not high, in 2017 out of 562 suicide attempts only 152 ended with death, but for a country where the population is 2.8 million 562 attempts seem high. Unfortunately, suicide in Armenia is not only about numbers but also about media reporting. Numerous studies have proved that detailed reports about suicide can increase the number of people committing suicide. This research attempts to understand what is suicide, why people commit suicide, how can we prevent it and how Armenian news outlets report about suicide. The research is presented in the form of multimedia which can be found on medium.com. The piece includes videos with psychologists and suicide experts, pictures, quotes and of course a written text. The purpose of the multimedia piece is to educate the public about suicide being a public health issue.

Research Process

In 2017, there was a period of massive suicide reporting in Armenia. Almost every day, you could see a headline of someone hanging or jumping from a building or a bridge. The headlines were quite disturbing, the pictures even more. Those reports had become the foundation of my research. I tried to find answers to the following questions: Why people commit suicide? Why do people in Armenia commit suicide? And, how can we prevent it?

Since those questions were more sociological questions, relevant to someone who is studying sociology, not English and Communications, I decided to make an educational multimedia piece about suicide mostly using visuals to communicate the information that I would gather from my research. Since it was an educational piece, it was important to mention

about the origins of suicide. I had the following question in my mind -- What is suicide? Not a definition of suicide, but attempting to have full understanding about this particular phenomenon. I decided to research on this, and I found one of the most important works on suicide which was Emile Durkheim's book *Suicide*.

Durkheim is considered to be one of the founders of modern sociology. In 1897 he published the first book of a methodological study of the social fact called *Suicide*. Durkheim points out in his book several social factors that can drive people to suicide. With the rise of capitalism, people have become more individualistic, family structure has been weakening, and people have been provided with choices. In the case of making a right choice people are rewarded, in the case of making a wrong choice people are lost. Capitalism gives people a choice and choices itself give people hopes. High hopes can mentally exhaust a person. We all have tendencies to feel grief and sorrow, but sometimes we perceive them as a sign of failure, which in fact is a fair response to difficult human conditions. Another issue that Durkheim brings is that people are not as collective as they were before. Things like family and religion lose their values in our lives. Since they are not shared experiences, people often don't bother with other people's issues. This brings isolation and the feelings of being misunderstood.

Durkheim also separated four different social factors that lead to different types of suicide. Altruistic Suicide: people who no longer care about their individual needs.

Egoistic Suicide: people who feel detached and isolated from the community.

Anomic Suicide: people who lose their place in the society.

Fatalistic Suicide: people who feel that they lost their freedom

Durkheim looked at the issue from a sociological point of view and gave a general overview in understanding the causes and reasons of suicide. I think his findings are still relevant

and will be relevant everywhere in the world. Any type of suicide can be fitted in one of the four categories provided by Durkheim. Not including Durkheim's work in my educational multimedia piece would have been irresponsible.

After having the answer to the question what suicide is, I decided to do more specific research on suicide in Armenia. Since, in Armenia, there is not much data available, I thought it would be hard to find something legitimate. To my surprise, I was able to find credible research about suicide rates in Armenia. Kamo Vardanyan, who is a professor of psychology at the Armenian State Pedagogical University after Khachatur Abovyan, published a paper "Statistical analysis of suicide in Armenia during 1999-2015." It described the general causes, the age, gender and methods of suicide in Armenia. It has noted that in Armenia 70 percent of suicides were completed by men, which exceeds the rate of women committing suicide by 40 percent. Also, 50 percent of men committing suicide did not have jobs. Durkheim did not give any specifics about the ratio of men and women committing suicide. I was interested whether it was only in Armenia or not because often gender roles are so specific in Armenia that it was not very surprising to me. I decided to research more on this, and I found that the ratio of men committing suicide is three times higher in the world than of women. I also found a study, published in 2011 "Interpersonal Suicide Risk and Ideation: The Influence of Depression and Social Anxiety" which found that men with lower income tend to experience depression and social anxiety more than women. This explains why 50 percent of men committing suicide in Armenia were unemployed.

After finding that men with lower income tend to experience depression more, I decided to do additional research on this topic. I found another study, "Men's depression: Endorsed experiences and expressions" which was published in the Journal of Psychology Of Men &

Masculinity. This study found that men experience depression differently than women, which could be the cause of attempting and committing suicide. It said that men's perception of depression is not always recognized as depression and that men fail to recognize their own distress as depression that needs treatment. I decided to include these findings in my multimedia piece, to show that it is not always the lower income that drives men to suicide. There are other psychological factors that can make men depressed, even without them realizing it.

Despite the fact that men's ratio of committing suicide is three times higher in the world, I found that women are more likely to attempt suicide than men. Vardanyan did not specify in his paper that women attempt more, but, he mentioned about the methods of suicide in Armenia. The two most prevalent methods were hanging and jumping from heights. I had a hypothesis that men use more violent methods for suicide which would immediately lead to death, such as hanging, than women; otherwise there was no other explanation why suicide attempt is higher in women, but men die from suicide more than them. I decided to research more about suicide methods, and I found a study published in 2011 "Gender Differentiation in Methods of Suicide Attempts." This study proved my hypothesis. It found that suicide attempts made by males involve a higher risk of death than females. They specified that males more frequently use hanging and asphyxia, while, females tend to choose pharmacological drugs overdose and exsanguination as the suicide method. Chances of surviving from a drug overdose or exsanguination, usually cutting the veins, are much higher, than chances of surviving from hanging or asphyxia. I decided to use this study in my educational multimedia piece, to explain the readers the paradoxical difference of the ratio.

Vardanyan mentioned in his paper how the suicide rate is being estimated for the country. It appeared that for every 100.000 if there is 10 or less completed suicide, then the suicide rate is

considered to be low. If there is 10-20 completed suicide, then the rate is medium, and if there is 20 and more completed suicide, then the rate is high. Globally for every 100.000 people, there is 16 completed suicide, however, according to Vardanyan's paper, in Armenia for every 100.000 there is seven completed suicide, so the rate is low.

When I was reading this, I thought that the suicide rate would be medium in Armenia, because many media outlets were regularly reporting on suicide. However, as I researched more, I found that not only the suicide rate is low in Armenia, but also the numbers of suicide decrease every year. But there was no explanation why the numbers decrease every year, because the poverty rate in Armenia was still 30 percent, much higher compared to previous years. I had a hypothesis that the yearly decrease of suicide numbers is connected to emigration. In order to test my hypothesis, I had to look at the rate of emigration in Armenia. I found an interesting data from "Return and protection" social—legal NGO. According to their estimates each year 35.000 people leave Armenia, however, in 2016 the number has increased by 2000. I understand that this hypothesis needs more research, but we cannot deny that there is a connection between decreasing numbers of suicide and increasing numbers of emigration. I decided to include this in my educational multimedia as well, to show that the problem still exists.

Since depression is usually the cause of suicide, I decided to find some information about depression in Armenia and use it in the final section of the multimedia piece. I found a report from National Institutes of Health published in 2016 which claimed that 40 percent of the population in Armenia has a low-level of depression. It also noted that 2.9 percent has a medium-level of depression, and only 0.1 percent suffers from severe depression. However, they had noted that the methodology of sociological research requires not to conduct interviews with people who suffer from mental illnesses. Also, they noted that usually, people who suffer from

severe depression are not prone to talk with interviewers. Thus, they noted that the percentage of severe depression is much higher than the official reports suggest.

Research Plan

Initially, the research project was designed differently. Instead of making an educational multimedia piece, I was more interested in making my multimedia piece based on human stories. The project would include photos, videos, audios and written text. I planned to interview people who had attempted suicide, and with friends or family members of those who had already committed suicide. I was more interested in finding out what people felt when they decided to attempt suicide, how they survived, and how they feel now. I also wanted to know stories of people who had lost a friend or a relative through suicide; what they would have done differently if that person was still alive, how would they help that person, were they able to see some signs, and what they felt after they found out about suicide.

I planned to do video interviews with suicide survivors, and audio interviews with friends or family members. I realized that people who had attempted suicide, might not want to show their face, so I decided only to show their silhouette in the videos. I also planned to interview psychologists, but I decided to include it in the written form.

I knew that it would not be easy to locate those people, especially in Armenia, because people were not used to speaking about their mental health issues. I decided, to ask psychologists to help me contact with some of their patients who would be willing to share their stories. I also planned to review my questions with the psychologists, because I did not want to upset the subjects or make them feel insecure.

When I started the interview process, the first person was the psychologist Lilit Baghdasaryan who was also the head of Analytical Center for Suicide Prevention “ANTISUICIDE.” Before conducting the actual interview, I went to see her to introduce my project and asked her whether she knows someone who attempted suicide and would be willing to talk to me. She said that there is a man who has attempted suicide several times, but now he is recovered, and he is even helping them to create suicide prevention tactics. I asked her whether I could talk to him, she said yes but only about suicide prevention techniques. I agreed. On the day of the interview, I asked Mrs. Baghdasaryan whether I should mention that I know that he attempted suicide before, she said that no, again emphasizing that I can only talk with him about suicide prevention techniques. Of course, I had no other choice, and I understood that it would be unethical.

After this interview, I realized that it would be better if I shift my multimedia in a different direction. I was still hoping to get in touch with family members or friends, but, due to time scarcity, I was not able to do that. I decided to make an educational piece because I realized that people would not be willing to share their stories. They could not give the information I needed. I will write more about the interview with the man who has attempted suicide but spoke about suicide prevention tactics. He did not tell me anything about his experience, and I felt that he was not fully recovered yet. I realized that this types of interviews would lead me nowhere, so I decided to look at the media reporting because initially, it was the suicide reports that motivated me to make my project. So, I decided to conduct video interviews with psychologists and instead of interviewing people who attempted suicide I decided to include a section about suicide reporting in Armenia.

Interviews

I have conducted video interviews with three psychologists and one interview with a 43-year-old man who had attempted suicide several times. The 43-year-old man asked me not to record our conversation, but take notes only. I realized that he was still in a vulnerable stage, so I tried to be more careful than I planned to be. Besides, psychologist Baghdasaryan told me to ask questions about suicide prevention, because, at that moment he was helping them to create suicide prevention strategies. I thought that the best question should be something general. So I just asked “Why people commit suicide and what are the suicide prevention programs.” He started to tell me everything he knew. He was putting more emphasis on the media content. He said that people who often listen and watch negative content in news and in television in general, they start to accumulate all the negative information inside themselves which can lead to depression. He said that people in that stage try to fix the world, but they realize that they can’t do that, which disappoints them and leads to depression and suicide attempt. He said, “You only hear the negative and aggressive content in the news. All these bad information accumulates inside you, and then... there is no exit from that.” He also spoke about the ways ordinary people treat mentally ill people. He said that in schools mentally ill students usually get bullied which affects their confidence and make them feel more misunderstood and depressed. He also mentioned that even teachers do not treat those students equally. He said that all parents should tell their children that mentally ill people are humans too, and they deserve to be treated respectfully.

The 43-year-old men also mentioned that Armenian women are more resistant to stress and depression than men. He said that because we are currently at the stage of Karabakh conflict, sometimes, young boys become victims of a shooting, which can be very painful experience for the father, especially, if that boy was his only son. He said that during these types of situations,

men tend to fall into depression and think about suicide. He also emphasized that money usually is the main cause of depression and suicide. Not being able to pay the debts or have a decent job, can easily make the person consider to commit suicide.

He said that we need to teach children to respect those who have mental health issues and try to help them to live a better life. He said that media usually represents mentally ill people as dangerous and bad people, but in reality, they are much nicer and smarter than ordinary people. In his opinion, it is important to upbringing children in a right way, teach them that the opposite gender is beautiful, teach them not to idealize singers or actors and teach them to love God. He also mentioned that intelligent people should not be in the army, but he did not explain why.

There were some questions I had during the interview, but I thought they might be offensive, so I decided not to ask. Sometimes I agreed with his statements, and sometimes I did not. He was very patriotic and religious man. In my educational multimedia piece, I only included a quote from this interview. I realized that if I include more from this interview, I might lose the track and not be able to connect with my other sources. Also, in this interview he only gave his subjective opinion, some statements such as losing a son can drive the father to commit suicide, needs extensive research. Also, things like teaching kids that opposite gender is beautiful is a very religious idea which is not supported by any study of suicide prevention tactics. Since, in my piece I talked about the ways the media report about suicide, I decided to include his quote about media where he says that all the bad information accumulates inside the person and there is no escape from that. There are numerous studies which say that media can have a negative impact on people, so I thought that including that quote would be a rational decision. I also realized that it was something more personal for him because during the interview he kept mentioning about the negative influence of media. I might be wrong of course.

Interviews with three professionals.

My first interview was with Lilit Baghdasaryan, the head of the “ANTISUICIDE” center. She mostly talked about the center and media reporting. She was very welcoming and said that we need to talk about these issues in Armenia. Baghdasaryan also mentioned that she and Kamo Vardanyan were planning to work on the research about suicide in spring. She also suggested me to talk to Kamo Vardanyan because he is the only suicide expert in Armenia, who can give thorough answers to my questions. During the interview, Baghdasaryan mentioned, that every book, every publication about suicide can have the opposite effect and become an advertisement. One of those cases was Goethe’s *The Sorrows of Young Werther* book, which has brought with itself many suicide acts. In this book, the hero shoots himself because of unattained love. The book was banished in several countries. Baghdasaryan said that in order to avoid such events, media representatives must understand that they should never commercialize suicide reporting, in other words, never cover details about suicide, how was it done, in which conditions it happened. She mentions that it would be better to put more emphasis on person's unstable psychological state. She also mentioned that people who consider committing suicide always show signs and we have to be attentive and offer help. Also, Baghdasaryan mentioned that we need to teach teenagers to be resistant to stress and not let themselves to fall into a depression.

The interview took almost six minutes, but I cut it to almost three. I cut the parts of me asking questions, some parts which I already included in the text and the parts which I included in the video about prevention which I will talk later in my reflection.

The second interview was with Madlena Arakelova, who currently works as a psychotherapist at the “Gratsia” International Rehabilitation Center of Armenian Red Cross Society. This interview was very informative. She spoke about the types of patients she usually

interacts with. She put her patients in three categories. The first two categories were women, and the third and last category was men. She said that even the cover of these three cases is the same, the approach to these patients and the essence of psychotherapeutic work are crucially different. She defined each group. It was interesting to hear that women might attempt suicide in order to achieve some social nuances. This can explain why women more attempt suicide, we can even consider that some women choose “safe” ways of doing it. She also spoke about professionals being professional, meaning taking their jobs seriously and treating patients appropriately. For the prevention tactics, Dr. Arakelova said that is important for a person to have the opportunity to be busy and most importantly we have to make sure that people know where to seek help when they feel distressed.

The interview took around 15 minutes, but I cut it to seven minutes. The interview was in Russian, so I also added English subtitles on Youtube. Again, I cut the parts of me asking questions, and the part about prevention techniques which I added in the fourth video about suicide prevention.

The third and last video interview was conducted with Kamo Vardanyan, who is the only suicide expert in Armenia. He is also the head of Research Center and a professor at the Armenian State Pedagogical University. When I read his paper, I immediately decided to interview him for this project. During the interview, he spoke about “Suicide Keys” which was very interesting to me. Suicide Keys are the signs that the person usually shows when he/she considers committing suicide. He also mentioned that all suicide motives are the same everywhere. Vardanyan mentioned that people who do not suffer from mental illnesses, consider suicide as a solution to a problem. For the prevention techniques, he mentioned that we need an institutionalized approach, meaning that there should appropriate institutions for mentally ill

people, who will receive the right treatments. He also said that we need research institutions where the phenomenon can be studied. He also mentioned that “Suicide Keys” can be noticed by the society. And the most important thing about suicide prevention that he mentioned is the education. He said that we need to teach children emotional intelligence and make them understand that the problems they might have in the future will always have alternative solutions.

The interview took around 11 minutes, but I cut it to almost five. The interview was in Armenian. There was a part when Vardanyan was telling about ancient Russia. He said that in ancient Russia the partner of a person who committed suicide would go to jail because he had to notice the signs of suicide and help to prevent them. I decided that if I remained that part, then the video would be much longer, which might not be very appropriate for the multimedia piece. I think I extracted the most important information from this video. I also cut the part about prevention and added it to the final video about prevention techniques.

Media

Since I decided to change the direction of my multimedia piece, I decided to research more on ways the Armenian media report about suicide. Kamo Vardanyan and Lilit Baghdasaryan had mentioned in their interviews, that the World Health Organization had developed guidelines for responsible reporting that news outlets must follow. Responsible reporting on suicide is essential for suicide prevention strategies. I decided to find those guidelines and compare them with Armenian media, to see whether news outlets follow them or not.

The World Health Organization, along with suicide prevention and public health organizations, internet safety organizations, schools of journalism and media organizations, have

developed a guideline for responsible reporting on suicide. According to the guideline, it is important not to report about the placement and methods of suicide. If the person left a note after suicide, it is important not to report the content of the note. It is very important to not describe suicide as inexplicable or “without warning,” and the most important thing that news outlets should not do is to put big or sensationalistic headlines, or prominent placement and put pictures of the method of the suicide. Also, suicide should be reported as a public health issue; it should not be similar to reporting on crimes. Most of the Armenian news outlets do not follow these guidelines.

Before introducing the ways Armenian media report about suicide, I would like to mention that numerous studies have proved that after suicide coverage, especially if a famous person committed the suicide, the numbers of people committing suicide dramatically increase. I found a study “Increase in suicides the months after the death of Robin Williams in the US” which noted that after the death of famous actor and comedian, Robin Williams, the suicide rate in following months had increased by almost 10 percent in the U.S. Another important detail that this study mentioned was that Williams struggled with Lewy Body Dementia, however, the initial reports on his death did not mention this condition.

Also, another important study “Media effects on suicide methods: A case study on Hong Kong 1998-2005” published in 2017, noted that mass media reporting of the particular method of committing suicide, which happened in 1998 in Hong Kong, directly influenced the increase of the numbers of suicide. Since the method was painless and non-violent (burning barbecue charcoal in a small, sealed bedroom to create a carbon monoxide chamber), it influenced many to try it. This study proved that vividly reporting on methods of suicide can easily trigger people to use that.

Why did I mentioned those two cases is because the most media outlets in Armenia also report about suicide carelessly and vividly. For my multimedia, I chose four reports from four different news outlets to compare them with the guidelines of responsible reporting. In the multimedia piece, I gave detailed information about each news report.

The first one was from Tert.am, which is one of the most well-known online news outlets which is followed by many Armenians. The report was about a 65-year-old man who committed suicide by hanging himself in the balcony from metal pillar using a rope. The man had also left a note saying that “living is meaningless and he knows that he is doing a bad thing. This report does not only tell the exact method of committing suicide but also includes the content of the note, which clearly shows that the news agency does not follow the rules of responsible reporting.

The second report I chose from Shamshtyan.com, which again is one of the most well-known news outlets in Armenia. The report was about a 31-year-old man who committed suicide by jumping from the 9th-floor window of the building. But this report does not only tell how the suicide happened, but it also includes the time of the suicide and the exact location of the building. It also mentioned that friends and family member did not expect that the 31-year-old man would commit suicide, which is against the guideline of responsible reporting. This report even mentions one of the relatives of the man, who was the ex general-mayor of the Ararat region police. I don't think that this information was necessary to add in the report, as well as, the time and the location.

The third report was from "Aravot" daily newspaper, which did not include as many details as the previous one, but it still mentioned the location of the suicide. This time, a 23-year-

old young man jumped from Kievyan bridge. I would like to mention that Keivyan bridge is the hot spot for suicides, many people choose this particular bridge to end their lives.

The fourth and final report was the most vivid in my opinion. It was from Joxovurd daily newspaper a.k.a armlur.am. The headline of this report said it all, “70-year old man has shot himself on the left side of his chest.” I must also note that they also included a picture of the weapon. I don’t know whether that was the actual weapon of the suicide or it was just a picture of the same gun, but I know that it was against the WHO guideline of responsible reporting.

Neither of these reports had a hot-line number, and all of them were similar to reporting on crime, rather than reporting suicide as a public health issue. People in vulnerable stage might try to go to the same building and jump from the 9th-floor, or they might get a gun and shoot themselves on the left side of the chest. Neither of these reports explained about mental health problems or illnesses that most probably led to suicide. Similar to the case of Robin Williams. He had a serious mental decline, but it has not been reported for a long time. As Kamo Vardanyan and Lilit Baghdasaryan have mentioned in their interviews, a person who is about to commit suicide always gives some signs, verbal or non-verbal. It is important to include that information and provide at least a hotline number so that people who are considering to end their lives will know that there is someone who they can talk to.

Visuals

- **Videos**

I made four videos for my educational multimedia piece. First, three videos were individual videos of the professionals whom I interviewed, and the final fourth one was about suicide prevention tactics where all three professionals were included in one video. The last video was seven minutes 20 seconds, where all professionals speak how can we prevent suicide

in Armenia. I decided to make all videos black and white for design purposes. The longest video in my educational multimedia piece was the last one. The videos were complementary to the written text and pictures as well.

- **Pictures**

For the multimedia piece, I decided to use black and white/grayscale pictures. As I was writing about suicide and depression, I thought that colorful pictures would be inappropriate, while black and white/grayscale images would give a more credible look and would set the right mood. I must note that in the third section where I describe the ways the Armenian media report about suicide I used the actual screenshots (which included brighter colors) of the reports to show the readers the exact look of them.



Those pictures are screenshots from “The School of Life” video about Emile Durkheim’s *Suicide*. “The School of Life”

is a Youtube video channel for educational videos. I tried to find relevant pictures for my first section, where I described Durkheim’s findings, and I thought to take a look at “The School of

Life” to see whether they have done a video on Durkheim, and they did. I thought that these two screenshots describe what Durkheim did when he wrote the book *Suicide*.



A photo of Kievyan Bridge by H-dayan.

This picture starts the second section of the multimedia piece where I describe the situation in Armenia. People who decide to commit suicide by jumping from the bridge, usually come to this specific bridge.

Kievyan bridge is almost a symbol of suicide in Armenia. Since many people in Armenia know about this bridge mostly from suicide attempts, I decided to choose this picture as a representation of many suicide attempts in Yerevan.



This picture I was able to get on pixabay.com, which provides free images to everyone. I used this image when I described the gender difference in committing suicide. Since male's rate of committing suicide three times higher in the world, I decided to put an image

which would show loneliness or uncertainty to complement the written text. I decide to choose this particular image because I did not want to show any faces. I wanted readers to create associations by the idea of the image not by faces.



This image I took from pixabay.com as well. I use this picture when I say that rate of women in attempting suicide is higher than of men. Again I chose this specific image because I did not want to show faces which would create associations

in the readers' mind. The idea, the tone of the picture was more important to me. Here you see a woman looking down, suggesting that she feels sad or depressed. She might even cut her veins, which is a more prevalent method for women to attempt suicide than for men. This image gives the right idea about the written text and the second video with Madlena Arakelova as well.



This image is again from pixabay.com. I used this as a transition to the third section, where I describe the way the Armenian media reports about suicide. I don't think this one needs so much explanation. I decided to use newspapers as a representation of media.



I used this image as a transition to the fourth and last section about suicide prevention. I decided to choose something with helping hands which would symbolize support. As we already know that people who consider committing suicide always show some signs, either verbal or non-verbal. It is very important to be attentive to those signs and offer help. I think this image shows a willingness to help which complements the written text in the multimedia. Also this image more abstract similar to the universal sign of help.

Screenshots

In the multimedia piece, I used screenshots of those four reports. I underlined the parts which ignored the guidelines of responsible reporting in red and translated them into English. I did not change the color of screenshots, because I wanted to show exactly how did news outlets decided to report on suicide.

Limitations and avenues for further research

As I have mentioned already, my initial research plan was a little bit different from this one. In order to do an extensive research one must be prepared to spend quite an amount of time and energy. One of the limitations was time. I wanted to interview or create a survey for friends and family members of those who committed suicide. Since we already know that suicidal

people always give some signs, it would be interesting to know whether friends or family members noticed those signs or not. I also wanted to know the public's opinion about suicide, because religion wise suicide considers as a sin. Another limitation was the television reporting. I only looked how online newspapers report about suicide; it would have been interesting if I could manage to look at the television reporting, to see how much they follow the guidelines. Another timewise limitation was looking at the relationship between suicide and emigration. I only suggested a hypothesis which needs to be researched more to understand whether they are actually correlated or not, but this probably will be left for the further research.

There are many possible avenues for further research. First, we now know that women more attempt suicide than commit. I found that methods differ in suicide, but I think it needs more research to understand why women are more prone to attempt suicide although they die less from that than men.

Another thing that I would like to note is that when I decided to do my project about suicide, during that particular period, started around from June till around October, the reports about suicide were everywhere on social media. But after around a month the number of reports on suicide decreased. I wonder if the time can affect this behavior. Do people commit more suicide in summer and fall, or it was just a coincidence. It would also be interesting to research.

Also, Madlena Arakelova mentioned several times that psychotherapists should take their jobs seriously. I think there is an opportunity to research and see how in Armenia psychotherapist do their job and how it affects patients. This can be very interesting and important research. Because if the professionals do not do their jobs responsibly, then prevention tactics might not work.

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