Aim: The aim of this study was to evaluate the methods and wounds of suicide done by self-injury.

Introduction: Hanging and drug overdose are the most common ways of suicide. However, there are also more painful methods of dying. This study considers: stabbing, cutting with a knife, ingestion of sharp foreign body, self-shooting, self-arsen, crushing.

Methods: There were 65 recorded cases ($M = 56$, $F = 9$, mean age: $49.96 \pm 15.78$) of self-mutilation as a way of death in archives of the Department of Forensic Medicine of Jagiellonian University Medical College in Cracow in years 2011–2016. All of them were studied in terms of the method, trial and mortal wounds (number, area, type), condition of clothing, prior psychiatric treatment, prior suicide attempts. All calculations were done with the usage of Statistica software.

Results: The most common methods of suicide were self-shooting (38.46%), cutting (26.15%), stabbing (16.92%). There was 1 case of foreign body ingestion and 1 of head crushing in a blacksmith machine. There were 6 cases of self-arsen. Trial wounds were observed in 29.23% cases, all of them were recorded in


http://dx.doi.org/10.1016/j.pbj.2017.07.133

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The multidimensional approach to suicide done through self-mutilation with an overview of wounds

Ciuk Katarzyna*, Ciuk Szymon, Dadański Emil, Chukwu Osisatima, Bociaga Marta, Burghardt Wiktoria

Jagiellonian University Medical College, Poland

E-mail address: kataryna962@gmail.com

(C. Katarzyna).

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