**Online supplement**

| **Table 6 Types/ Meanings by different variables** |
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|  | **Appeal/ Blackmail** | **Ordeal/Game** | **Vengeance** | **Self-Punishment** | **Sacrifice** | **Flight** | **Grief** | **Transfiguration** |
|  |  | no | % | Mean | S.D | Mean | S.D | Mean | S.D | Mean | S.D | Mean | S.D | Mean | S.D | Mean |  S.D | Mean | S.D |
| **Data collection** | Interview | 64 | 43.5 | 2.06 | .92 | **2.88\*** | .88 | 1.43 | .69 | 2.82 | 1.20 | 2.20 | 1.01 | 4.26 | ,70 | 3.10 | 1.25 | 3.23 | 1.51 |
| Postal | 83 | 56.5 | 2.01 | .83 | **1.77** | .72 | 1.36 | .72 | 3.04 | 1.28 | 2.43 | 1.08 | 4.35 | .77 | 2.67 | 1.33 | 2.08 | 1.54 |
| **Gender** | Male | 48 | 32.7% | 2.10 | 1.02 | 1.97 | .85 | 1.43 | .74 |  **2.56** | 1.19 | **2.12** | 1.11 | 4.22 | .71 | 3.02 | 1.35 | 3.06 | 1.55 |
| Female | 99 | 67.3% | 2.01 | .79 | 1.88 | .79 | 1.37 | .70 | **3.13\*\*** | 1.25 |  **2.44**[**†**](http://bjp.rcpsych.org/content/201/1/26.full#fn-1) | 1.02 | 4.36 | .76 | 2.79 | 1.30 | 3.19 | 1.52 |
| **Marital Status** | Married/ In relationship | 59 | 40.1% | 2.05 | .93 | 1.91 | .90 | 1.46 | .89 | 2.93 | 1.31 | 2.34 | 1.00 | 4.27 | .83 | **2.63** | 1.36 | 3.00 | 1.54 |
| Single/ Divorced/ Widowed | 83 | 56.5% | 2.02 | .80 | 1.93 | .75 | 1.35 | .56 | 2.98 | 1.22 | 2.36 | 1.11 | 4.34 | .69 |  **3.01**[**†**](http://bjp.rcpsych.org/content/201/1/26.full#fn-1) | 1.30 | 3.24 | 1.51 |
| **Have Children** | Yes | 74 | 50.3% | 2.05 | .93 | 1.92 | .89 | 1.49 | .84 | 2.79 | 1.29 | **2.19** | 1.04 | 4.36 | .77 | 3.00 | 1.45 | 3.16 | 1.58 |
| No | 66 | 44.9% | 2.01 | .77 | 1.92 | .74 | 1.30 | .55 | 3.12 | 1.21 | **2.56\*** | 1.05 | 4.27 | .73 | 2.67 | 1.16 | 3.06 | 1.46 |
| **Close family** | Yes | 82 | 55.8% | **2.17** | .92 | 2.00 | .85 | 1.37 | .74 | 3.02 | 1.34 | **2.49** | 1.09 | 4.33 | .76 | 2.91 | 1.34 | 3.23 | 1.44 |
| No | 61 | 41.5% | **1.88**[**†**](http://bjp.rcpsych.org/content/201/1/26.full#fn-1) | .79 | 1.81 | .76 | 1.43 | .69 | 2.81 | 1.13 |  **2.18**[**†**](http://bjp.rcpsych.org/content/201/1/26.full#fn-1) | .99 | 4.29 | .75 | 2.78 | 1.28 | 3.03 | 1.65 |
| **Extended Family** | Yes | 16 | 10.9% | **1.68** | .68 | 1.61 | .54 | 1.33 | .80 | 2.69 | 1.10 | 2.10 | .95 | 4.50 | .64 | 2.75 | 1.37 | 3.44 | 1.36 |
| No | 126 | 85.7% | **2.08**[**†**](http://bjp.rcpsych.org/content/201/1/26.full#fn-1) | .89 | 1.95 | .83 | 1.40 | .71 | 2.95 | 1.29 | 2.38 | 1.08 | 4.28 | .77 | 2.87 | 1.32 | 3.12 | 1.54 |
| **Did you intend to kill yourself?** | Yes | 104 | 70.7% | 2.02 | .93 | 1.88 | .76 | 1.41 | .71 | 2.95 | 1.28 | 2.40 | 1.09 | **4.44** | .67 | 2.87 | 1.32 | 3.23 | 1.49 |
| No | 35 | 23.8% | 2.12 | .68 | 2.05 | .95 | 1.34 | .64 | 2.85 | 1.22 | 2.22 | .93 |  **4.02\*\*** | .86 | 2.81 | 1.36 | 2.89 | 1.62 |
| **Disappointed that she/he hadn’t died** | Yes | 73 | 49.7% | **1.93** | .91 | **1.80** | .80 | 1.43 | .77 | 2.97 | 1.27 | 2.38 | 1.14 | **4.50** | .63 | 2.88 | 1.35 | 3.22 | 1.58 |
| No | 61 | 41.5% | **2.23\*** | .83 |  **2.06**[**†**](http://bjp.rcpsych.org/content/201/1/26.full#fn-1) | .83 | 1.36 | .62 | 2.87 | 1.27 | 2.24 | .96 |  **4.14\*\*** | .82 | 2.93 | 1.37 | 3.07 | 1.52 |
| **Religion** | Atheist | 28 | 19.0% | 2.12 | .76 | 1.79 | .69 | 1.45 | .75 | 3.15 | 1.36 | 2.48 | 1.06 | 4.30 | .77 | 2.43 | 1.34 | **2.39d** | 1.34 |
| Agnostic | 19 | 12.9% | 1.83 | .79 | 1.93 | .89 | 1.33 | .61 | 2.65 | 1.22 | 2.28 | 1.07 | 4.24 | .91 | 3.24 | 1.48 | **3.05** | 1.39 |
| Believe in God but not in organised religion | 55 | 37.4% | 2.09 | .90 | 1.92 | .80 | 1.50 | .82 | 2.99 | 1.16 | 2.30 | .94 | 4.36 | .66 | 2.89 | 1.28 | **3.36** | 1.47 |
| Believe in God and organised religion | 36 | 24.5% | 1.94 | .90 | 2.04 | .91 | 1.24 | .56 | 2.88 | 1.33 | 2.23 | 1.17 | 4.37 | .72 | 2.99 | 1.33 | **3.71\*\*** | 1.56 |
| **Meaning of death** | The end, with nothing beyond - no form of afterlife  | 28 | 19.0% | 2.14 | .98 | 2.01 | .78 | 1.32 | .45 | 2.75 | 1.14 | 2.23 | 1.03 | 4.24 | .81 | 2.78 | 1.30 | **2.14f** | 1.43 |
| The end of this life, leading to a Judgement Day and afterlife | 21 | 14.3% | 2.08 | .89 | **2.28g** | .87 | 1.32 | .65 | 3.29 | 1.28 | 2.87 | 1.34 | 4.35 | .61 | 3.10 | 1.24 | **3.95** | 1.28 |
| The end of this life, with some form of existence beyond | 44 | 29.9% | 2.20 | .78 | 1.91 | .83 | 1.52 | .85 | 2.91 | 1.21 | 2.05 | .81 | 4.21 | .77 | 2.90 | 1.31 | **3.43** | 1.48 |
| A deep sleep (with or without a return to life) | 31 | 21.1% | 1.80 | .86 | **1.57\*** | .49 | 1.37 | .76 | 2.76 | 1.30 | 2.46 | 1.12 | 4.40 | .79 | 2.95 | 1.47 | **3.10** | 1.52 |
| No idea | 16 | 10.9% | 1.97 | .95 | 1.99 | 1.06 | 1.38 | .76 | 3.44 | 1.13 | 2.49 | 1.13 | 4.38 | .74 | 2.60 | 1.23 |  **3.06\*\*** | 1.44 |
| **Alcohol before the act** | Yes | 50 | 34.0% | 2.03 | .80 | **2.13** | .81 | 1.43 | .66 | 2.77 | 1.14 | 2.18 | .91 | 4.25 | .68 | 2.85 | 1.26 | 3.10 | 1.42 |
| No | 91 | 61.9% | 2.06 | .92 | **1.82\*** | .79 | 1.36 | .71 | 3.03 | 1.33 | 2.43 | 1.12 | 4.36 | .78 | 2.87 | 1.38 | 3.19 | 1.59 |
| **Occupation** | Housewife | 6 | 4.1% | 2.07 | .81 | 1.43 | .48 | 1.17 | .28 | 2.89 | 1.77 | 2.89 | 1.09 | 4.11 | .98 | 2.67 | 1.69 | 3.67 | 1.51 |
|  | Students | 11 | 7.5% | 2.13 | .74 | 1.89 | .60 | 1.09 | .30 | 3.52 | 1.10 | 2.82 | 1.40 | 4.12 | .93 | 2.95 | 1.37 | 2.82 | 1.33 |
|  | Unemployed | 57 | 38.8% | 2.29 | 1.06 | 2.01 | .92 | 1.57 | .93 | 2.99 | 1.17 | 2.36 | 1.09 | 4.29 | .75 | 2.75 | 1.34 | 3.13 | 1.60 |
|  | Pensioner | 3 | 2.0% | 1.47 | .50 | 2.47 | 1.33 | 1.33 | .58 | 2.11 | 1.64 | 1.89 | 1.26 | 4.22 | .69 | 3.33 | 1.53 | 2.33 | 1.53 |
|  | Employed | 52 | 35.4% | 1.87 | .64 | 1.85 | .70 | 1.31 | .47 | 2.88 | 1.25 | 2.26 | .92 | 4.43 | .67 | 2.82 | 1.31 | 3.12 | 1.50 |
| **Previous attempts** | No previous attempts | 12 | 8.2% | 1.56 | .51 | 1.52 | .54 | 1.36 | .92 | 2.33 | 1.18 | 1.78 | .82 | 4.06 | .96 | 3.50 | 1.22 | 2.33 | 1.50 |
| One previous attempt | 33 | 22.4% | 1.97 | .92 | 1.92 | .89 | 1.29 | .54 | **2.40** | 1.23 | 2.24 | 1.19 | 4.18 | .88 | 2.56 | 1.26 | 3.06 | 1.56 |
| Two previous attempts | 21 | 14.3% | 2.21 | .98 | 1.84 | 1.01 | 1.33 | .62 | 2.63 | 1.26 | 2.17 | .89 | 4.43 | .68 | 2.86 | 1.46 | 2.62 | 1.43 |
| Three previous attempts | 18 | 12.2% | 2.10 | .82 | 2.24 | .87 | 1.39 | .85 | 3.31 | 1.25 | 2.56 | 1.23 | 4.41 | .73 | 2.67 | 1.52 | 3.33 | 1.68 |
| Four or more previous attempts | 58 | 39.5% | 2.12 | .87 | 1.94 | .69 | 1.48 | .76 |  **3.35\*\*\*** | 1.14 | 2.56 | .99 | 4.40 | .63 | 2.97 | 1.21 | 3.51 | 1.42 |
|  S.D Standard Deviation ,**\* P < 0.05 \*\* P < 0.01 \*\*\* P < 0.001** [**†**](http://bjp.rcpsych.org/content/201/1/26.full#fn-1) marginal level of significance a. P< .01, b. approaching level of significance ( p<.09), c. p< .05,  d. p< .01 between atheist and “believe in God but not in organised religion” and “believe in God and organised religion”. g. p< .05 between “ The end of this life, leading to a Judgement Day and afterlife” and “A deep sleep (with or without a return to life)” “The end of this life, with some form of existence beyond”f. p< .01 between “The end, with nothing beyond - no form of afterlife” and “The end of this life, leading to a Judgement Day and afterlife” and “The end of this life, with some form of existence beyond”h P = 0.004 between one attempt and 4 or more attempt |

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| **Table 7 Factor analysis results** |
|  | **Appeal/****Blackmail** | **Ordeal/ Game** | **Vengeance** | **Self-Punishment** | **Sacrifice** | **Flight** | **Grief** | **Transfiguration** |
| I wanted to let others know that I needed help. | **.65** | -.04 | -.10 | .19 | -.22 | .00 | .00 | .24 |
| I aimed my attempt at a particular person, as I wanted that person's attention | **.64** | .08 | -.01 | -.13 | .14 | .05 | .23 | -.15 |
| In killing / harming myself I had in mind a particular person whom I knew would be distressed as a result.  | **.62** | -.03 | -.01 | .04 | .07 | -.05 | -.12 | .20 |
| In attempting to kill / harm myself I was aiming to influence another person who is close to me. | **.61** | -.09 | .14 | -.03 | .05 | .04 | -.01 | -.20 |
| By trying to kill / harm myself, I wanted something specific from another person | **.58** | .06 | -.01 | .13 | -.09 | .07 | .21 | -.02 |
| It was all a game to me: I didn't care if I lived or died.  | .08 | **.73** | -.11 | -.15 | .12 | -.04 | -.06 | .05 |
| I was tempting Fate.  | -.10 | **.70** | .05 | .11 | -.02 | .06 | -.16 | .01 |
| I was gambling with my life, like a Russian roulette player | -.12 | **.67** | .09 | .15 | -.05 | -.03 | .16 | -.01 |
| I was merely playing with my life.  | .31 | **.52** | .02 | -.05 | -.10 | -.07 | -.31 | -.06 |
| I was trying to find out if life was worth living | .08 | **.41** | -.05 | .01 | -.02 | -.12 | .23 | .24 |
| My aim in killing/harming myself was to have another person blamed for my death | -.04 | -.16 | **.90** | .06 | -.04 | -.06 | -.08 | .14 |
| I expected society in general to blame another person for my death. | -.04 | .27 | **.69** | .04 | -.08 | .03 | .04 | -.01 |
| By killing/harming myself, my only aim was to inflict pain on another person | .26 | .05 | **.52** | -.14 | .09 | -.01 | .09 | .03 |
| I attempted to kill / harm myself because of a sense of shame that I had about something I had done  | .13 | -.11 | .04 | **.75** | .03 | -.11 | -.03 | -.05 |
| I attempted to kill / harm myself because I felt I needed to punish myself. | .07 | .02 | -.01 | **.71** | .14 | .09 | .00 | -.11 |
| I did some fault/ mistake and the only way to make up for my faults/ mistakes were to kill myself.  | -.10 | .19 | .00 | **.66** | .07 | .07 | .08 | -.09 |
| I intended that other people would get something out of from my suicide attempt/ death.  | -.13 | .06 | -.07 | .04 | **.76** | .01 | .06 | .04 |
| I believed that someone or some people would benefit from my death  | .12 | -.02 | .03 | .11 | **.62** | .09 | -.22 | .14 |
| I believed that had to give up my life to save someone else life. | .04 | -.04 | -.03 | .13 | **.52** | -.22 | .05 | .09 |
| I saw the situation I was in as intolerable  | .00 | -.05 | .01 | .05 | -.06 | **.66** | -.01 | .02 |
| At the time I attempted to kill / harm myself, I could not see the situation ever changing in the future | -.03 | .07 | -.06 | -.05 | -.01 | **.63** | .05 | .31 |
| I believed that killing / harming myself was my only way of getting out from an intolerable situation | .09 | -.07 | -.03 | .01 | -.02 | **.62** | -.10 | -.09 |
| I attempted to kill / harm myself because I lost a loved one | .01 | -.06 | -.09 | .01 | -.04 | -.10 | **.66** | .08 |
| I attempted to kill / harm myself because I lost something essential / central in my life which I can easily identify | .12 | -.10 | .11 | .03 | .01 | .08 | **.59** | .02 |

Because of motives:

biopsychosocial

Sense of problem

Solution: Suicide or self-harm

In order to motive

Meaning

Old age, death of partner, physical illnesses, isolation, depression, hopelessness

Life is intolerable

Suicide

To escape from intolerable situation

Flight

Because of motives:

biopsychosocial

Sense of problem

Solution: Suicide or self-harm

In order to motive

Meaning

Old age, death of partner, physical illnesses, isolation, depression, hopelessness

Life is intolerable

Suicide

To escape from intolerable situation

Flight

Because of motives:

biopsychosocial

Sense of problem

Solution: Suicide or self-harm

In order to motive

Meaning

Old age, death of partner, physical illnesses, isolation, depression, hopelessness

Life is intolerable

Suicide

To escape from intolerable situation

Flight

Appendix: Ideal Typical Meanings Questionnaire ITMQ

This questionnaire contains a number of statements related to your recent attempt to harm/kill yourself. Read each statement carefully and then indicate the extent to which you agree or disagree by circling the number which represents your answer.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Strongly disagree  |  Disagree  | Don’t Know  | Agree  | Strongly agree  |
| 1. | I saw the situation I was in as intolerable | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 2. | I attempted to kill / harm myself because I lost a loved one | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 3. | In killing / harming myself I had in mind a particular person whom I knew would be distressed as a result.  | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 4. | My aim in killing/harming myself was to have another person blamed for my death. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 5. | I thought that by dying I would be taken to a better state/life. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 6. |  I was merely playing with my life. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 7. | In attempting to kill / harm myself I was aiming to influence another person who is close to me. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 8. | It was all a game to me: I didn’t care if I lived or died.  | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 9. | I attempted to kill / harm myself because I felt I needed to punish myself. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 10. | I wanted to let others know that I needed help. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 11. | By trying to kill / harm myself, I wanted something specific from another person | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 12. | I believed that some one or some people would benefit from my death | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 13. | I was tempting Fate. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 14. | I attempted to kill / harm myself because I lost something essential / central in my life which I can easily identify. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 15. | I did some fault/ mistake and the only way to make up for my faults/ mistakes were to kill myself. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 16. | By killing/harming myself, my only aim was to inflict pain on another person | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 17. | I believed that I had to give up my life to save someone else life. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 18. | I was trying to find out if life was worth living.  | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 19. | I expected society in general to blame another person for my death. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 20. | I believed that killing / harming myself was my only way of getting out from an intolerable situation | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 21. | I attempted to kill / harm myself because of a sense of shame that I had about something I had done | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 22. | I aimed my attempt at a particular person, as I wanted that person’s attention | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 23. | I intended that other people would get something out of from my suicide attempt/ death. | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 24. | I was gambling with my life, like a Russian roulette player | ....1.... | ......2…... | ...3… | ...4… | …5… |
| 25. | At the time I attempted to kill / harm myself, I could not see the situation ever changing in the future | ....1.... | ......2…... | ...3… | ...4… | …5… |
|  |  |  |  |  |  |  |

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| Scoring: For each type, a mean score can be computed by dividing the total score by the number of items forming each type. |
| **Type** | **Items** |
| Appeal/Blackmail | 3,7,10,11,22 |
| Ordeal/Game | 6,8,13,18,24 |
| Vengeance | 4, 16,19 |
| Self-punishment | 9, 15,21 |
| Sacrifice | 12,17,23 |
| Flight | 1,20,25 |
| Grief | 2, 14 |
| Transfiguration | 5 |