

Working Together
同心協力 防止自殺


2018 世界防止自殺日
WORLD SUICIDE PREVENTION DAY 2018



THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
and Prevention
THE UNIVERSITY OF HONG KONG
香港大學香港賽馬會防止自殺研究中心

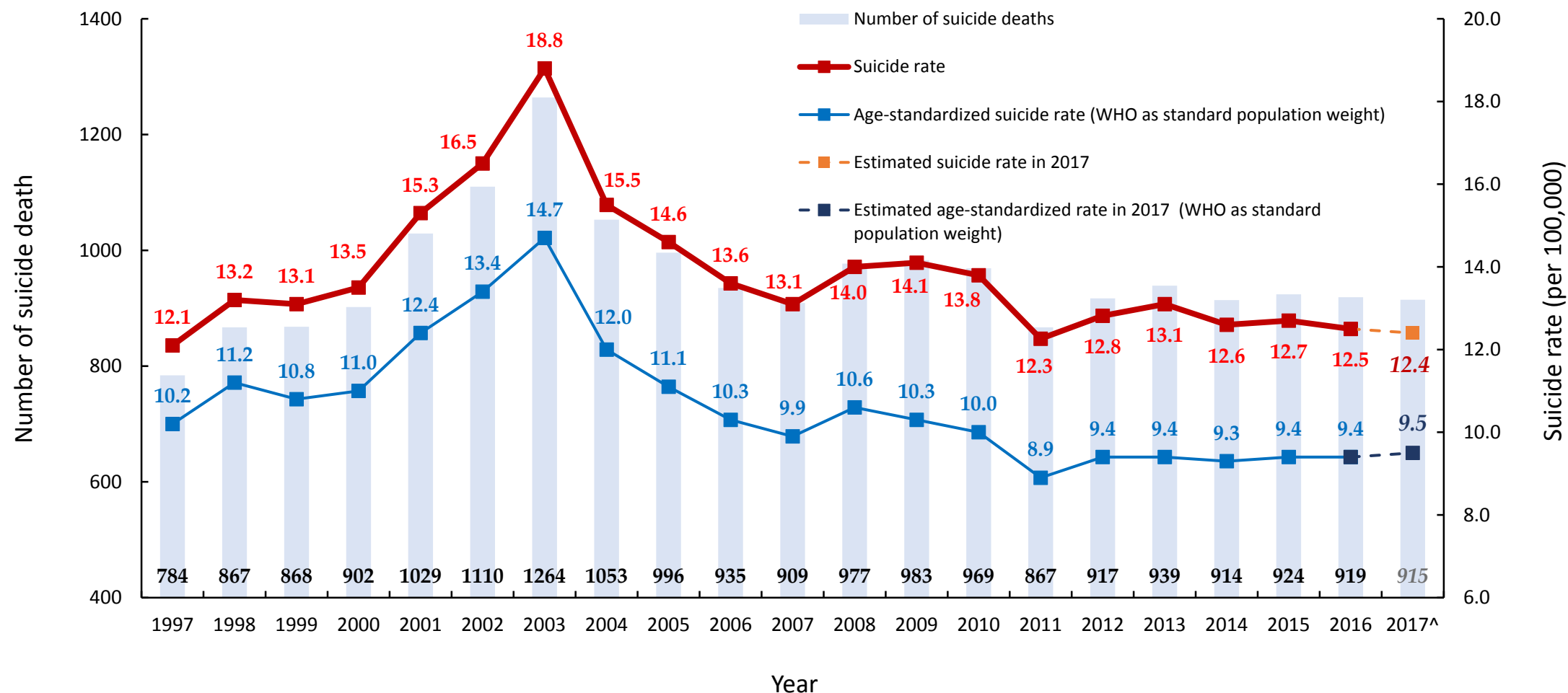


Agenda

1. An update on the suicide situation in Hong Kong
2. Our experience of engaging YouTubers for suicide prevention 



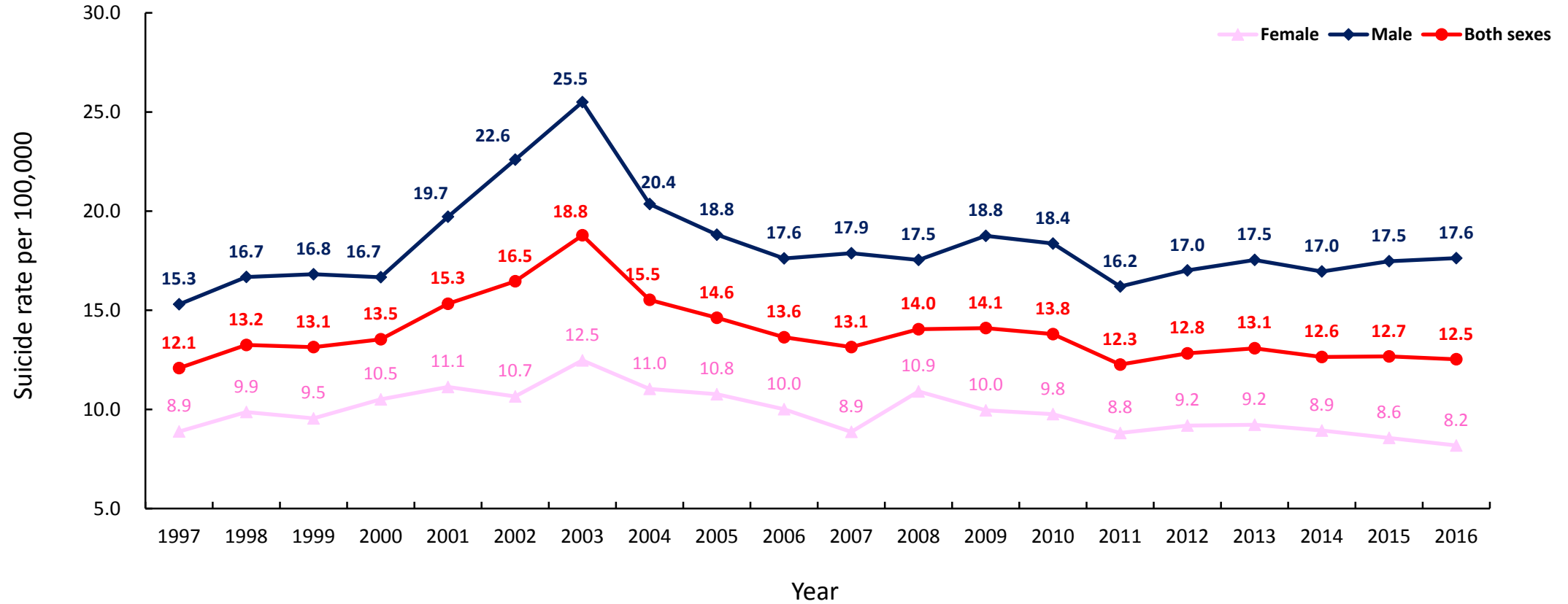
Number of Suicides and Suicide Rates in Hong Kong, 1997-2017^



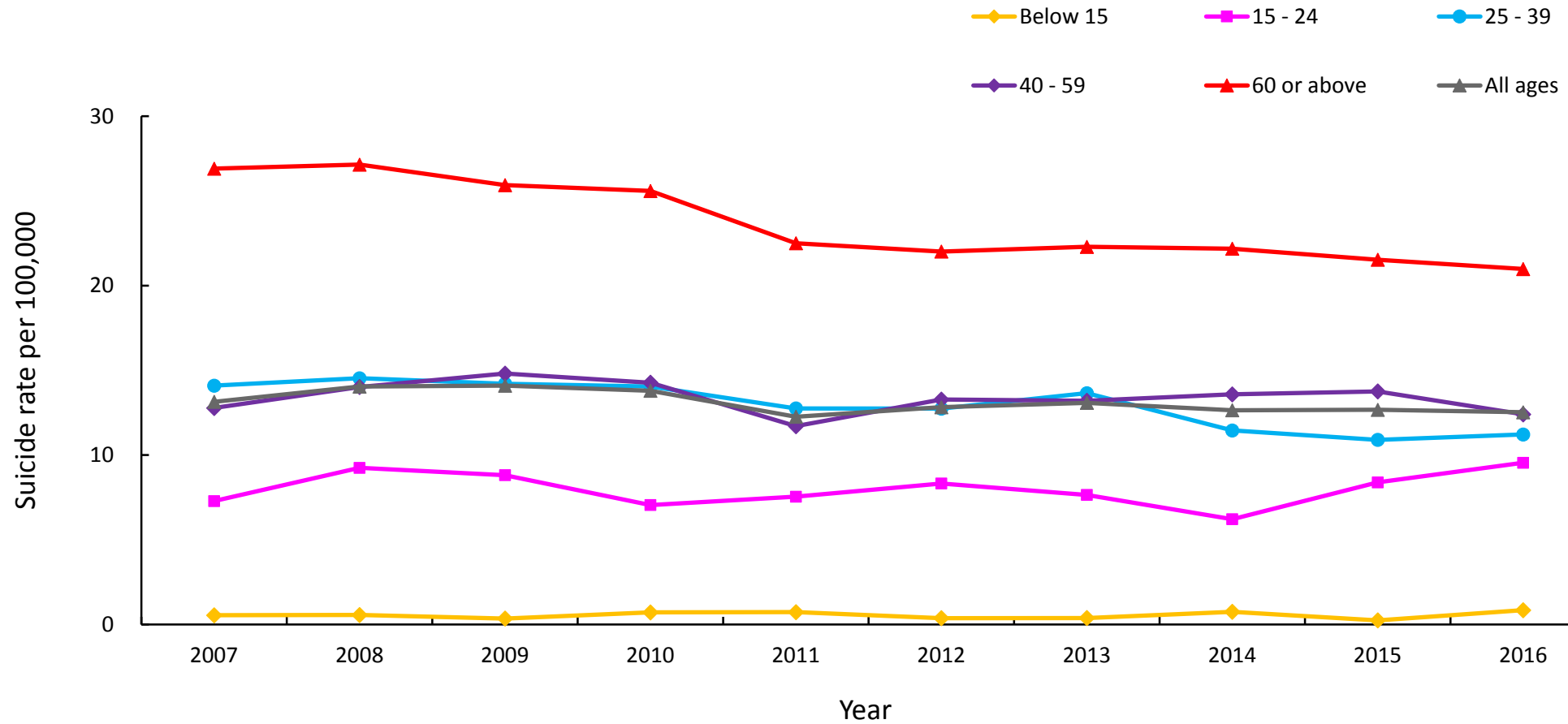
2016 annual global age-standardized suicide rate: 10.5 per 100 000 population (WHO, 2018).

^ Estimated numbers. According to data from Coroner's Court, with registered death date up to 31 July 2018.

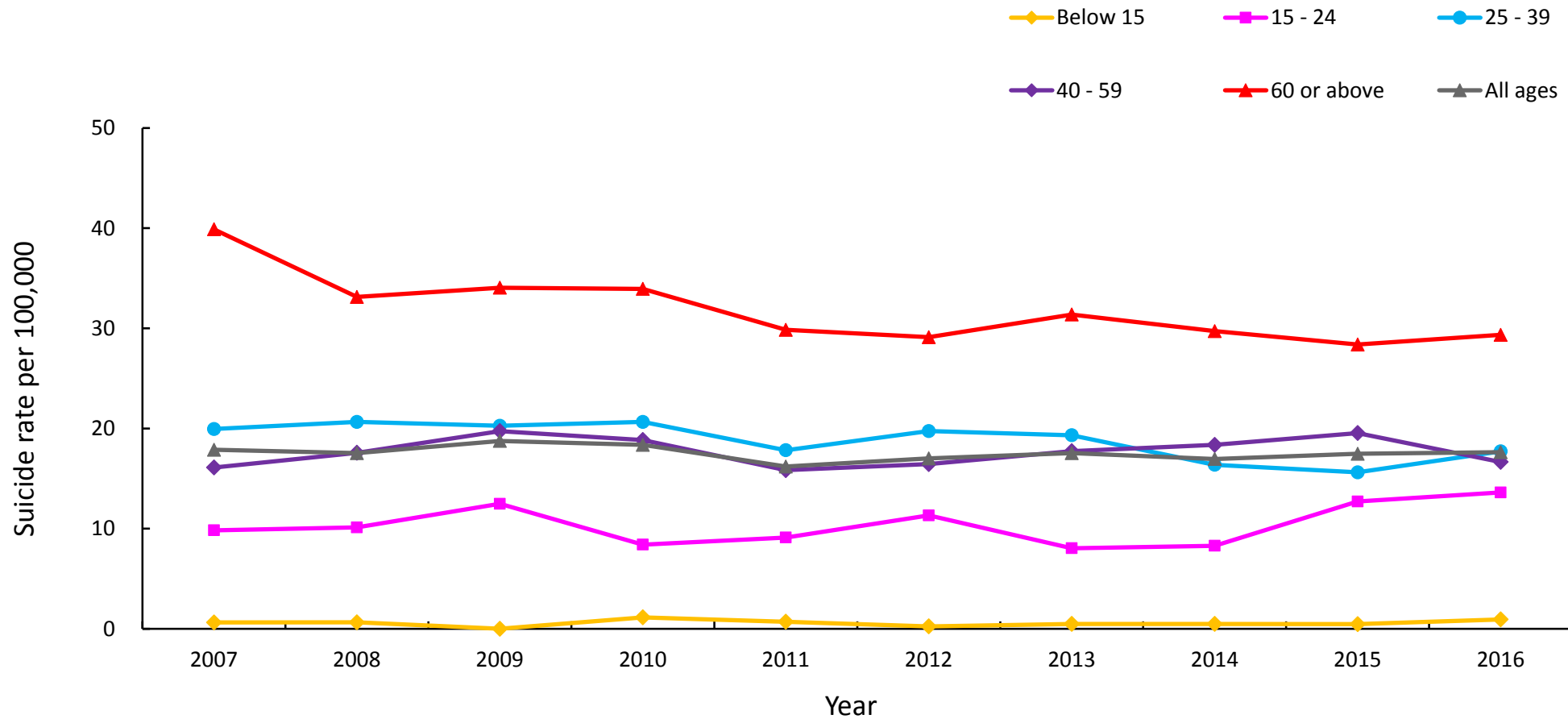
Suicide rates by gender in Hong Kong, 1997-2016



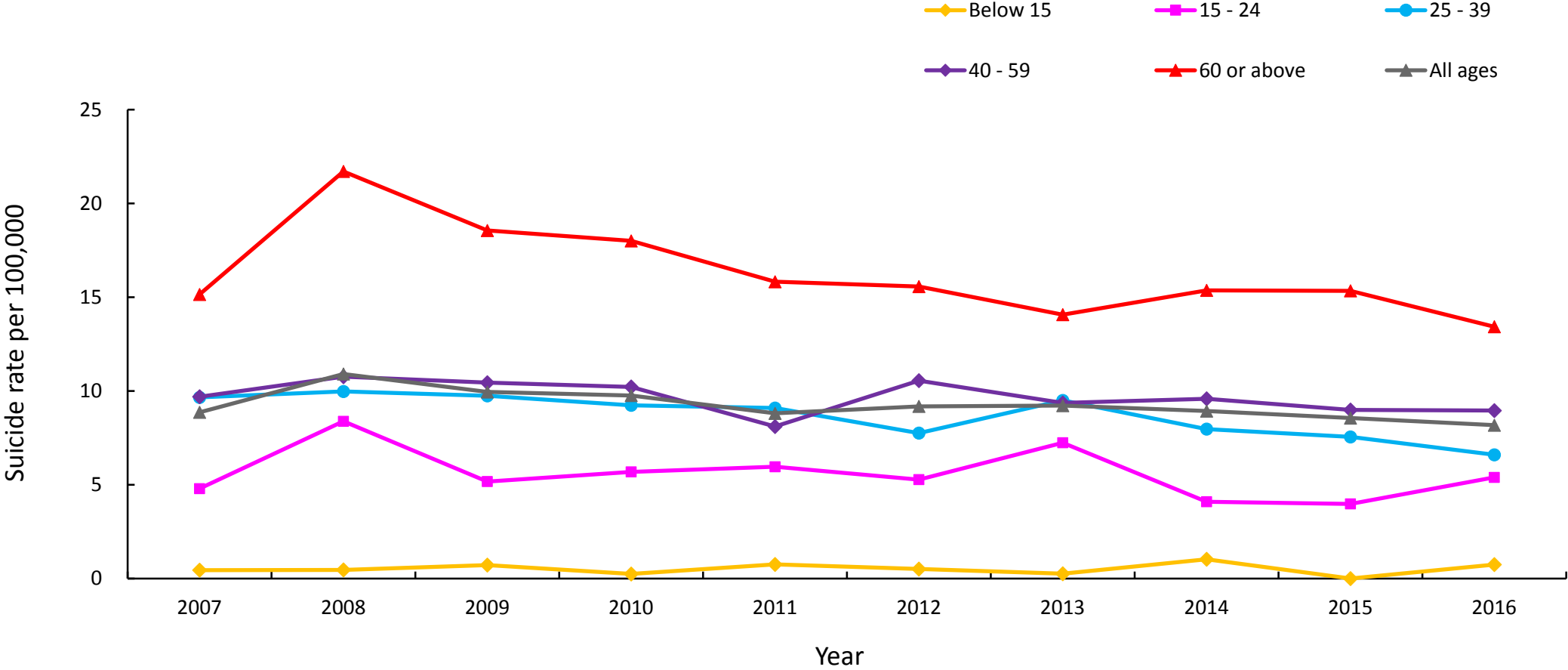
Suicide rates by age group in Hong Kong, 2007-2016



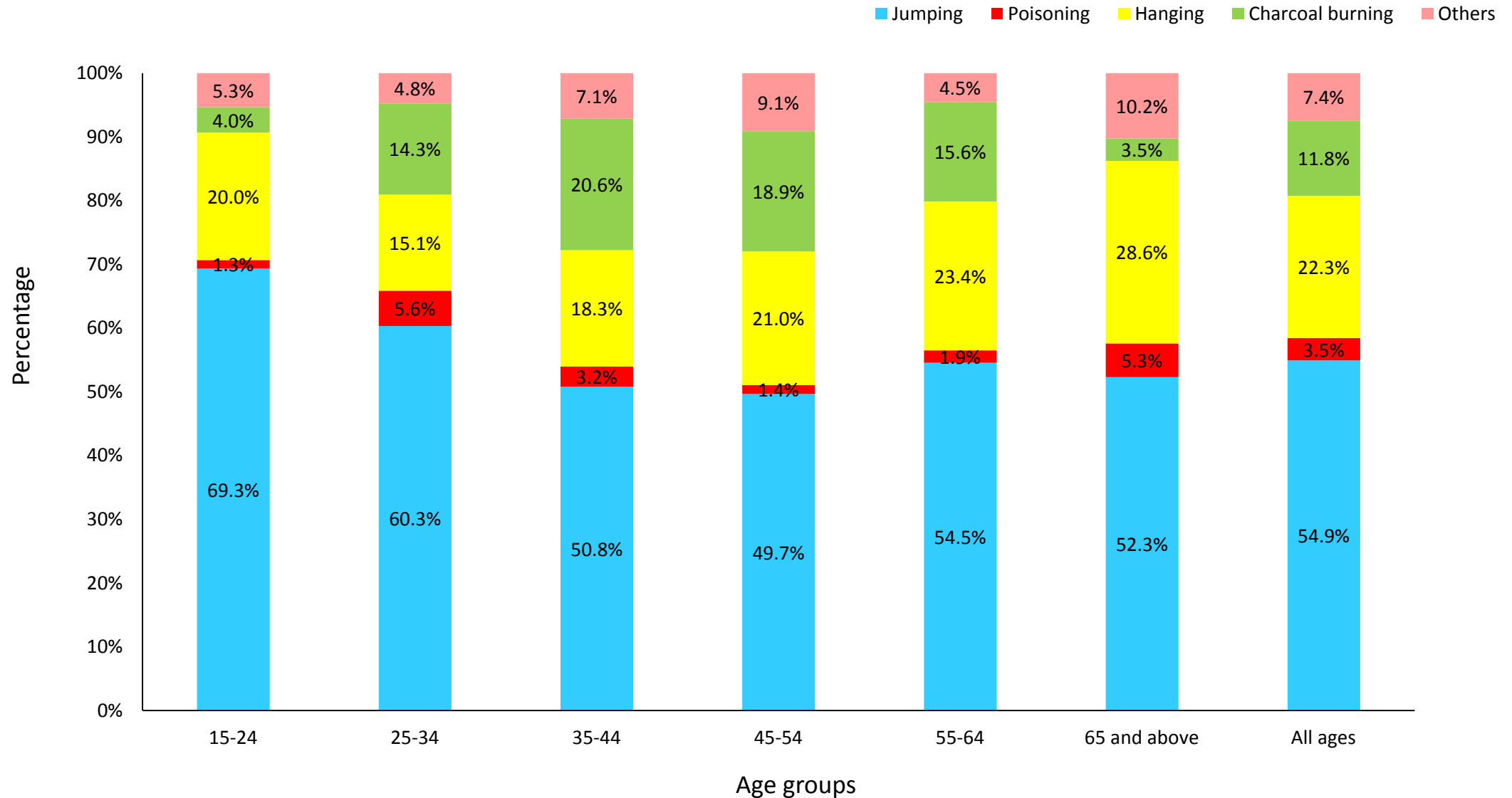
Male suicide rates by age group in Hong Kong, 2007-2016



Female suicide rates by age group in Hong Kong, 2007-2016



Distribution of method of suicide by age group in Hong Kong, 2016



Youth suicide (aged 15-24), 2012-2016

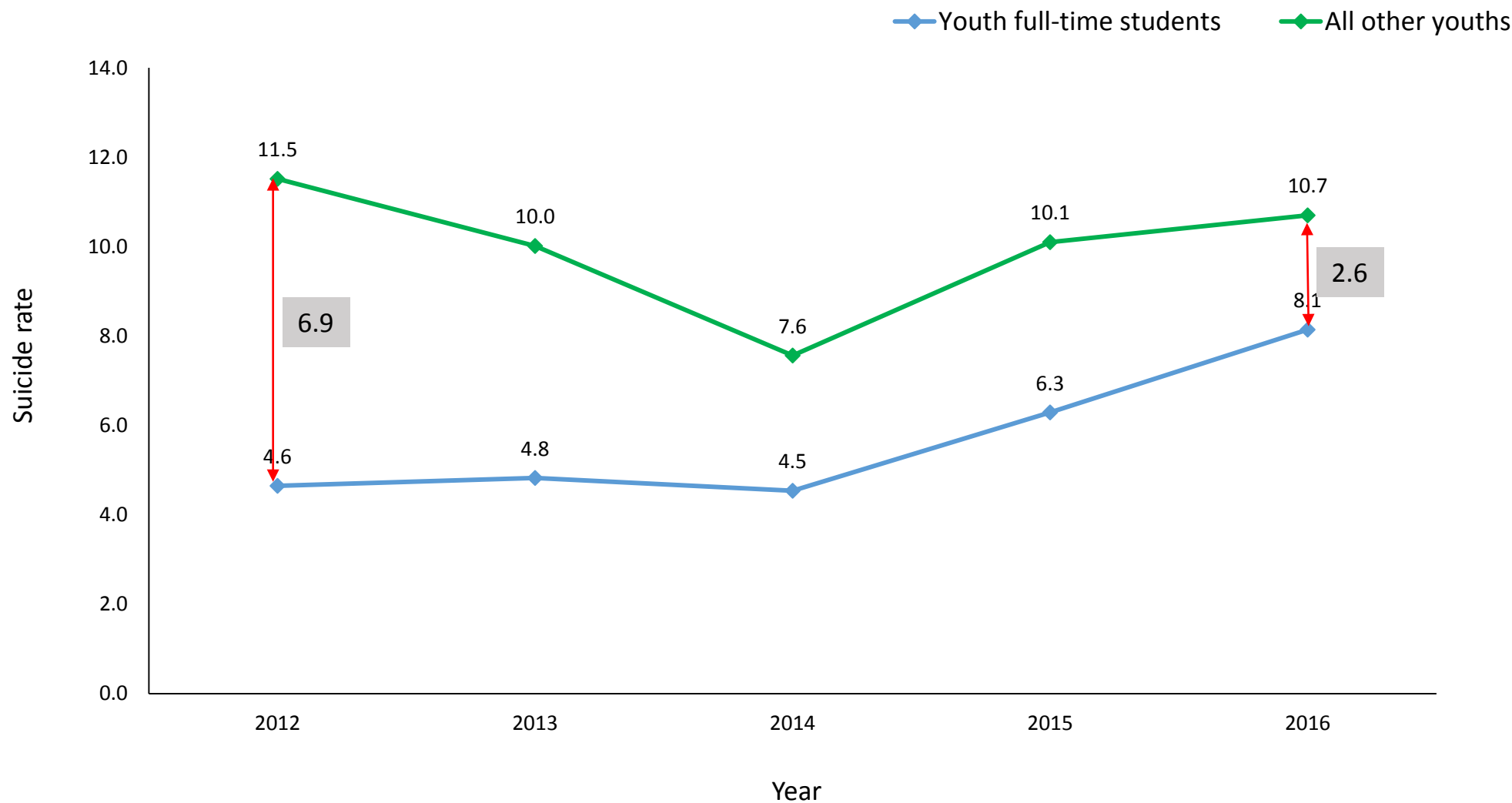
	Year	Number of suicides	Population size in HK	Suicide rate (per 100,000)
All youths	2012	73	877 500	8.3
	2013	66	863 200	7.6
	2014	52	837 300	6.2
	2015	68	811 100	8.4
	2016	75	786 000	9.5
Youth <u>full-time students</u>	2012	19	408 615	4.6
	2013	19	393 853	4.8
	2014	17	374 596	4.5
	2015	23	365 610	6.3
	2016	29 [#]	356 139	8.1
All <u>other</u> youths	2012	54	468 885	11.5
	2013	47	469 347	10.0
	2014	35	462 704	7.6
	2015	45	445 490	10.1
	2016	46 [#]	429 861	10.7

↑52.6%

↑76.1%

[#] Provisional figures (as at 31 July 2018) as the latest case files are not yet available from Coroner's Court.

Suicide rate difference of full-time students and all other youths in Hong Kong, 2012-2016



Summary 總結

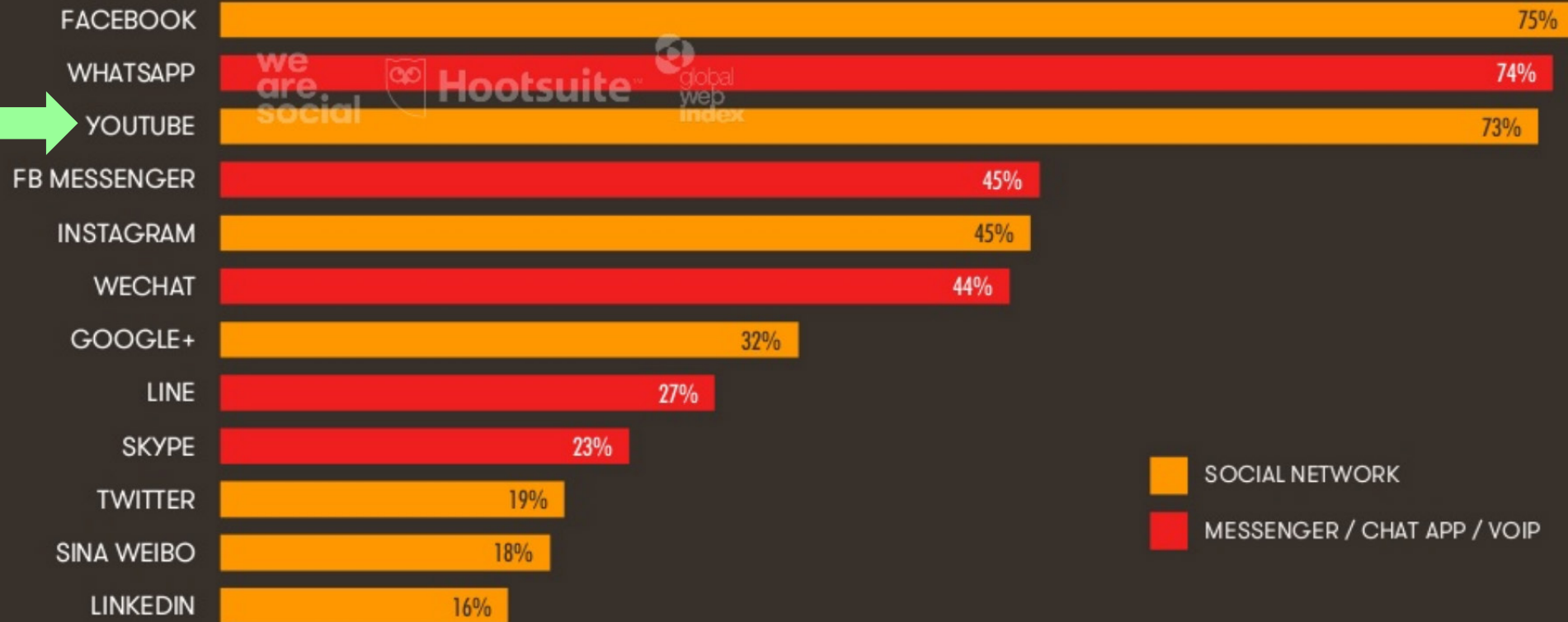
- The estimated suicide rate in Hong Kong was 12.4 in 2017, which was slightly lower than 12.5 in 2016.
估測2017年香港的自殺率為12.4，較2016年的12.5稍低。
- The age-standardized suicide rate in Hong Kong was estimated at 9.5 in 2017, which was lower than the global rate of 10.5 (WHO, 2018).
香港2017年的年齡標準化自殺率估測為9.5，低於國際水平的10.5（世界衛生組織，2018）。
- Compared to 2015, the suicide rate of male in 2016 has slightly increased, while the suicide rate of female has decreased.
對比2015年，2016年的男性自殺率輕微上升，而女性自殺率則下降。
- There is a continuous improvement in elderly suicide.
高齡人士自殺情況持續改善。
- The suicide rate of children aged 0 to 14 maintained at a low level of 0.3 and 0.8 in the past ten years.
0-14歲兒童的自殺率於這十年間一直徘徊在0.3-0.8之間，維持低水平。
- The estimated suicide rate of the age group 15 to 24 increased from 8.3 in 2012 to 9.5 in 2016 (overall suicide rate: 12.8 in 2012; 12.5 in 2016).
2016年，15-24歲青少年的自殺率為9.5，比2012年的8.3多
(整體自殺率: 2012為12.8; 2016為12.5)。

- Compared with the suicide rate of full-time students, the suicide rate among all other youths aged 15 to 24 have always been higher throughout the years (11.5 in 2012; 10.7 in 2016), yet the difference between the two rates is slowly narrowing (the difference was 6.9 in 2012; 2.6 in 2016).
對比全日制學生的自殺率，其他15-24歲青少年的自殺率一直較高（2012年為11.5；2016年為10.7），但兩者差距正在收窄（2012年差距為6.9；2016年為2.6）。
- Schools appear to be attenuating in timely identifying and supporting vulnerable students.
從前學校或會是一個預防自殺的屏障，可及時識別並支援有情緒困擾的學生，但數據意味着此屏障的能力可能逐漸失去。
- CSRP finds that in 2016, the proportion of the deceased full-time students with academic problem and psychiatric history were higher as compared to 2015.
CSRP發現在2016年所有全日制學生的自殺個案中，帶有學業問題和精神病歷記錄的個案比率都較2015年高。
- Detailed examination of death investigation documents showed that the full-time students had been facing various problems mainly related to family, romantic relationships, study and finance. Previous studies and CSRP's review of the death reports have shown that suicide is a complex phenomenon caused by interlocking factors.
→ Oversimplification of the causes of student suicides should thus be avoided.
詳細檢閱了全日制學生自殺個案的死亡調查文件後，了解到各個學生面對的問題通常綜合多個範疇，當中主要包括家庭、感情關係、學業及財政狀況。
過往研究及對死亡調查文件的檢閱結果皆指出，自殺是一個複雜現象，由不同因素環環相扣而造成。
→ 因此不宜過度簡化學生自殺的成因。

JAN
2018

MOST ACTIVE SOCIAL MEDIA PLATFORMS

SURVEY-BASED DATA: FIGURES REPRESENT USERS' OWN CLAIMED / REPORTED ACTIVITY



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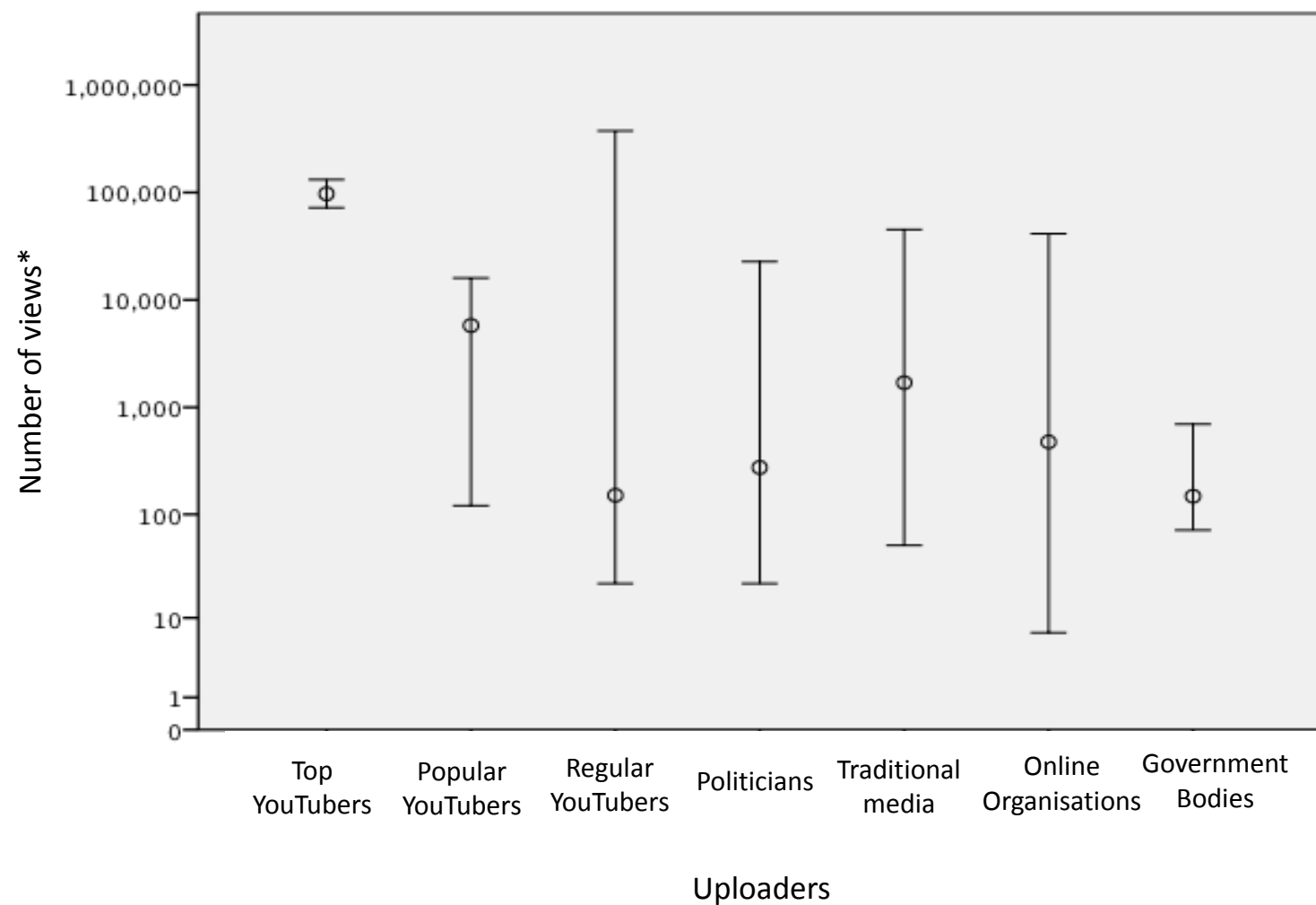
SOURCE: GLOBALWEBINDEX, Q2 & Q3 2017. BASED ON A SURVEY OF INTERNET USERS AGED 16-64. **NOTES:** DATA FOR PLATFORMS WITH AN ASTERISK (*) IS COLLECTED IN A DIFFERENT PART OF THE SURVEY TO OTHER PLATFORM DATA. ALL DATA HAS BEEN REBASED TO SHOW TOTAL NATIONAL PENETRATION, REGARDLESS OF AGE. **ADVISORY:** FIGURES ARE BASED ON RESPONSES TO A SURVEY, AND MAY NOT CORRELATE TO SOCIAL MEDIA PENETRATION FIGURES SHOWN ELSEWHERE IN THIS REPORT; FOR FULL DETAILS, SEE THE NOTES AT THE END OF THIS REPORT.

Hootsuite **we are social**

- Internet penetration rate among Hong Kong youth is nearly 100%.
- 73 % of people ages 16-64 in Hong Kong are YouTube users.

‘Digital in 2018 in Eastern Asia’ (We are Social, 2018)

Number of views on the videos uploaded by different groups of stakeholders



Note:

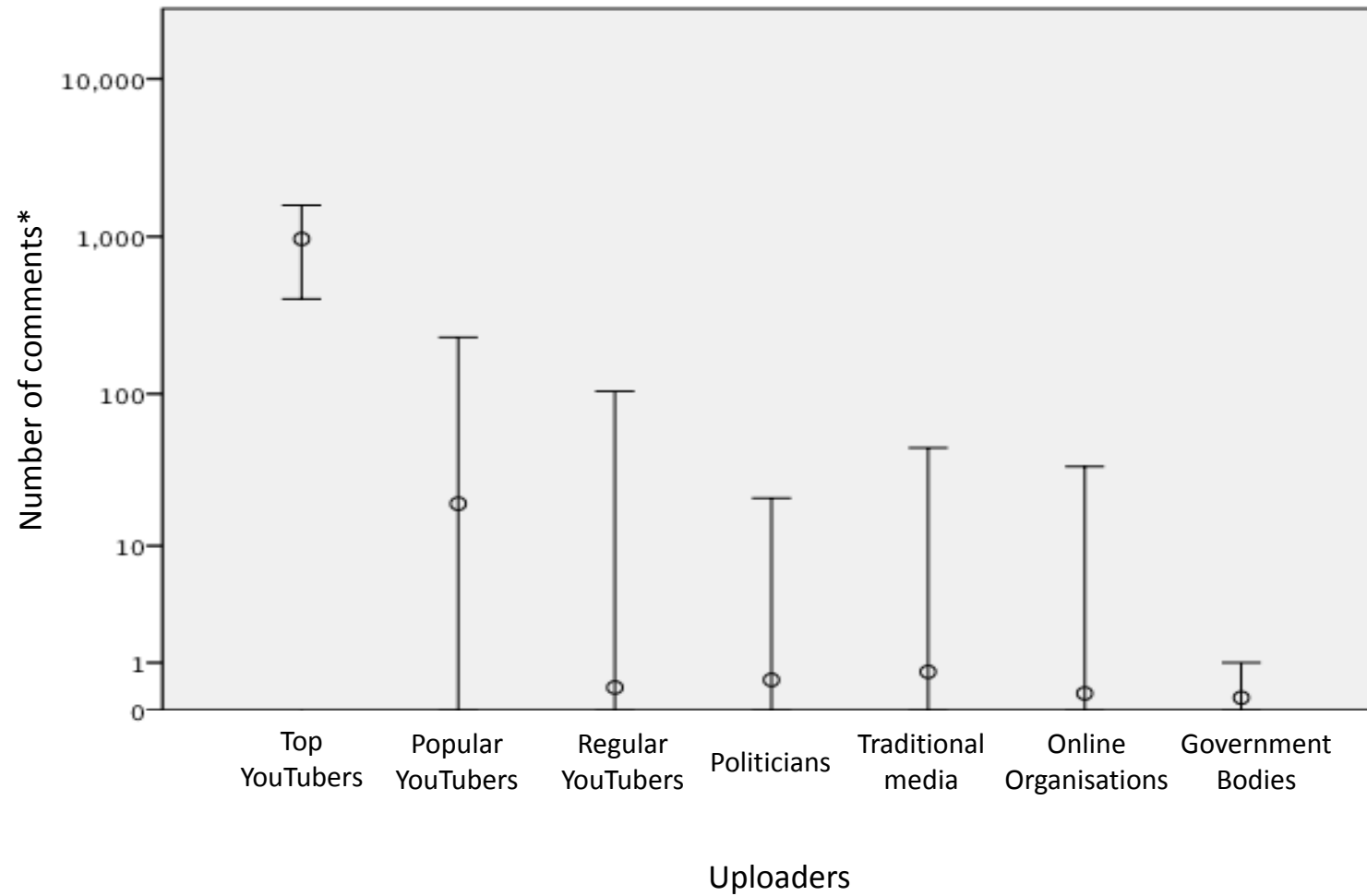
Circle indicates grouped median,

Upper bar of the I-beam indicates the maximum value

Lower bar indicates the minimum value

*on an exponential scale

Number of comments to the videos uploaded by different groups of stakeholders



Note:

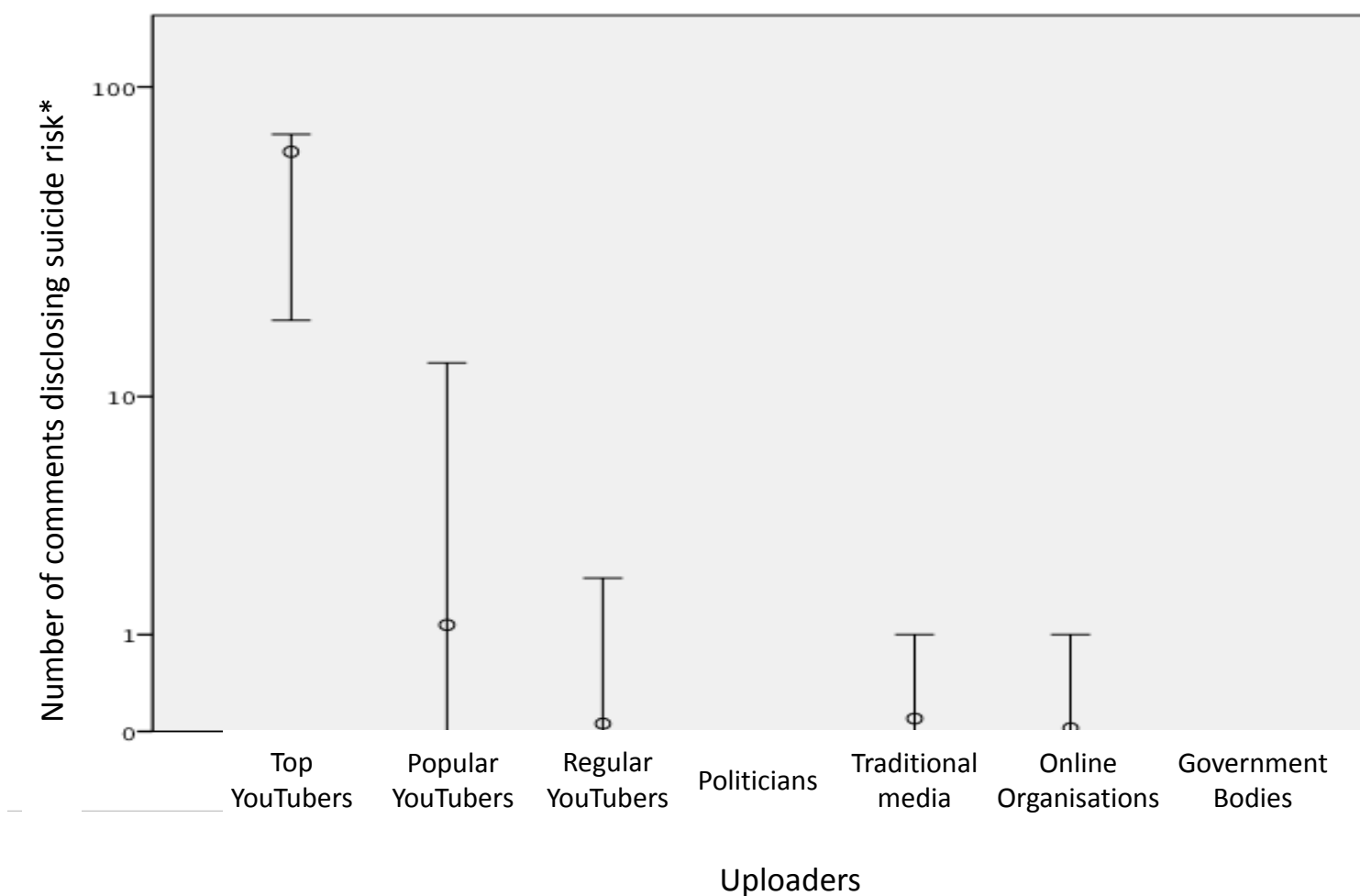
Circle indicates grouped median,

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*on an exponential scale

Number of comments disclosing suicide risk to the relevant videos uploaded by different groups of stakeholders



Note:

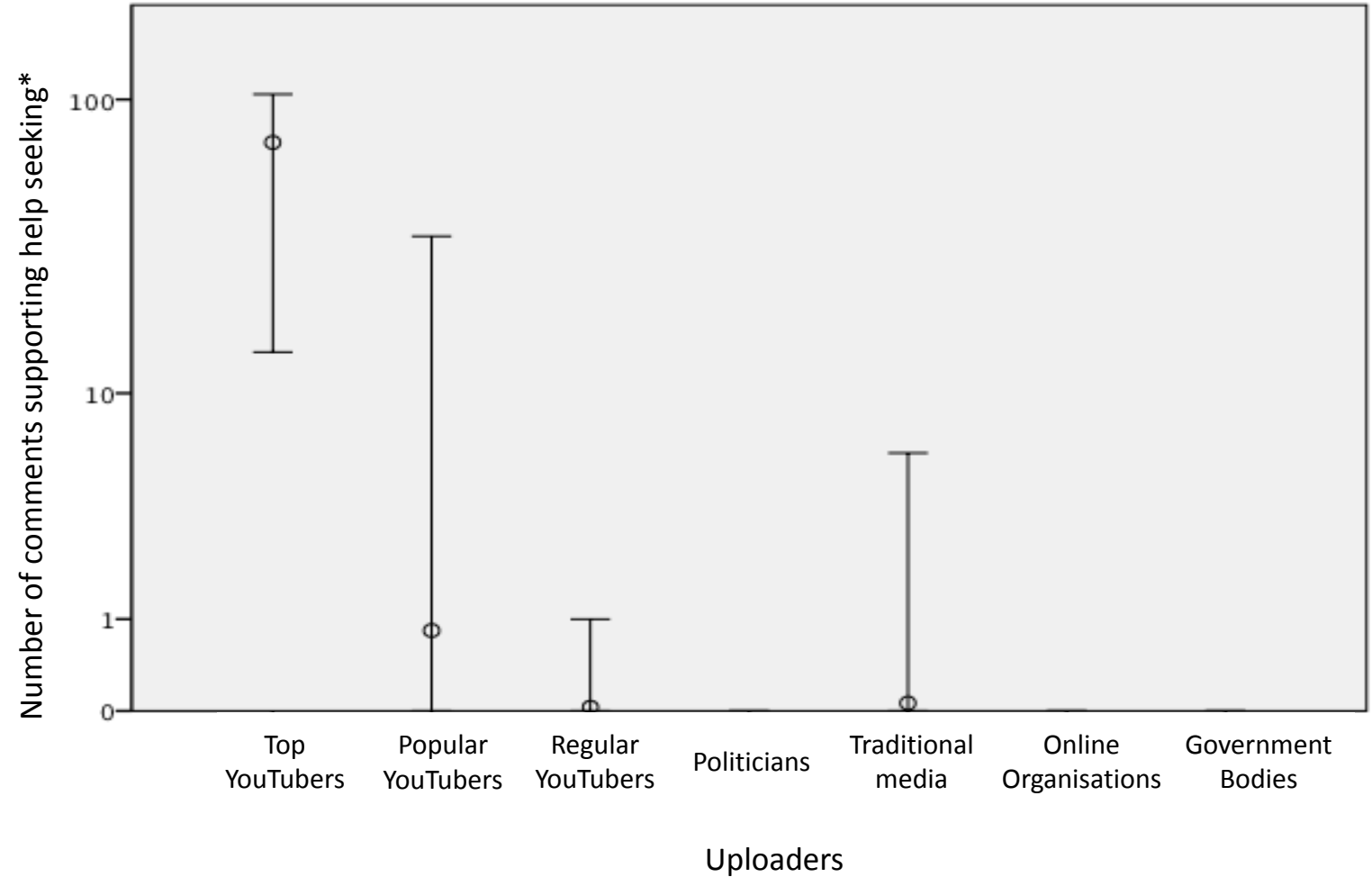
Circle indicates grouped median,

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*on an exponential scale

Number of comments supporting help seeking to the relevant videos uploaded by different groups of stakeholders



Note:
Circle indicates grouped median,
Upper bar of the I-beam indicates the maximum value
Lower bar indicates the minimum value
*on an exponential scale