

# A Look at Differences in Suicide Ideation Between Girls & Boys in Maine

DATA ON MAINE HIGH SCHOOL STUDENTS FROM THE MAINE INTEGRATED YOUTH HEALTH SURVEY



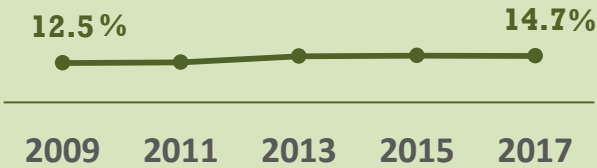
**Suicide is the 2nd leading cause of death among Maine youth ages 14 – 18.<sup>1</sup>**  
**Suicide ideation is on the rise among high school students, both nationally and in Maine, specifically driven by an increase among girls.<sup>2</sup>**

## Suicide ideation is on the rise.



Suicide ideation – seriously considering suicide in the past 12 months – increased significantly among Maine high school students between 2009 and 2017.<sup>3</sup>

**In 2017, 1 of every 7 Maine high students had seriously considered suicide in the past year.**



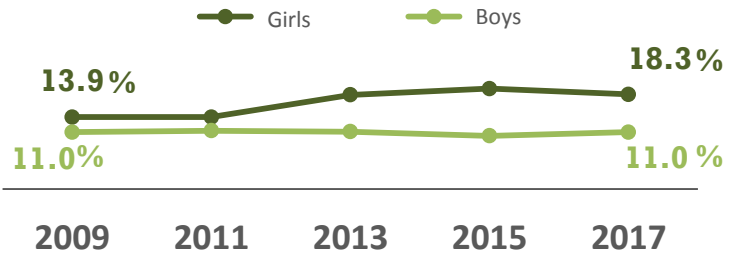
## Girls consider suicide more than boys.



Suicide ideation rates are consistently higher among Maine high school girls than boys.<sup>3</sup>



The significant increase in suicide ideation among Maine high school girls in recent years is alarming.

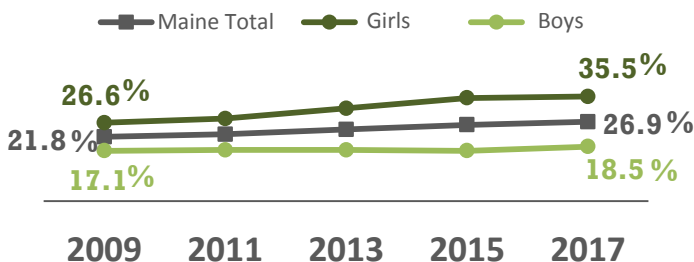


## Depression is a risk factor for suicide ideation among both girls and boys.<sup>4</sup>

### Depressive symptoms are increasing among Maine high school students.<sup>3</sup>



Depressive symptoms among Maine high school students significantly increased between 2009 and 2017. **More than 1 in 3 girls reported depressive symptoms in 2017.<sup>3</sup>**

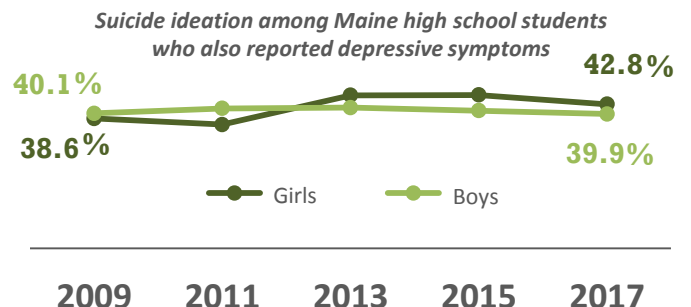


Approximately

**40%**

of all Maine high school students who reported depressive symptoms also seriously considered suicide in 2017.<sup>3</sup>

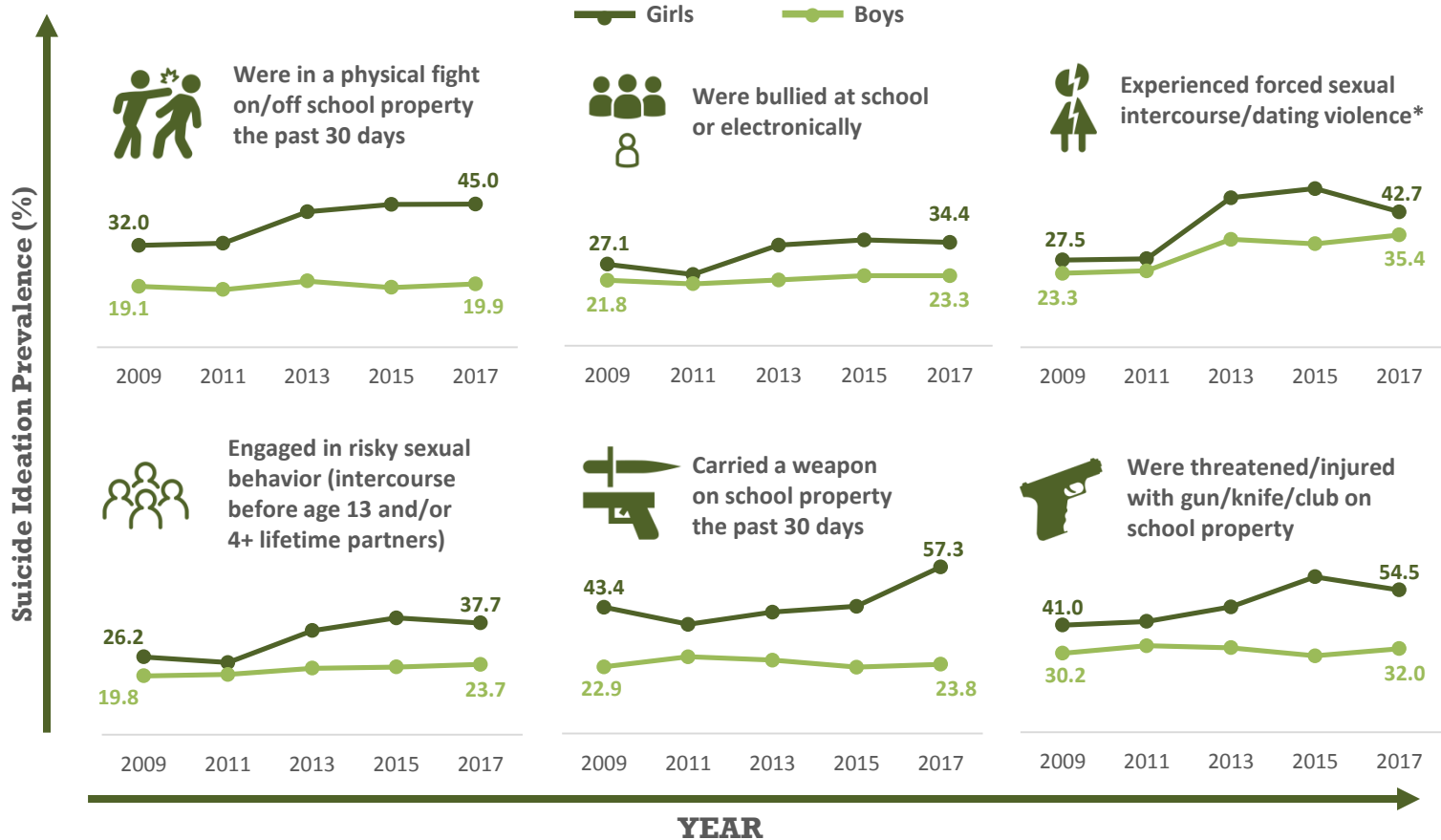
**Over time, girls who reported depressive symptoms were more likely than boys to also consider suicide.**



Sources: 1. Center for Disease Control & Prevention WISQARS, 2017. 2. Youth Risk Behavior Surveillance System, <https://nccd.cdc.gov/youthonline/App/Default.aspx>  
 3. Maine Integrated Youth Health Survey (MIYHS), 2009-2017, <https://data.mainepublichealth.gov/miyhs/home>. Depression, as defined by the MIYHS, includes self-reports of feeling 'so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities'. 4. World Health Organization, 2017, [www.who.int/mental\\_health/suicide-prevention/en/](http://www.who.int/mental_health/suicide-prevention/en/)

## Risk factors for suicide ideation can differ between girls and boys.

Since 2009, Maine high school girls are increasingly more likely than Maine high school boys to have considered suicide in the past year if they experienced any of the following<sup>3</sup>:



**More Maine high school girls consider suicide than boys.**

**It may not be obvious when youth are considering suicide.**

**Students exhibiting risk behaviors should be screened for suicide.**

**Identifying students at risk for suicide based on behaviors and experiences and getting them help quickly is critical.**

\*Both high school girls and boys who experienced forced intercourse and/or dating violence were more likely to consider suicide in recent years than years prior.

Sources: 3. Maine Integrated Youth Health Survey, 2009 - 2017, <https://data.mainepublichealth.gov/miylhs/home>, Statistical significance based on non-overlapping 95% confidence intervals. Methods: Linear regression analyses using survey procedures in SAS 9.4 with time as the independent variable to test for trend. Each regression conducted by sex to determine if a significant trend existed in suicide ideation for girls or boys; combined regression analyses conducted including an interaction term for year and sex to test for a statistically significant difference in trends between girls and boys.



**If you or someone you know is considering suicide, call for help:  
STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112**

**For additional resources about suicide prevention in Maine, contact:  
MAINE SUICIDE PREVENTION PROGRAM**

Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services

For more information or suicide prevention materials, visit [www.maine-preventionstore.com](http://www.maine-preventionstore.com) or contact: [samhs.irc@maine.gov](mailto:samhs.irc@maine.gov)

1.800.499.0027 (Maine only) or 207.287.8900 TTY Use Maine Relay: 711, [www.maine.gov/suicide](http://www.maine.gov/suicide)

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