

## Chiari Malformation and Suicidal Ideation/Self Harming Behaviors

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### Purpose

Suicide, suicidal ideation, and self harming behaviors are difficult subjects to talk about. Until now, these topics have not been directly researched in the Chiari community, but the research in general indicates that Chiari patients are at a higher risk for these types of behaviors for a number of reasons. Specifically, research has shown that the following are associated with a higher prevalence of suicidal behaviors:

- . Chronic pain in general
- . Chronic migraines
- . Generalized Anxiety Disorder in the presence of chronic pain
- . Hypermobility Ehlers-Danlos Syndrome (hEDS)
- . Opioid use

Within the Chiari community, the rates of chronic pain and migraines are over 50%; the rate of hEDS is 10% or more; the rate of moderate-severe anxiety is 40%; and the rate of opioid use is not known.

The purpose of this study is quantify how common suicidal ideation and self-harming behaviors are in the Chiari community.

### Methods

An on-line survey was designed, comprised of a number of validated scales, to identify risk factors and specific behaviors in a Chiari patient population.

### Results

This study is ongoing. If you an adult with Chiari and would like to participate, please visit [www.conquerchiari.org](http://www.conquerchiari.org) and under Participate in Research, click on Psychological Impact of Living With Chiari.

### Definitions:

**Suicide:** Death caused by self-directed injurious behavior with any intent to die as a result of the behavior

**Suicide Attempt:** A nonfatal, self-directed potentially injurious behavior with any intent to die as a result of the behavior. A suicide attempt may or may not result in injury.

**Suicidal Ideation:** Thinking about suicide or wanting to take your own life

**Self-harming Behaviors:** Hurting yourself on purpose, often by cutting, burning, pulling out hair, or picking at wounds

**If You Need Help, or Know Someone in Crisis,  
Call or Text 988**



### Five Steps to Help Someone in Emotional Pain

*Source: National Institute of Mental Health*

