

The decision to voluntary abort shows a seasonal frequency resembling that of suicides

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Depressive mood and suicides are more frequent in women seeking voluntary abortion and show a seasonal rhythm of occurrence. Whether voluntary abortion shows a similar seasonal rhythm was herein investigated. A 4 years analysis on the national database (508,130 abortions) and on the medical records of our institute (3,463 abortions) was performed. The ratio of voluntary abortions on the number of vital pregnancies (terminated with birth and voluntary abortion) present at the 3rd month of gestation (8-12 weeks) was evaluated. Analyses were carried out by the periodogram method. The rate of voluntary abortion showed a seasonal rhythm with amplitude of 6.1-6.7% and peak values in May (± 38 days). National frequency of women suicides, obtained by the same national database, showed a similar rhythm, with amplitude of 11.1% and maximal rate in June (± 37 days). The present data show a seasonal rhythm in the rate of voluntary abortion, which is almost superimposed on that of woman suicides. The link suggests common provocative mechanisms, and indicates that a depressive attitude towards life may really play a key role in favouring the decision to abort an unwanted pregnancy. Depression is greatly improved by therapeutic agents but also by social and psychological support. Indeed, women survived to an attempted suicide tend to repeat less frequently suicide whether placed in a friendship and warm environment. This may suggest that psychological support to women seeking voluntary abortion may be highly rewarding in reducing the frequency of this event.