

Mental Health and Suicide in Rural China

中国农村人口精神健康与自杀问题

张 杰

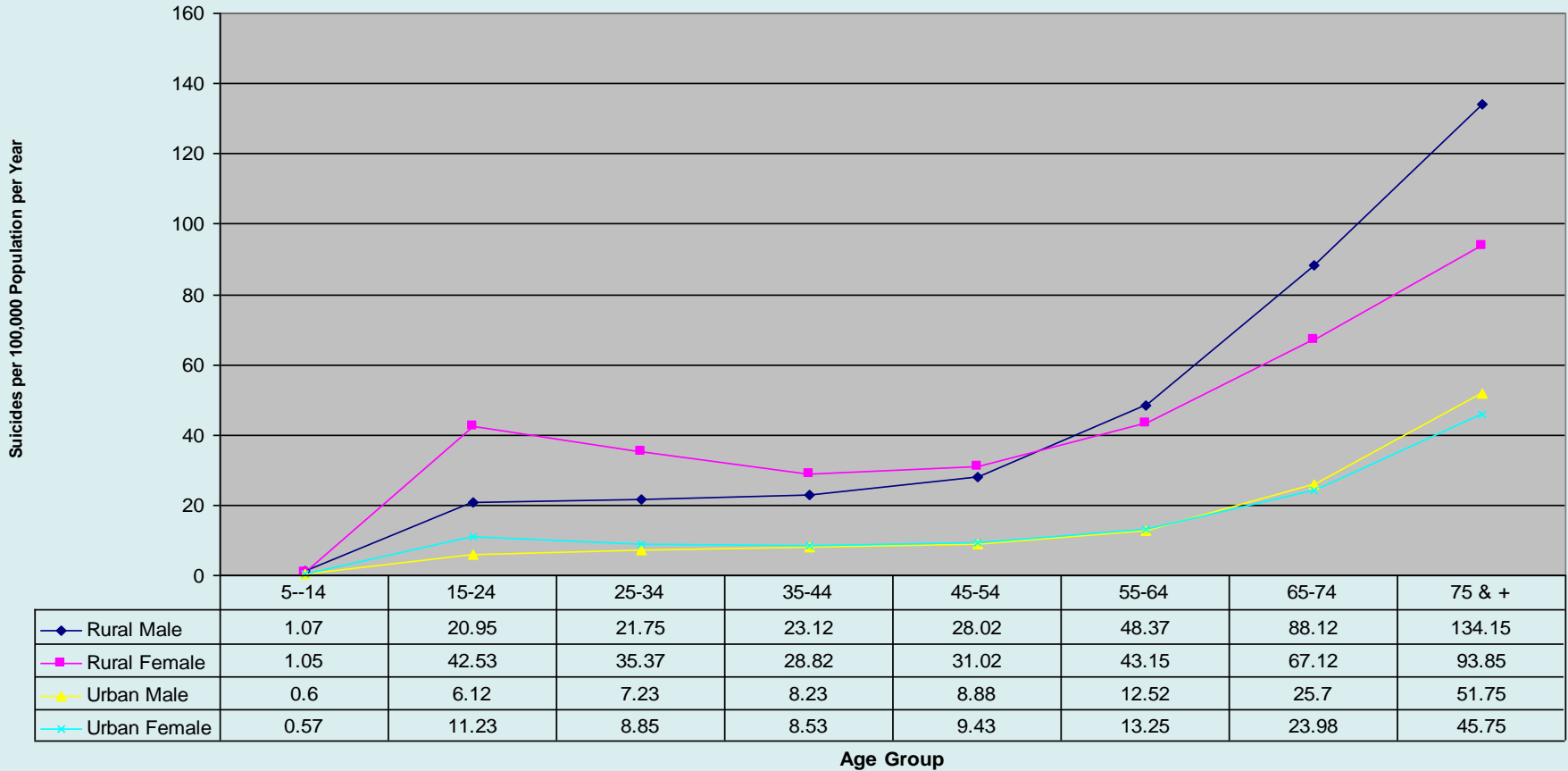
zhangj@buffalostate.edu

中国农大社会系学术漫谈第38

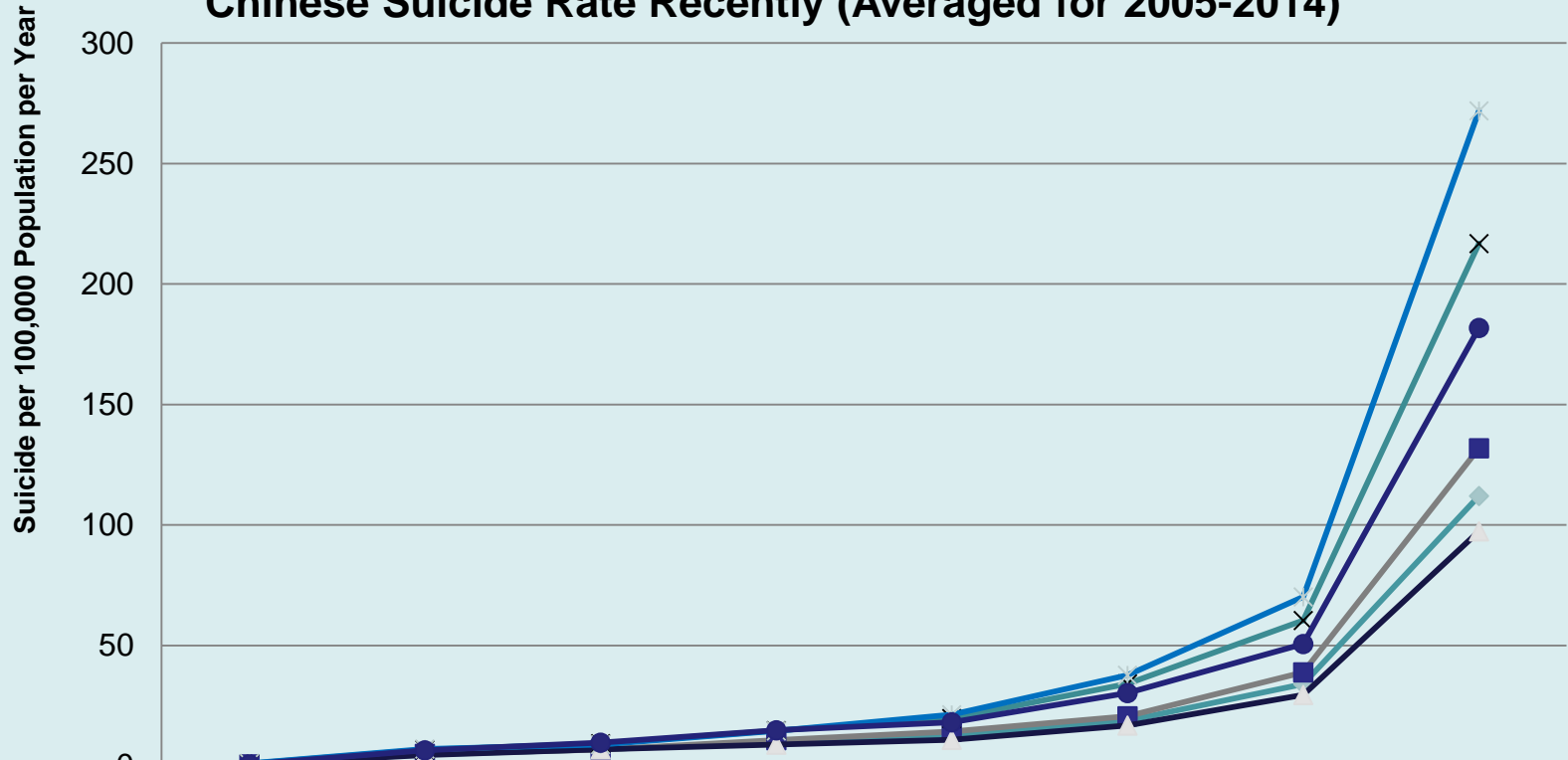
2016.05.12

Chinese Suicide Rates: 20 Years Ago

Chinese Suicide Rates (Averaged for 1987-1994) by Age, Gender, and Location



Chinese Suicide Rate Recently (Averaged for 2005-2014)

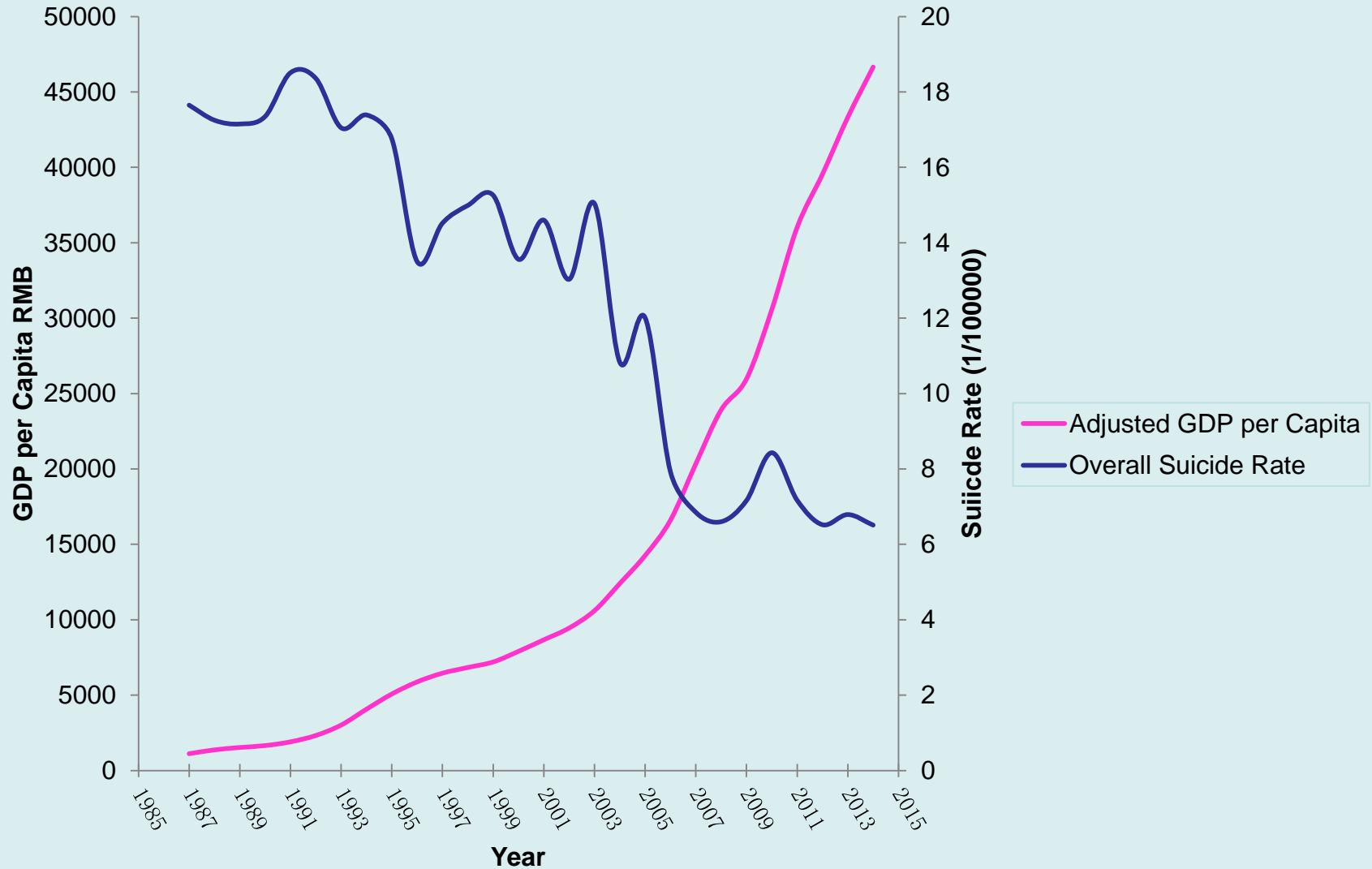


	5-14	15-24	25-34	35-44	45-54	55-64	65-74	75&+
Urban	0.698	4.723	6.816	9.771	12.584	18.713	34.026	112.097
Urban Male	0.721	4.986	6.797	10.645	14.267	20.632	38.804	131.846
Urban Female	0.616	4.444	6.836	8.88	10.842	16.775	29.443	97.408
Rural	0.91	6.71	9.24	14.67	19.74	34.06	60.36	216.79
Rural Male	1.1	7	8.92	14.56	21.3	37.68	70.17	271.94
Rural Female	0.66	6.43	9.59	14.83	18.13	30.2	50.67	181.83

Age Group

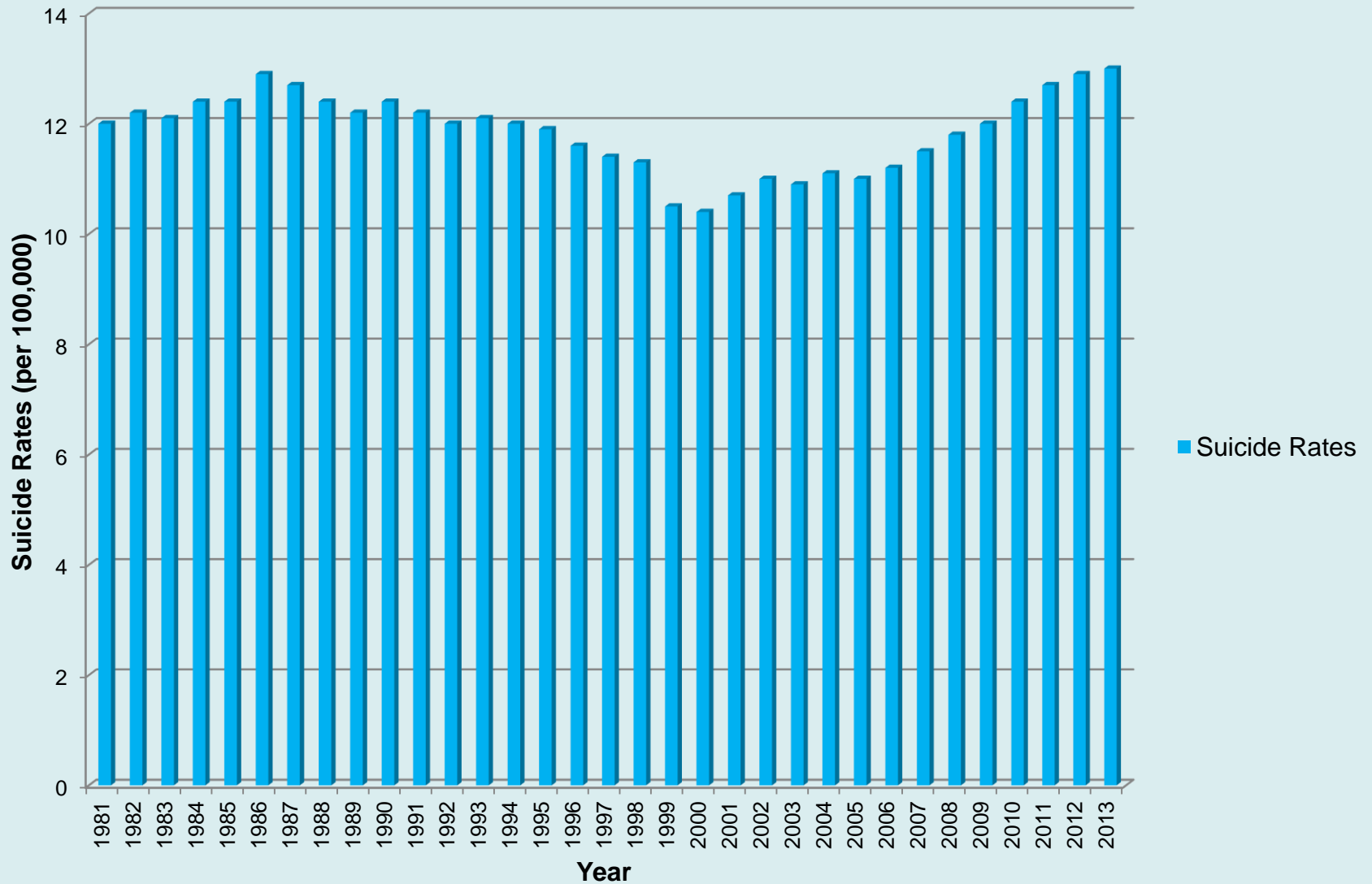
来源：中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.
 中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.
 张杰, 景军等. 中国自杀率下降趋势的社会学分析[J]. 中国社会科学, 2011, (5):97-113.

Overall Suicide Rate and Adjusted GDP per Capita



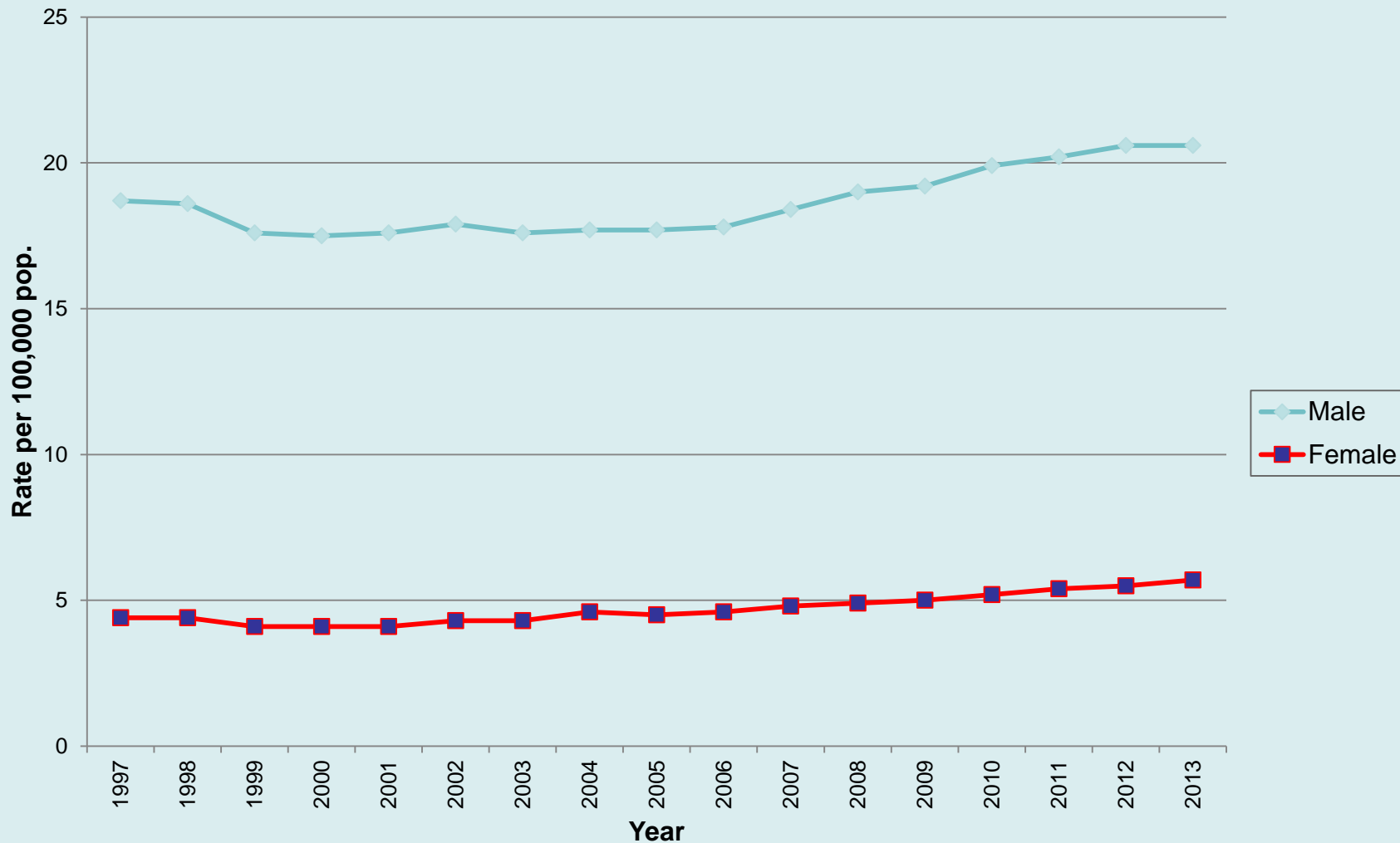
来源：中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.
 中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.
 张杰, 景军等. 中国自杀率下降趋势的社会学分析[J]. 中国社会科学, 2011, (5):97-113.

The US Suicide Rates in the Past 30+ Years



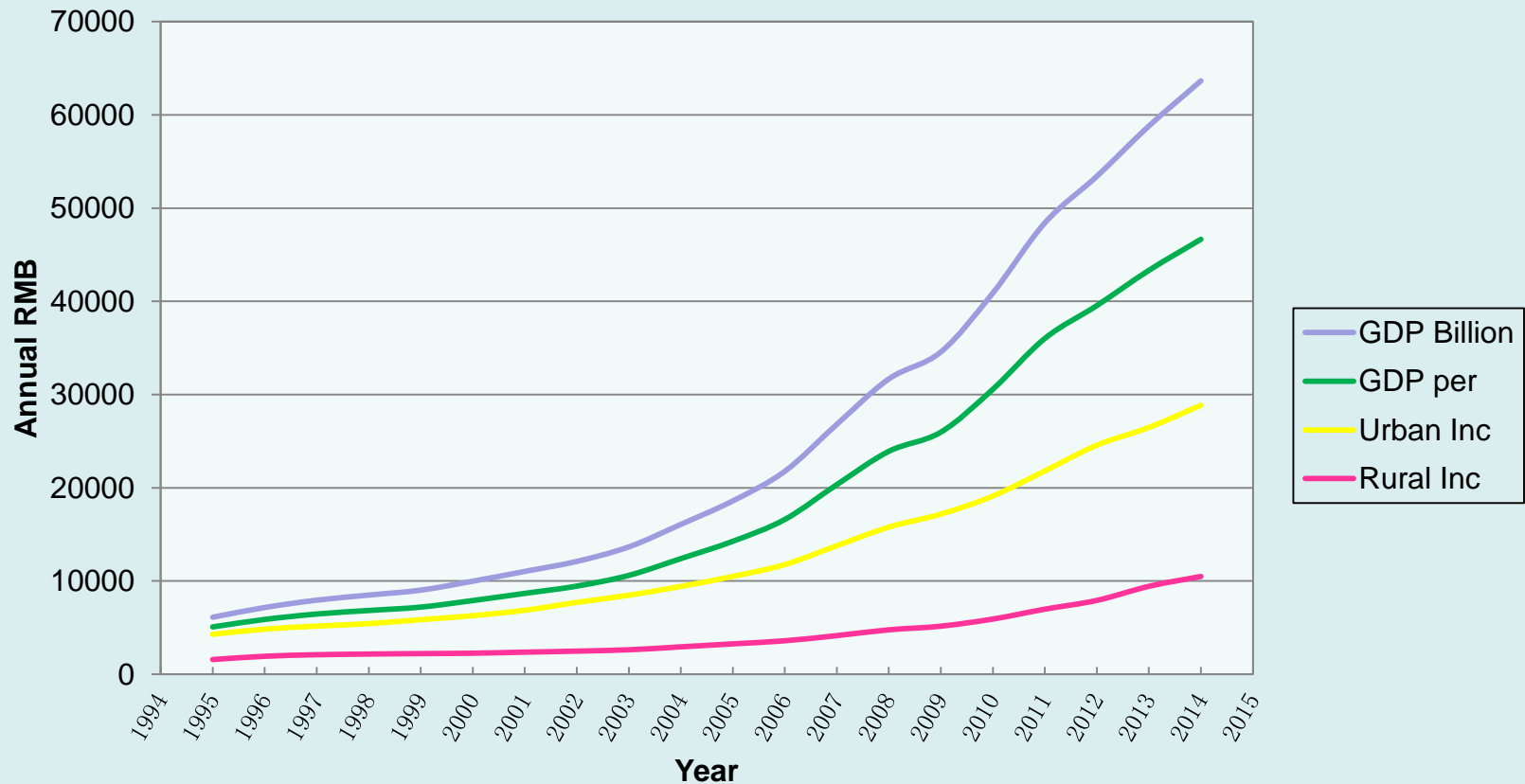
Source: Centers for Disease Control and Prevention (CDC), USA

Suicide Rates in the USA 1997-2013, All Ages



Source: Centers for Disease Control and Prevention (CDC), USA

The Chinese Economy on the Rise between 1995 and 2014

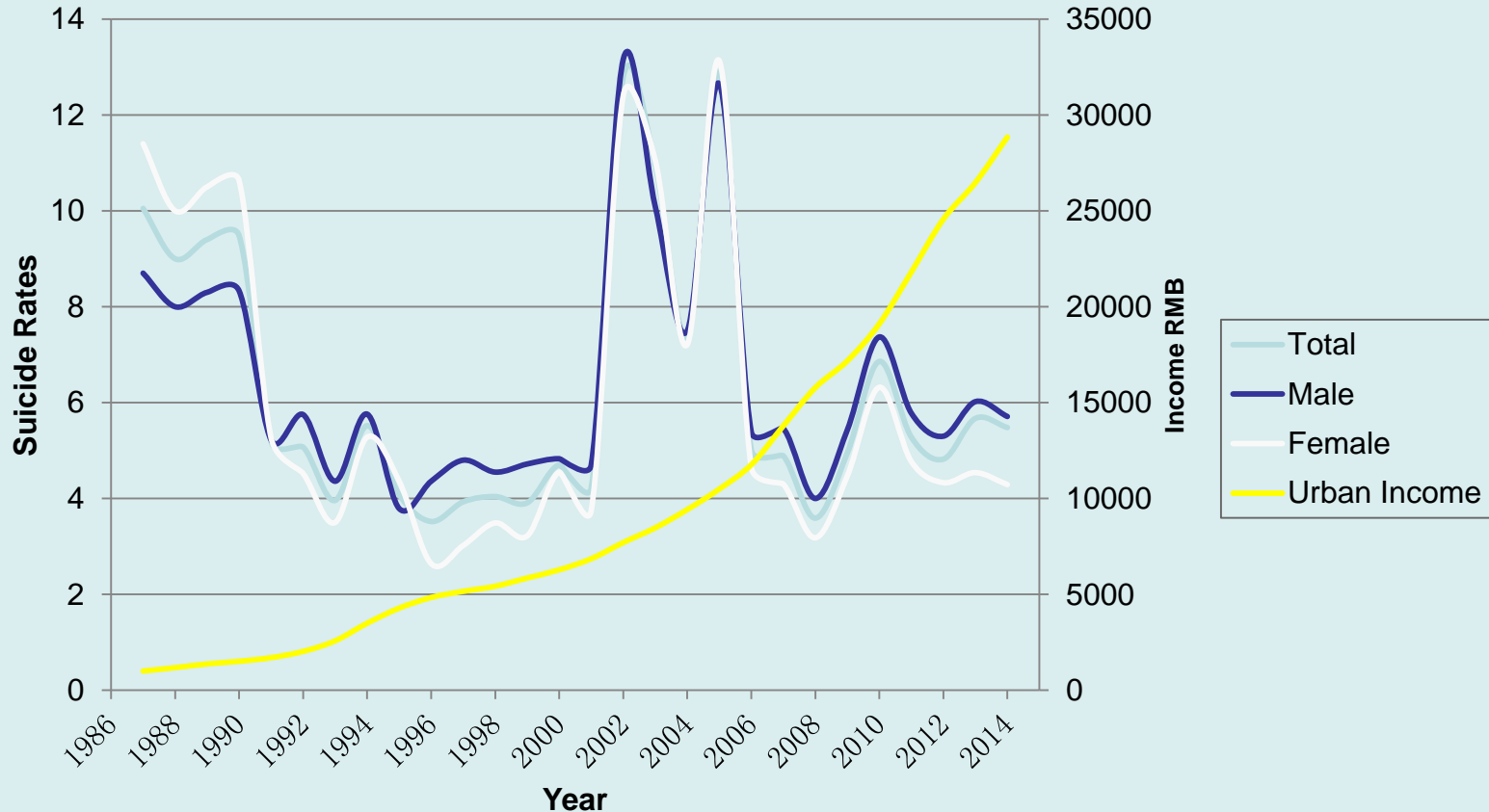


来源：中华人民共和国国家统计局. 国家数据[EB/OL]. <http://data.stats.gov.cn/easyquery.htm?cn=C01>

中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.

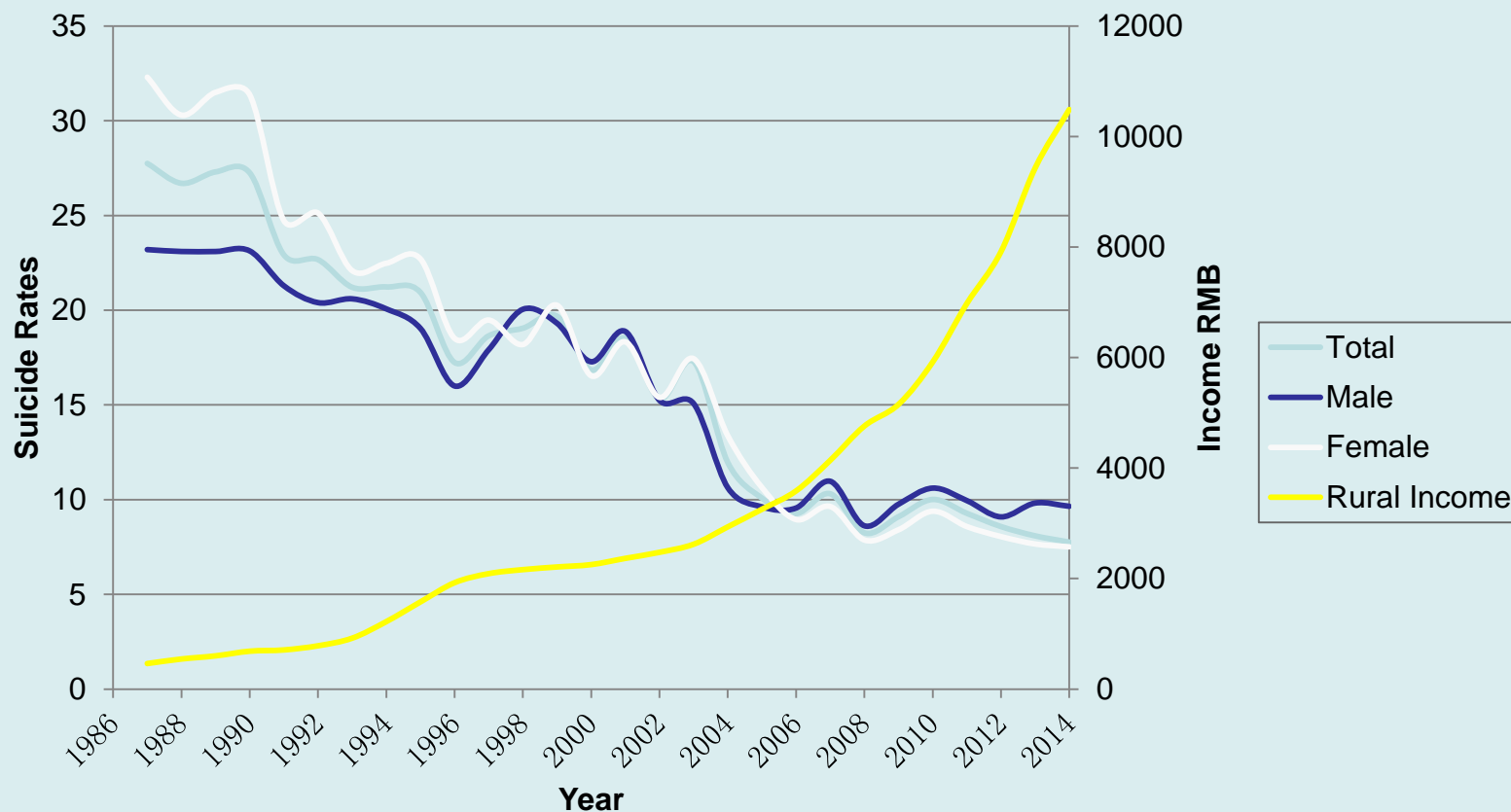
中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.

Urban Suicide Rates and Urban Income



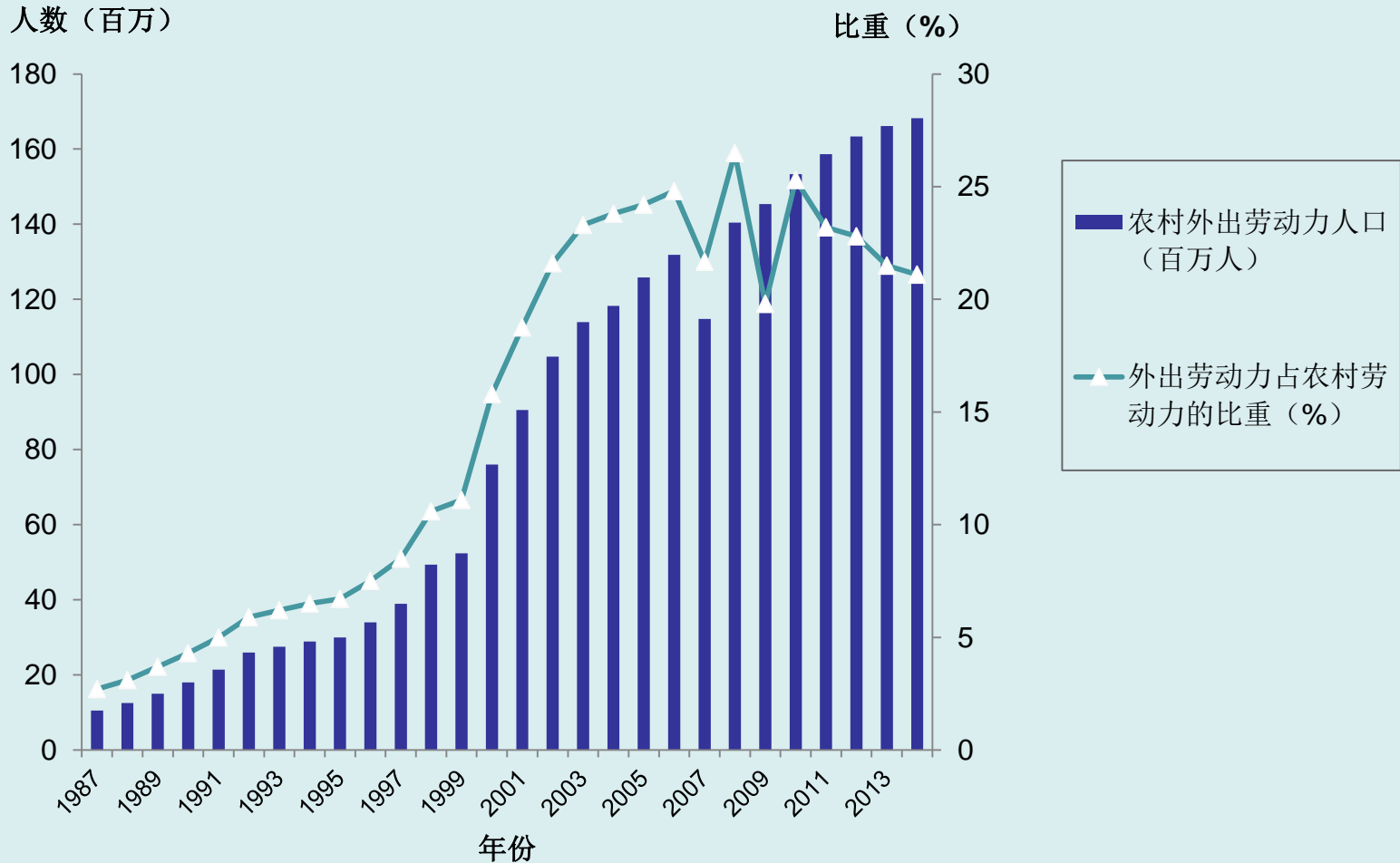
来源：中华人民共和国国家统计局. 国家数据[EB/OL]. <http://data.stats.gov.cn/easyquery.htm?cn=C01>
 中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.
 中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.

Rural Suicide Rates and Rural Income



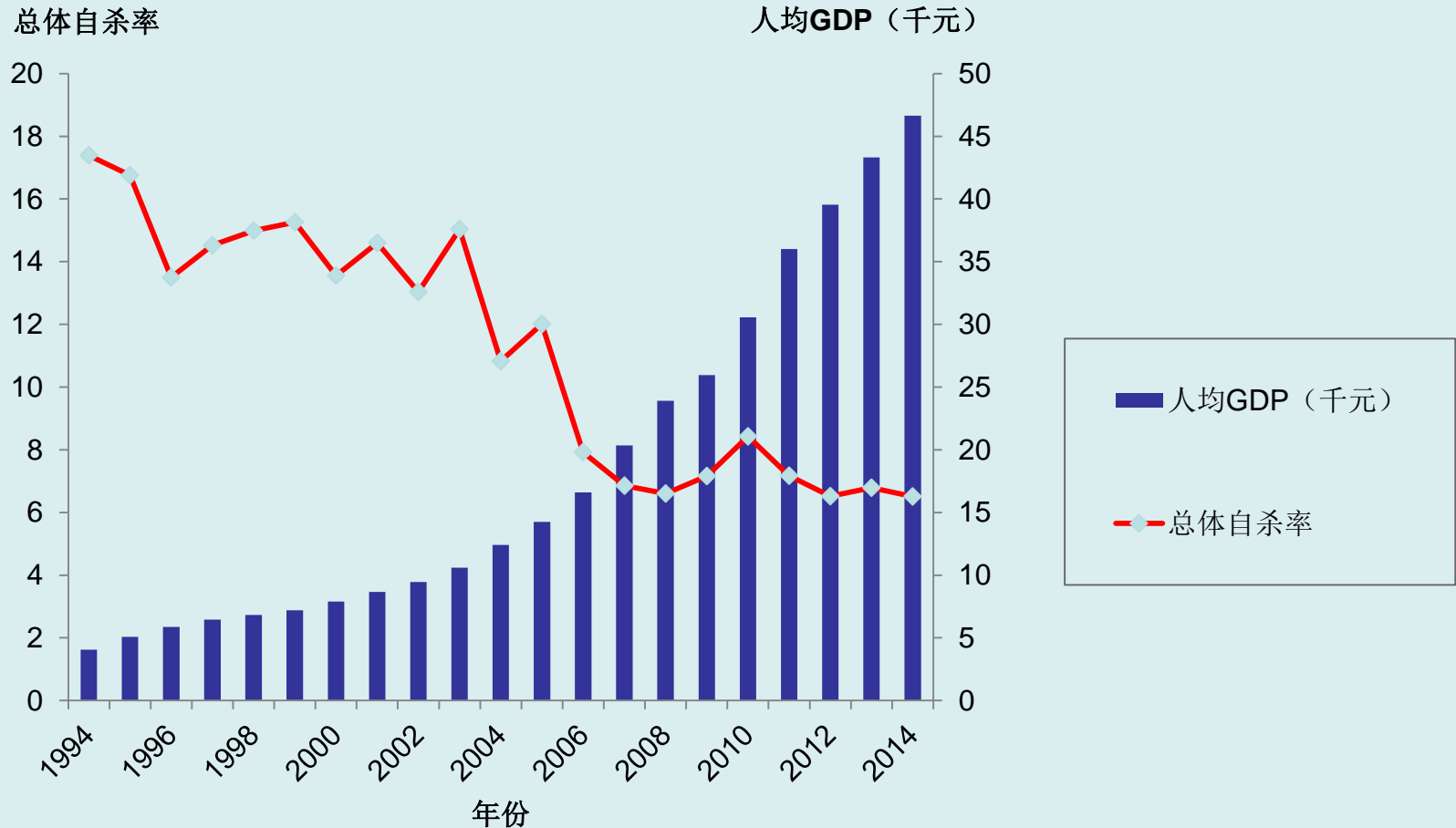
来源：中华人民共和国国家统计局. 国家数据[EB/OL]. <http://data.stats.gov.cn/easyquery.htm?cn=C01>
 中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.
 中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.

Migrant Populations from Rural to Urban Areas over the Past 30 Years



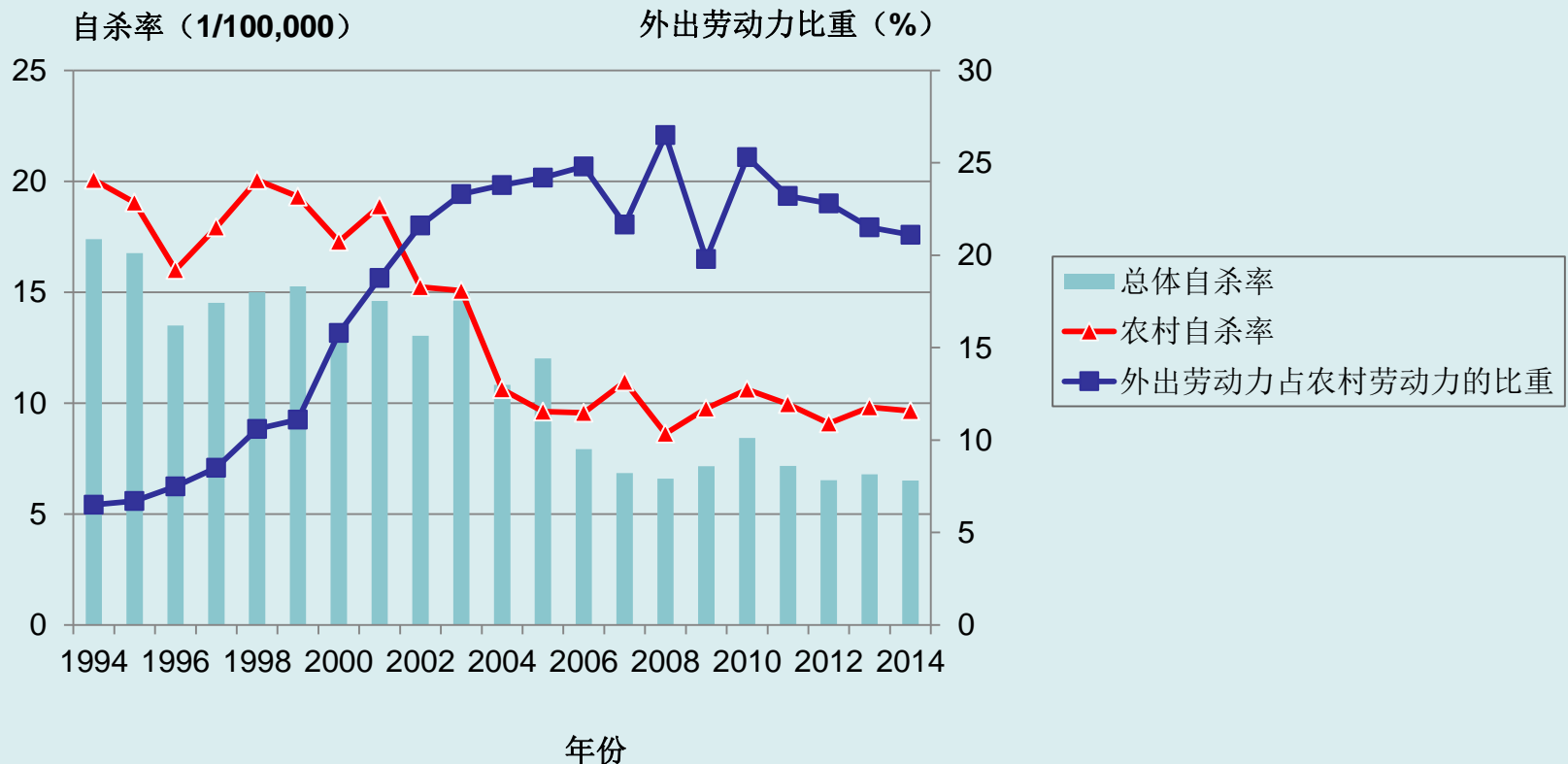
来源：张杰, 景军等. 中国自杀率下降趋势的社会学分析[J]. 中国社会科学, 2011, (5):97-113.
中华人民共和国国家统计局. 2009-2014年全国农民工监测调查报告[EB/OL]. <http://www.stats.gov.cn/was5/web/search?channelid=288041&andse=全国农民工监测调查报告>

Suicide Rates and GDP per Capita



来源：中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.
中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.
张杰, 景军等. 中国自杀率下降趋势的社会学分析[J]. 中国社会科学, 2011, (5):97-113.

The National Suicide Rates, Rural Migrants to Cities, and Rural Suicide Rates



来源：中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.
 中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.
 张杰, 景军等. 中国自杀率下降趋势的社会学分析[J]. 中国社会科学, 2011, (5):97-113.
 中华人民共和国国家统计局. 2009-2014年全国农民工监测调查报告[EB/OL]. <http://www.stats.gov.cn/was5/web/search?channelId=288041&andSen=全国农民工监测调查报告>

The Chinese Suicide Rates in Difference Populations: A Comparison between 1995 and 2014

	1995	2014	前后比率
总体	16.76	6.51	2.57
男性	15.28	7.49	2.04
女性	18.16	5.75	3.16
城市	4.08	5.48	0.74
农村	20.94	7.76	2.70
城市男性	3.79	5.71	0.66
城市女性	4.36	4.29	1.02
农村男性	19.04	9.65	1.97
农村女性	22.71	7.51	3.02

来源：中华人民共和国卫生部. 中国卫生统计年鉴2005-2013[M]. 北京：中国协和医科大学出版社，2005-2013.
 中华人民共和国国家卫生和计划生育委员会. 中国卫生和计划生育统计年鉴2014[M]. 北京：中国协和医科大学出版社，2014.
 张杰, 景军等. 中国自杀率下降趋势的社会学分析[J]. 中国社会科学, 2011, (5):97-113.

Understanding the Constant Rates in the US and the Decreased Rates in China

- Treatments of depression and other mental disorders in the US?
- Treatments of depression and other mental disorders in the China?
- Pesticides control in China?

Suicide Rates and Depression

- 2005 Hurricane Katrina in New Orleans
- During war time
- The week after September 11, 2001
- The debatable findings in the effect of SSRI
- Suicide rates in the US over past decades
- The decline of Chinese suicide rates in the past 15 years

New theories are needed

- By far, there are very few theories that can explain the majority of the variance in suicidal behaviors.
- Most previous studies of suicide have been restricted to one domain of possible risk factors such as social, psychiatric, or psychological.
- A comprehensive and parsimonious theory explaining the psychological mechanism prior to a suicidal behavior is needed.

Theoretical Background (1)

- Suicide is a rational choice of the victim
Exchange theory (Blau, 1964; Homans, 1961)
Behaviorism (Skinner, 1938; Watson, 1950)

$$\text{Profits} = \text{Rewards} - \text{Costs}$$

- Inspirations from great thinkers and previous theorists
Strain theory of deviance
Durkheim's theory of anomie
Merton's Anomie theory of deviance
Robert Agnew's revisions of the strain theory

Theoretical Background (2)

Comments on the previous theories

1. Failing to directly address suicide as a target for explanation.
2. Neither Durkheim nor Merton has particularly offered instruments to measure such concepts as goal, success, aspiration, available means, or the frustration (strain) derived from those social facts.
3. Previous strain theories of deviance and crime, although they did not consider suicidality, inspired the building of the current strain theory of suicide.
4. The latter may not be a development, revision, or refinement of the former, since suicidal deviance differs from criminal deviance in nature.

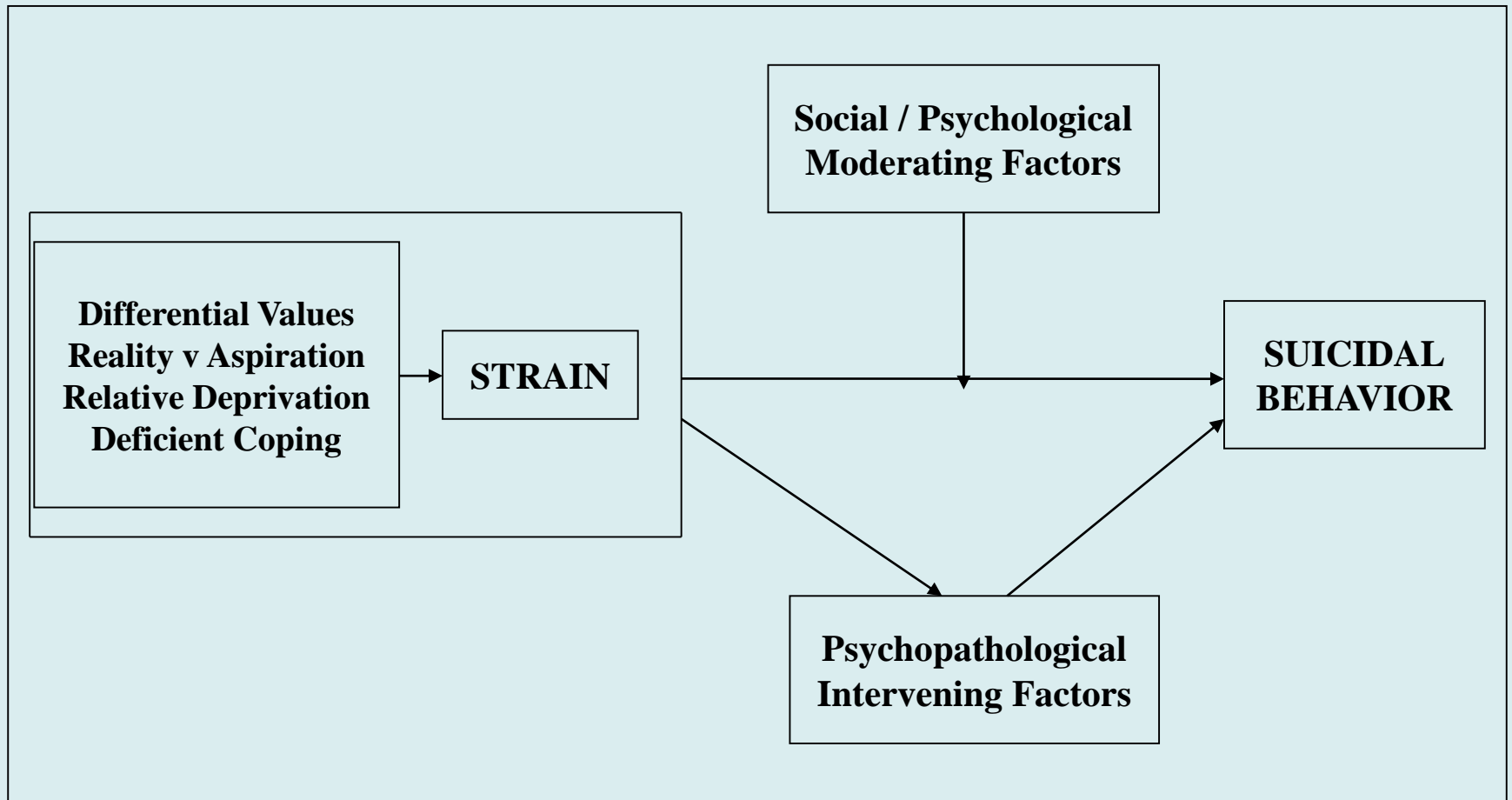
The Four Sources of Strain for Suicide

- **Source 1: Differential Values**
from differential values
- **Source 2: Reality vs. Aspiration**
from the discrepancy between aspiration and reality
- **Source 3: Relative Deprivation**
from the relative deprivation
- **Source 4: Deficient Coping**
from deficient coping skills in the face of a crisis

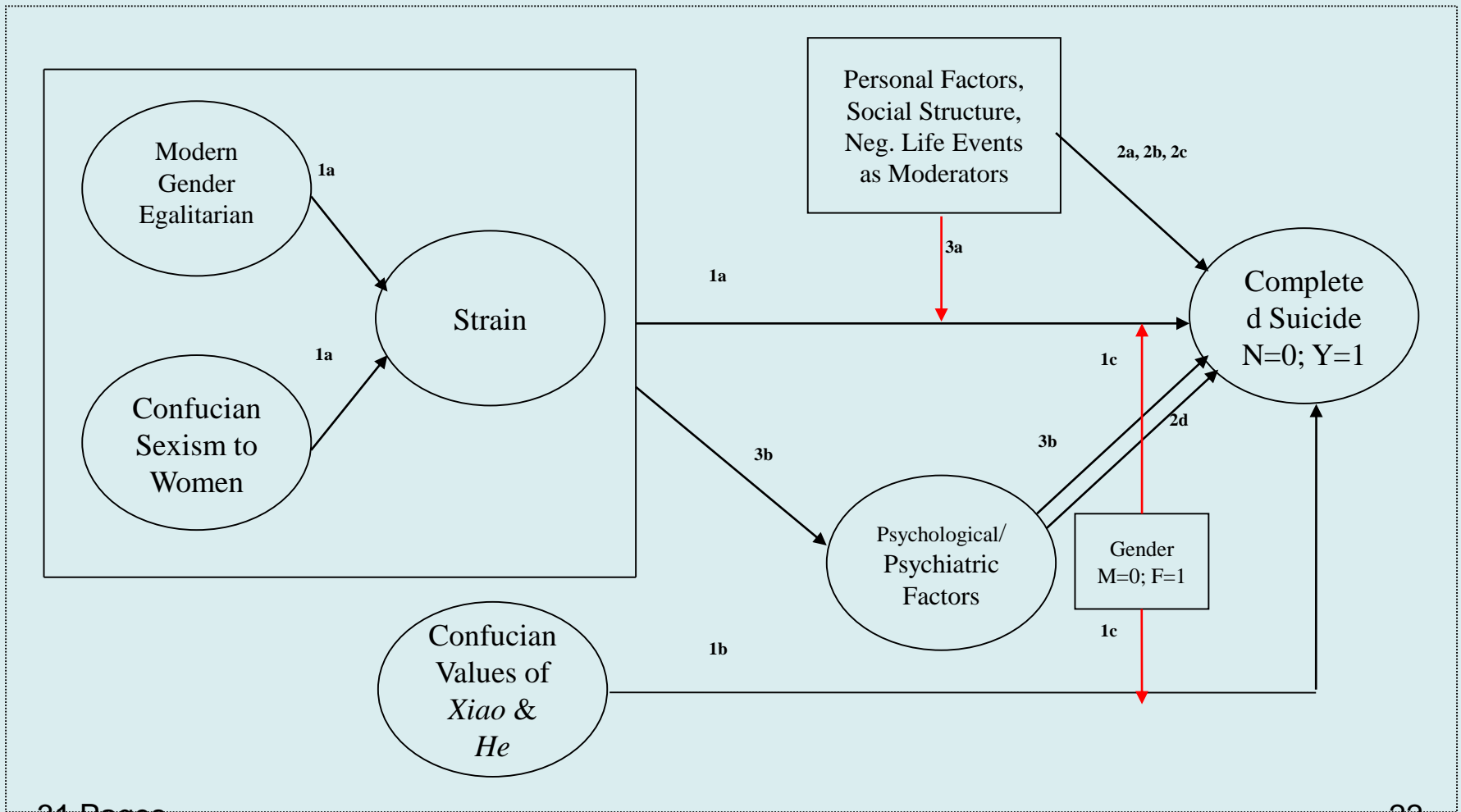
The Strain Theory of Suicide

- Cognitive Dissonance and Strain: similarity and difference
- Strain, resulting from conflicting and competing pressures in an individual's life, is hypothesized to precede suicide

The Social Psychological Model of Suicide



A Hypothetical Model on Value Strain to Be Tested



Values and Norms: Value Strains in Chinese Culture

- Confucianism: Cultural foundation deeply rooted in daily life
- Confucian values towards women
- Confucian expectations of men
- Modern gender egalitarianism

Personality and Social Risk Factors as Moderators

- Impulsivity
- Lack of Social Support
- Religion/Religiosity/Superstition
- Marriage (Currently Married)
- Low SES
- Family History of Suicide
- Younger Age
- Limited Education
- Easy Access to Lethal Pesticides
- Difficult Access to Medical Facilities

Mental Disorders and Psychopathology as Mediators

- Major Depression
- Other Mental Disorders
- Anxiety
- Hopelessness

Value Strain

- Value strain from conflicting values
 - traditionalism and modernity for status of women
 - traditionalism and modernity for love affairs
 - religion and atheism
 - Chinese values and Western values

Aspiration Strain

- Aspiration strain from the discrepancy between aspiration and reality
 - marriage partner selection
 - education
 - work choice
 - social participation
 - choice of belief

Deprivation Strain

- Deprivation strain from the relative deprivation including poverty
 - sheer poverty
 - relative poverty with comparing with others
 - deprivation of chances for marriage
 - deprivation of chances for education
 - deprivation of chances for free belief
 - deprivation of chances for work
 - deprivation of chances for social life

Coping Strain

- Coping strain from deficient coping skills in the face of a crisis.
 - loss of job
 - loss of money (investment)
 - loss of property
 - loss of loved ones
 - loss of face
 - physical accident
 - marriage disruption
 - failure at school
 - trouble at work
 - interpersonal problems

Sociology

- A theoretical driven discipline
- A foundation of all social sciences

Thank You for Your Input

Zhang Jie, Ph.D.
Professor of Sociology

zhangj@buffalostate.edu