

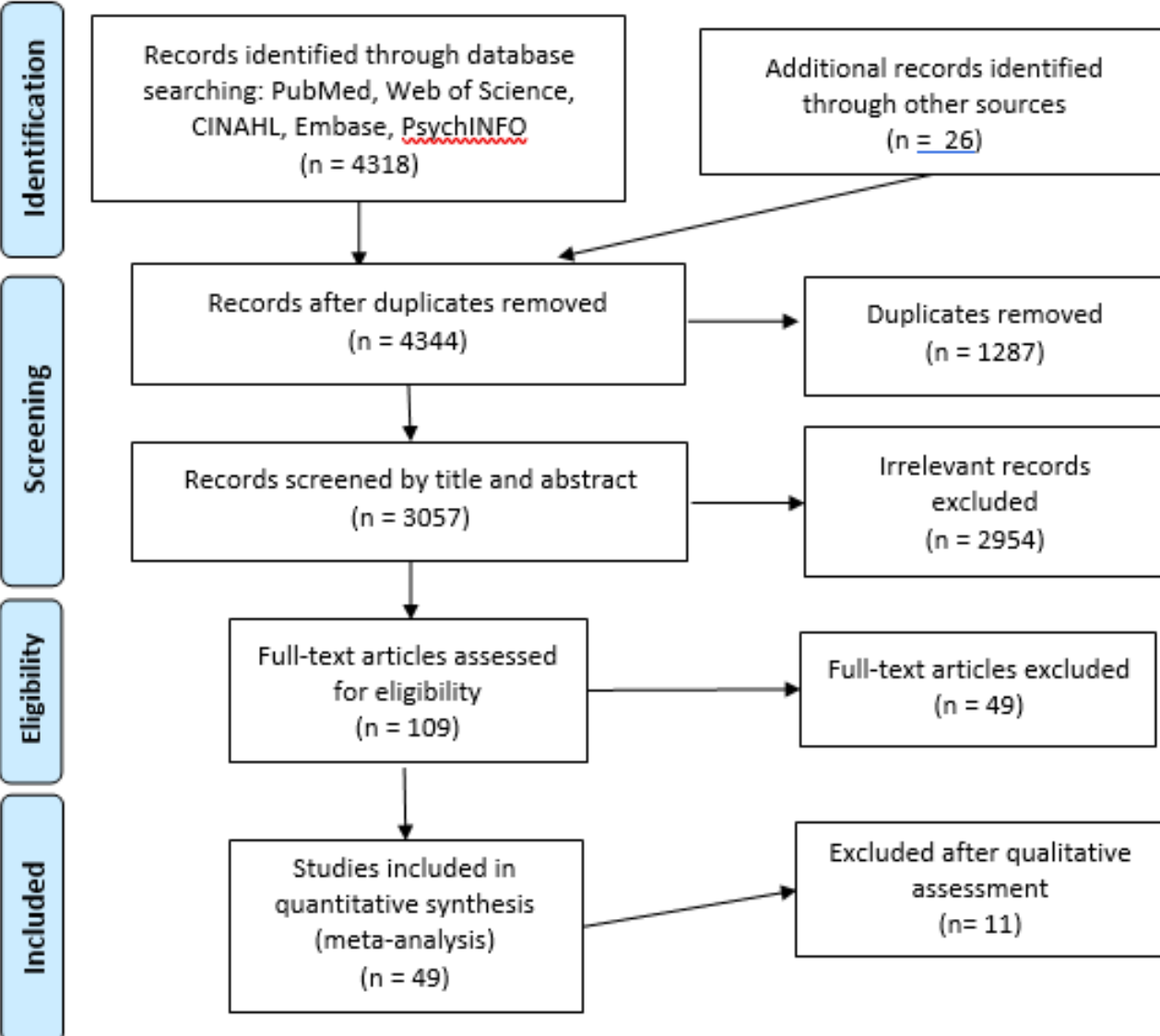
Depression associated with bereavement of traumatic loss: a meta-analysis

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BACKGROUND

Loved ones bereaved by traumatic deaths may suffer worse mental health outcomes including depression, PTSD, suicidality, and prolonged grief disorder, compared to non-bereaved individuals. We completed a meta-analysis comparing depression in individuals bereaved by three categories of traumatic deaths: suicide, accidents, and homicide.

METHODS



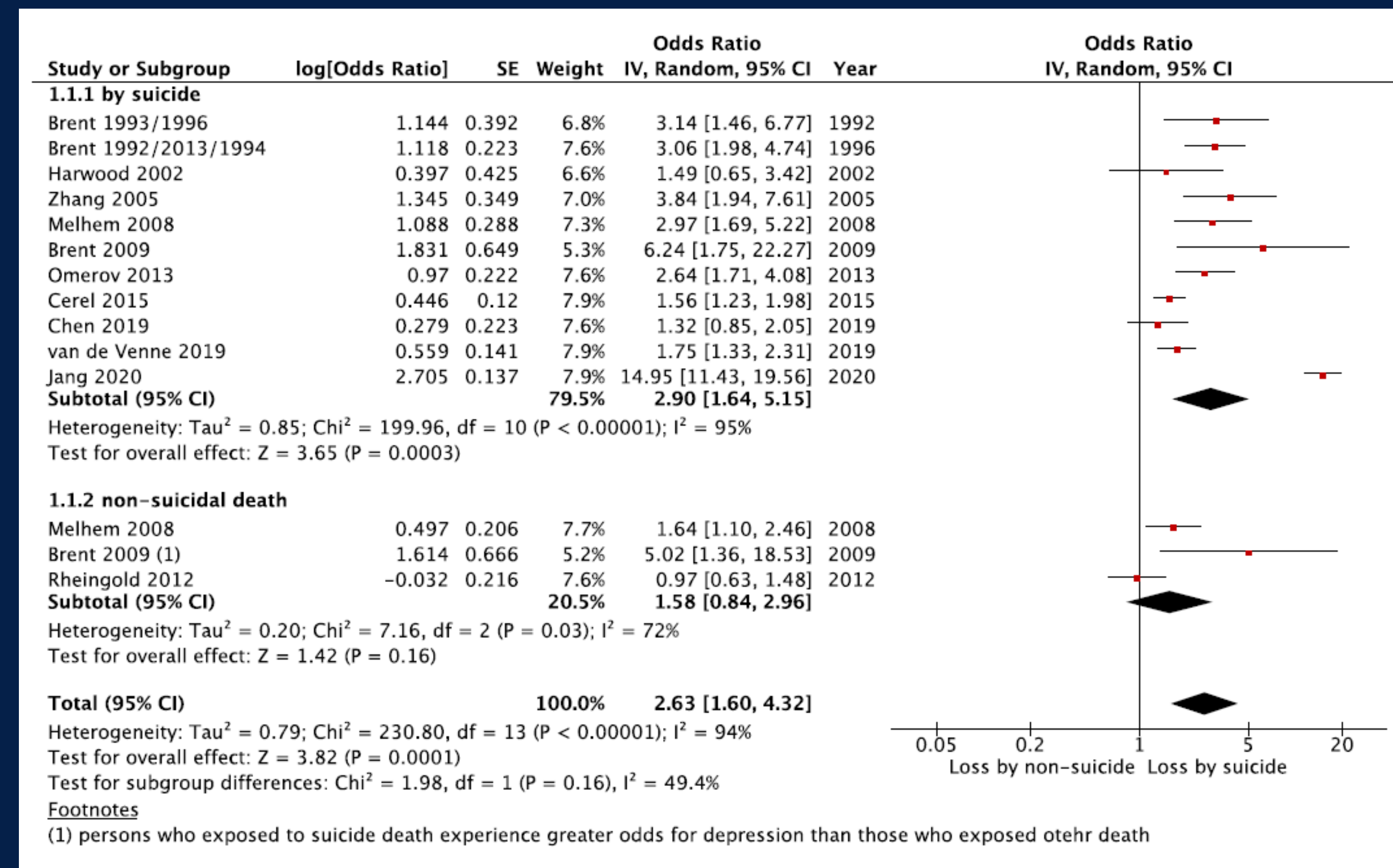
- Followed PRISMA guidelines
- Selection criteria: reported prevalence, incidence, severity, or risk of depression in observational studies in individuals bereaved by our 3 defined traumatic deaths.
- Excluded collective deaths such as terrorism.

RESULTS

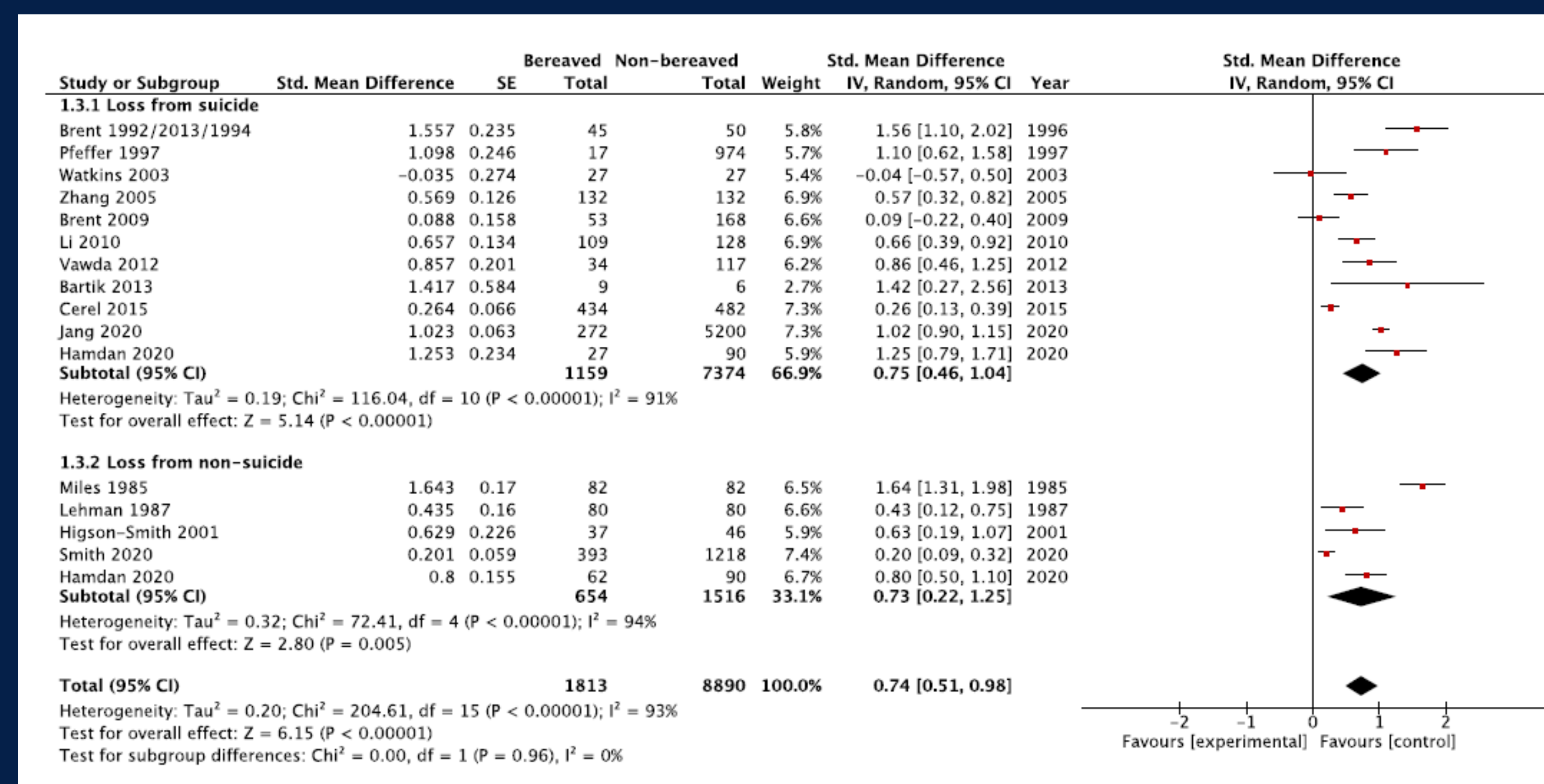
- Traumatic death resulted in 2.63 greater odds of developing depression (95% CI 1.6 to 4.32) compared to non-bereaved individuals.
- Bereavement by suicide increased the risk of developing any clinical depression with OR 2.9 (95% CI 1.64 to 5.15), while non-suicidal death had OR 1.58 (95% CI 0.84 to 2.96) which is not statistically significant, but there were only 2 studies
- Bereavement by any traumatic death increased depressive symptom severity with a medium to large effect of 0.74 (95% CI 0.51 to 0.98), there was no difference between suicide loss, with mean difference of 0.75 (95% CI 0.46 to 1.04), and non-suicide loss, with mean difference 0.73 (95% CI 0.22 to 1.25).
- Cause of death was not found to be a significant contributor to depression in studies with only bereaved individuals

Bereavement by suicide, accident, or homicide increases depression. Suicide bereavement does not seem to increase depression severity more than non-suicidal traumatic death

Depression risk



Depression severity



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Dichotomous measures with bereaved only studies								
Category	Group	Number Studies	Event Rate	Lower limit	Upper limit	P-value	P-value	
Cause of loss	Accident	8	0.152	0.049	0.383	0.007		
	Homicide	2	0.134	0.004	0.848	0.308		
	Natural cause	4	0.433	0.233	0.656	0.563		
	Other or mixed	3	0.229	0.029	0.750	0.304		
	Suicide	23	0.296	0.197	0.418	0.001		
	Total between							0.433
Overall		40	0.296	0.216	0.391	< 0.0001		
Deceased person	Child	10	0.170	0.065	0.376	0.004		
	Friend	1	0.295	0.226	0.373	< 0.0001		
	Mixed	5	0.304	0.240	0.376	< 0.0001		
	Parent	8	0.086	0.070	0.106	< 0.0001		
	Partner	2	0.671	0.544	0.777	0.009		
	Relatives/Family	14	0.355	0.220	0.518	0.080		
	Total between							< 0.0001
	Overall		40	0.199	0.175	0.224	< 0.0001	
Continent of study site	Asia	2	0.276	0.233	0.323	< 0.0001		
	Europe	15	0.181	0.137	0.234	< 0.0001		
	North America	25	0.323	0.266	0.387	< 0.0001		
	Africa	1	0.155	0.113	0.209	< 0.0001		
	Total between							< 0.0001
Overall		43	0.246	0.221	0.274	< 0.0001		

DISCUSSION

- We found increased severity, prevalence, and risk of depression in individuals bereaved by any traumatic loss compared to non-bereaved
- Suicide bereavement may result in increased risk of developing any depression over non-suicide traumatic death, but not increased depression severity.
- Otherwise, any cause of death did not significantly affect depression risk

CONCLUSION

- Many providers will encounter patients recently bereaved by a close traumatic death. There should be increased awareness about the risk for depression in these individuals

Citations

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