



**RAJARATA UNIVERSITY OF SRI LANKA  
FACULTY OF APPLIED SCIENCES**

**B.Sc. Honours in Health Promotion  
Fourth Year – Semester II Examination – July 2020**

**HPT 4204 – REDUCTION OF SUICIDE**

**Time: Two (02) hours**

**Answer ALL questions.**

1. Madhushi, who is a 19-year-old girl has been given a diagnosis of Deliberate Self Harm (DHS) on discharge from hospital following an overdose of some tablets.
  - a) Define “Deliberate Self-Harm (DSH)”. (20 marks)
  - b) Discuss the contributory factors that could have increased the risk of deliberate self-harm in Madushi. (40 marks)
  - c) Explain the different types of self-injurious behaviours covered under DSH. (40 marks)
  
2. Kanthi is from a village 20 km away from Padaviya, which has suffered from repeated droughts, extremes of poverty and lack of job prospects. Her family was separated when mother went abroad for a domestic helper job and her father drinks heavily. She recently joined a garment factory in a faraway place where she was staying in a boarding house with a few friends. When she encountered some stressors at work, she attempted suicide but was fortunate enough to be treated successfully.
  - a) Describe the suicide process (suicidal behaviour). (40 marks)
  - b) Explain **three (03)** risk factors from above vignette that influence the suicide process. (30 marks)
  - c) Discuss **three (03)** protective factors that could have prevented the attempted suicide behavior of Kanthi. (30 marks)

3. a) Describe the **three (03)** main categories of suicide intervention strategies that are aimed at different levels of risk factors with suitable examples. **(60 marks)**  
  
b) Discuss strengths and weaknesses of suicide prevention approaches aimed at the society. **(40 marks)**
4. Critically discuss the effectiveness of the current suicide prevention strategy of Sri Lanka. **(100 marks)**

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