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NEUROBIOLOGÍA, EVALUACIÓN Y TRATAMIENTO COMBINADO DEL RIESGO SUICIDA

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RESUMEN

El suicidio es una problemática de salud pública relevante a nivel mundial y se encuentra entre las principales causas de muerte para todos los grupos etarios. Esto resalta la necesidad de evaluar características específicas que permitan su predicción, habilitando intervenciones oportunas. Entre los factores considerados se encuentran aspectos biológicos que median o moderan el riesgo suicida. Los rasgos neuropsicológicos, que representan vulnerabilidad al suicidio, son las alteraciones en la toma de decisiones y capacidades cognitivas, tratamientos biológicos, como es el caso de los antiretrovirales, la variabilidad genética de la enzima CYP2D6 y rasgos temperamentales (impulsividad, agresividad, búsqueda de novedad, labilidad afectiva y desesperanza). Así mismo, existen tratamientos farmacológicos con eficacia anti-suicida, como la Clozapina en el tratamiento de la esquizofrenia y el litio en el trastorno bipolar, abordajes que se combinan con intervenciones psicológicas. El objetivo del presente trabajo será el de revisar la bibliografía disponible con respecto a los factores neurobiológicos relacionados al riesgo suicida, reflejando las implicancias al realizar su evaluación y en la toma de decisiones con respecto a una intervención terapéutica efectiva en el contexto de los tratamientos combinados en salud mental.

Palabras clave

Suicidio - Neurobiología - Riesgo Suicida - Evaluación - Tratamiento combinado

ABSTRACT

NEUROBIOLOGY, EVALUATION AND COMBINED TREATMENT OF SUICIDE RISK

Suicide is a relevant public health problem worldwide, given that it is among the leading causes of death for all age groups. This highlights the need to evaluate specific characteristics that can predict suicide risk, enabling timely interventions. Among the factors considered are biological aspects that mediate or moderate suicidal risk. The neuropsychological features, which represent vulnerability to suicide, are alterations in decision making and cognitive abilities, biological treatments, as is the case of antiretrovirals, the genetic variability of the CYP2D6 enzyme and temperamental features (impulsivity, aggressiveness, search for novelty, affective lability and hopelessness). Likewise, there are pharmacological treatments with anti-suicidal efficacy, such as clozapine in the treatment of schizophrenia and lithium in bipolar disorder, approaches that are combined with psychological interventions. The objective of this work will be to review the available literature regarding the neurobiological factors related to suicide risk, reflecting the implications

of the evaluation and making decisions regarding an effective therapeutic intervention in the context of combined treatment in the mental health field.

Keywords

Suicide - Neurobiology - Suicide Risk - Evaluation - Combined treatment

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