



# **Análisis y diseño intervencionista de la conducta suicida en población con dificultades socio-económicas: enfoque preventivo desde la Psicología Positiva [**

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Analítica

Reduce deaths by suicide is one of the major social challenges of today. Suicidal behaviors tend to increase in times of deep economic crisis like the one we live in, for this reason it is important to develop preventive programs that could dampen its consequences. To achieve this it is important to know the characteristics of the population and associated risk factors, but also the variables and personal resources that can act as protectors. This exploratory study with a program of longitudinal intervention follow describe the epidemiological profile of a sample of 95 people with socio-economic users of social services difficulties, and reveals that there is an indirect relationship between certain personal strengths (curiosity, Passion for Learning, Prudence, Auto-regulation, Vitality, Optimism, Outlook and Spirituality) and selflytic through two key risk variables: depression and impulsivity. This finding allows a prevention program proposal, based on positive psychology, group character, which can be implemented by professional Social Work Centers Community Social Services

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