

The Execution of Psychological Autopsy to Manoeuvre Cryptic or Suicide Deaths Inquests; a Disquisition of Psychological Autopsy Praxis in Reference to the Indian Terrain

Harisoorya A. U. ^{1*}, & Vidya N. ²

^{1*} Research Scholar, Institute of Social Sciences and Humanities, Srinivas University, Mangalore, Karnataka, India,

ORCID ID: 0000-0003-0013-2444, E-mail: vishnuaul@gmail.com

² Associate Professor, Institute of Social Sciences and Humanities, Srinivas University, Mangalore, Karnataka, India,

ORCID ID: 0000-0002-3390-567X, E-mail: vidyakrithi.n@gmail.com

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^{1*} Research Scholar, Institute of Social Sciences and Humanities, Srinivas University,
Mangalore, Karnataka, India,

ORCID ID: 0000-0003-0013-2444, E-mail: vishnuau1@gmail.com

² Associate Professor, Institute of Social Sciences and Humanities, Srinivas University,
Mangalore, Karnataka, India,

ORCID ID: 0000-0002-3390-567X, E-mail: vidyakrithi.n@gmail.com

ABSTRACT

Purpose: *One of the biggest issues with population health is suicide. It is an example of a self-catastrophe act brought on by a disaster that is frequently not adequately acknowledged by family, acquaintances, or the clinical community. Both sexes as well as all age groups are affected. The literature on Indian "psychological autopsy" (P.A) has not yet been the subject of any reviews. A PA procedure's core component, interview instructions, is similarly in short supply. So, the very purpose of this paper is to suggest or identify a psychological autopsy method that can fit into Indian terrain.*

Objective: *The primary objective of this particular paper is to analyze various journal publications which deal with psychological autopsy and various novel findings from different suicide cases. Especially in India, the rate of psychological autopsy or equivocal death analysis is very low and society is not very clear about the basic use, concepts, and basic procedures of the psychological autopsy. So in this scenario, providing some basic understanding of psychological autopsy is one of the main objectives of this paper.*

Design/Methodology/Approach: *From the beginning until June 2022, electronic searches of the pertinent topic were made using the database systems of PubMed, PsycINFO, Academia, Researchgate, and Google Scholar to find pertinent English or any other languages that had been translated into English language-reviewed articles from India as well as international writings that provided information on best practice elements in PA. Detailed checks were made to ensure that the provided summaries were legitimate. Following the retrieval of important data utilizing such a pre-configured prospectus, a semi-structured discussion outline was produced. The findings of investigations conducted both domestically and abroad on the subject matter have been carefully as well as scientifically compiled. Every scientific journal article finding received a rigorous, systematic, and scientific examination in order to increase the scientific soundness, reliability, as well as accuracy of this document. We gathered the opinions of several knowledgeable professionals in order to boost the originality and dependability of this article.*

Findings/Result: *In order to describe the PA method, several genuine publications, including clinical studies, as well as several clinical reviews/expert comment writings were discovered in India. To evaluate threat elements related to suicidal behavior, the majority of research conducted in India focuses on suicide PA (SPA). The documented proportions of mental illness among suicide-direct descendants varied widely, and potentially distressing circumstances were the other important threat component for suicidal thoughts in the Indian context. The optimum time to tackle PA is presumably between five and a half years following the event when facts may be methodically gathered from selected respondents and certain other resources utilizing a narrative interviewing style, coupled with psychometric evaluations.*

Originality and Value: *The components of physical autopsy analytical methods and psychological autopsy analytical methods were combined in a creative and comprehensive effort. It is hypothesized that a more accurate and scientific way of identifying a particular suicide case can be achieved by combining the two different clinical system dimensions. For reliable results, physicians should combine psychological autopsy data with information from physical autopsies and forensic chemical tests.*

Paper Type: *Clinical analysis paper*

Keywords: Psychological autopsy (PA), Suicide, Equivocal death, Medical ethics, Forensic psychological analyses.

1. INTRODUCTION :

One of the biggest issues with the healthcare system is suicide. It is an example of self-conduct brought on by a catastrophe that is frequently not adequately acknowledged by family, associates, or the healthcare community [1]. Both, males and females as well as all age groups are affected. At a minimum, fifteen times more people commit suicide than actually succeed in doing so, and continued attempts seem to be prevalent. The World Health Organization calculates that about one million individuals die by committing suicide each year, and also that number is steadily rising on a massive level [2]. Many nations are impacted by this scourge to varying degrees. Following traffic deaths, it is the next leading factor of death among those aged 15–44, while it is the leading killer of people aged 30–39. But even though the percentage of fatalities decreases greatly with age afterward, the number of suicide-related fatalities rises dramatically [3]. In fact, the risk of lethal suicide attempts among those over 85 is six times greater than it is among people under 24 years old. In 2020, the most recent year in which occurrence numbers are available, the citizenry's overall rate of suicide was 9.7/100,000 for women as well as 27.1/100,000 for males [4]. The rejection rate is almost negligible when using the Asian-cultivated engaging approach to recruiting prospects. The Western methods themselves turned out to be effective in Asian culture. Ethics play a similar role in Indian society as they do in the Western tradition [5]. It is demonstrated that the psychological autopsy (P.A) methodology may be used to analyze completed suicides in both Indian and Western cultures. In order to better identify the possible risks for Indian suicides, forthcoming epidemiological studies on the subject should collect information from a bigger population using the psychological autopsy approach [6].

2. RELATED WORKS :

Suicidal behavior has a variety of quite diverse morphologies. "Suicidal behavior" is typically used to describe a wide range of behaviors, including suicidal behavior "attempts," and therefore is described as a deliberate act intended to cause one's own death that requires assessment or clinical attention [7]. Suicidal behavior can be divided into categories based on the individual's intention, such as the need to flee, eagerness for retribution, altruistic suicide, hazard, oracular behavior, individual self, the severity of deadliness, with or without the need for critical care hospitalization, the extent of neurocognitive changes, such as confrontational as well as impulsive behavior, as well as exacerbating or provoking conditions, such as [8]. Suicidal behavior is extremely unpredictable, therefore many scholars concur that a clear image of the suicidal person cannot be painted. Nevertheless, a number of risk markers have really been discovered throughout the period, notably by employing the "psychological autopsy" method [9]. Although several nations, like America, the UK, as well as Finland, use this approach, it is still essentially unknown in Europe. By gathering information, particularly from acquaintances as well as family, the goal is to recreate the behavioral, sociological, as well as clinical elements of completed suicide. This may then be applied in studies to further our understanding of the hazard elements for suicide conduct as well as create preventative measures [10]. Psychopathology investigators just became focused on "psychological autopsies" as a way to characterize the clinical, behavioral, as well as conceivably sociocultural or ecological perspective within which some individuals had indeed been led to a desire to face death. So even though initially intended to be a "medico-legal" clinical tool encompassing a sequence of in-depth interview sessions with individuals connected to an individual passing away under unclear situations, this use of the instrument has since gained popularity [11]. The strategy quickly showed promise in at minimum two distinct sectors: identifying potential risks (for example, with therapeutic and/or preventative purposes in mind) as well as conducting an investigation on physiological indicators including genomics. The "psychological

autopsy" was created by a small group of scientists in approximately 20 distinct nations, but because of a variety of reasons, it really has maintained mostly unknown in the rest of many other nations, particularly France. " Psychological autopsies" were first limited to solitary occurrences as well as focused exclusively on professional evaluation following a suicide [12]. Evaluating a number of related cases quickly demonstrated that, relative to controls (15–38%), suicide conduct was associated with mental illnesses "(DSM-III-R axis I and/or axis II)" in at least 90 percentage points of situations, regardless of either gender or age. These distribution rates support the findings of epidemiological investigations. Investigations on younger individuals (children as well as teenagers) who attempt suicidal ideation reveal not only clear mere evidence of the psychological ailment, as found in elders, in addition to a clear representation of delinquent conduct (the inability to follow directions as well as respect authority figures) as well as unfavorable life circumstances [13]. There exists a significant link between bipolar illness, sadness, excessive alcohol, as well as other psychotropic drug use. The week before suicide, unpleasant life experiences are more frequent as well as distressing for young individuals than for the comparison group. Additionally, younger folks who use liquor frequently are more likely to have psychological issues than their depressive peers, and young individuals with addicted behavior are more likely to have accumulated unpleasant experiences without support from family [14]. Although just a few writers have indeed identified significant intercultural congruence, it is important to keep in account that perhaps the objects examined in this research represent sizable portions of society. Consequently, the investigations need to be improved on a nationwide basis [15].

3. OBJECTIVES :

The main goal of this particular paper is to examine numerous journal articles that deal with psychological autopsy and diverse bright results from various suicide incidents. Particularly in India, there is a significantly low rate of psychological autopsy or equivocal death analysis, on the primary uses, principles, and fundamental methods of the psychological autopsy. Therefore, one of the key goals of this study in this situation is to provide some essential understanding of psychological autopsy. The main objectives of this paper are listed below for a better outlook and they are as follows.

1. To through light on the topic of psychological autopsy/ equivocal death analysis and its basic concepts.
2. To get a deeper understanding of the use of psychological autopsies in the Indian context and how suicide can be detected from psychological autopsies.
3. To understand how forensic chemistry analysis can be amalgamated with psychological autopsy procedure or report for more accurate and reliable conclusion in the case of complex circumstances as well as to shed some light on the importance and usefulness of amalgamating forensic chemical analysis report along with psychological autopsy.
4. To gain knowledge about how medical ethics can be followed while the planning/application of psychological autopsy.

4. METHODOLOGY :

From the beginning until June 2022, electronic surveys of the relevant topic were conducted through the database systems of PubMed, PsycINFO, Academia, Researchgate, as well as Google Scholar to find pertinent English or any other languages that had been translated into English language-reviewed articles from India together with global writings that gave details on best practice elements in PA. The authenticity of produced summaries was rigorously checked. A semi-structured discussion outline was created after pertinent information was retrieved using such a pre-configured prospectus. From the beginning, we conducted a computerized check of Medline using PubMed, PsycINFO, as well as Google Scholar repositories. The searched keywords were modified as necessary for various sources. The data analysis study was carried out by different psychologists. To find pertinent papers, a search undertaken of the produced items' bibliographies was also conducted.

5. PSYCHOLOGICAL AUTOPSY, AN OUTLOOK :

In its simplest form, a "psychological autopsy" (PA) is a postmortem investigation method that aims to determine the decedent's intentions through a careful retroactive examination that includes organized interviews with individuals and a review of pertinent materials [16]. Psychological autopsies were first designed to look into, explain, as well as aid legal investigation on the motive for death in ambiguous fatalities, but they are now very frequently utilized as a forensic method to look into hazard

elements for attempted suicide cases. This has been greatly influenced by the suicide study "truism" that around 97% of dead decedents had one or more clinically diagnosed psychological diseases [17]. Despite the existence of a number of PA research authored in India to date, no endeavor has been made to comprehensively examine the material. Furthermore, there are a number of shortcomings with the recognized PA interviewing procedures. A few of the main methodological weaknesses that have, expectedly, helped lead to concerns about the permissibility of PA facts before the courts include an insufficiency of standardized instruments or techniques, informant favoritism, a complete absence of interviewer coaching, bias, including such due to time refers to the duration between both the occurrence as well as the meeting and problems with the shortlisting of new controls [18].

In light of the above, the existing investigation was carried over with the three major goals in mind: to reconsider Indian PA writings with a simultaneous emphasis on systematic approaches as well as to summarise their study results; to synthesize best practice elements of PA questioning process; and ultimately, to describe a semi-structured PA questionnaire protocol to aid practice and studies in this area [19].

6. SUICIDE PSYCHOLOGICAL AUTOPSY IN INDIA; AN INDIAN PERSPECTIVE :

A verbal autopsy has been utilized in a number of articles to determine the age range specified suicide incidence rates in a similar area across various intervals of time. Such investigations all employed the same technique. Autonomously, healthcare practitioners and health assistants, including nurses paid visits to the victim's house, neighbors, family members, alternative medicine practitioners, as well as area elders [20]. The physicians and I talked about the conditions of the event, as well as we occasionally had impartial verification done to make sure the information was accurate. We may infer that death is significantly underestimated in the current approach from the fact that they all claimed larger mean annual suicide rates than the national median. Another finding from one of these research was that almost all of the direct descendants described experiencing unpleasant life experiences [21].

The verbal autopsy technique was utilized in some states to calculate the incidence rate as well as its relation to total mortality. After speaking with cohabitating couples, close friends, or neighbors, skilled health professionals recorded even their own verbal postmortem summaries. One or two clinicians critically evaluated these to confirm the reason for the death. These investigations' findings revealed that there were regional differences in the misclassification of suicide [22].

According to a nationwide poll conducted by non-medically qualified and experienced field workers by using the regular, trustable, official, "re-sampled household investigation of mortality with medical evaluation" procedure, homicide percentages in India are among the greatest anywhere in the world. Interventions to reduce suicide rates include controlling access to agrochemicals [23]. For a better understanding, various models of suicide ideation behavior have been shown below in figure format.

Domains of Suicide Risk in Later Life

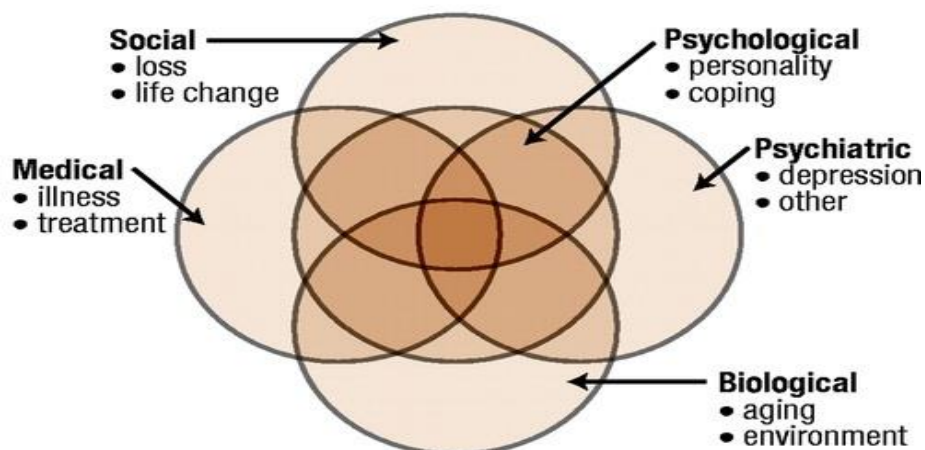


Fig. 1: Showing some risk factors/domains of suicide in the late stages of life [24]

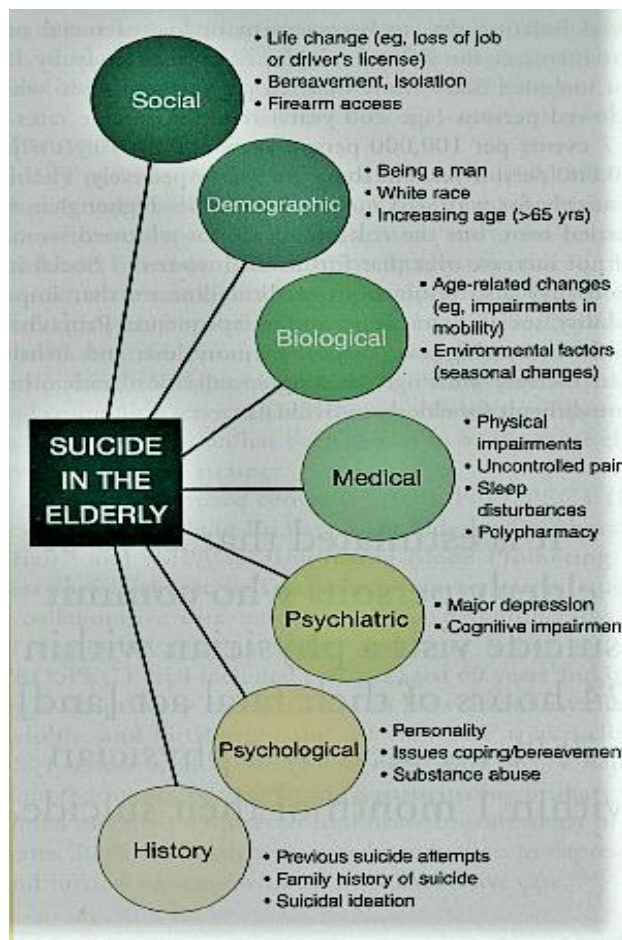


Fig. 2: Showing suicidal risk model with a more concentration on the biological and medical area [25].

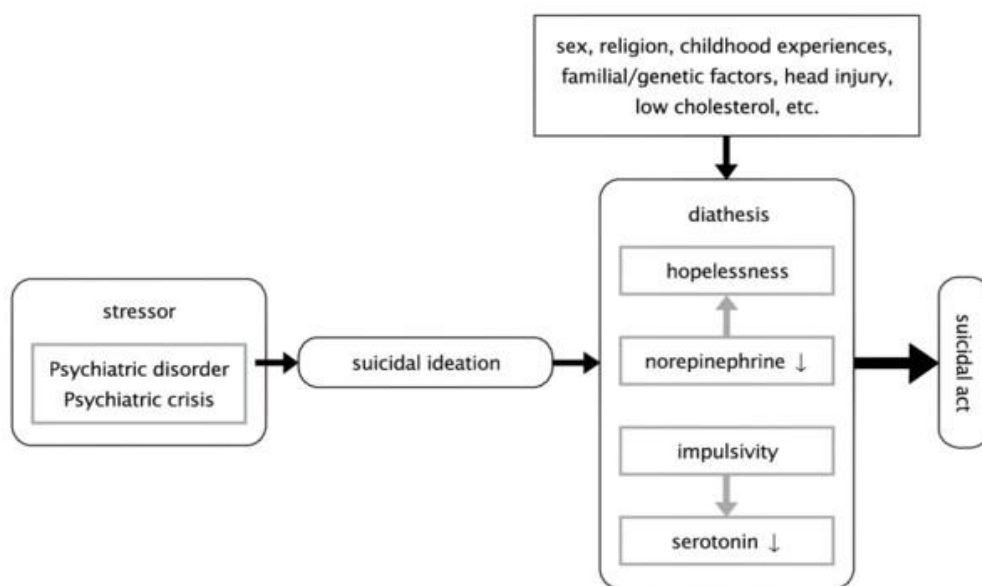


Fig. 3: Showing Stress- Diathesis model of suicide [26].

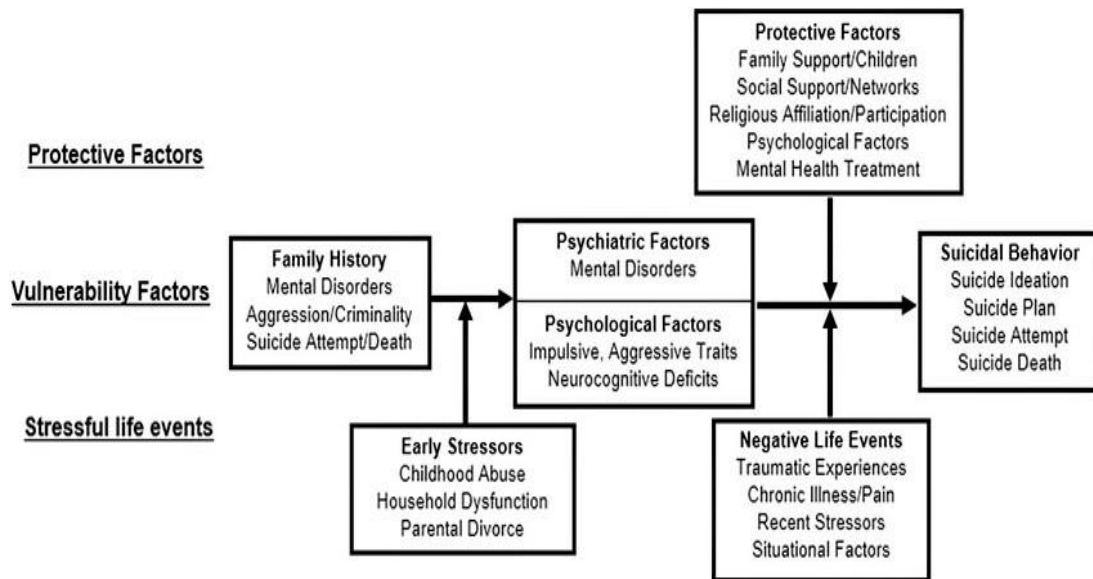


Fig. 4: Showing vulnerability stress model of suicidal behavior [27].

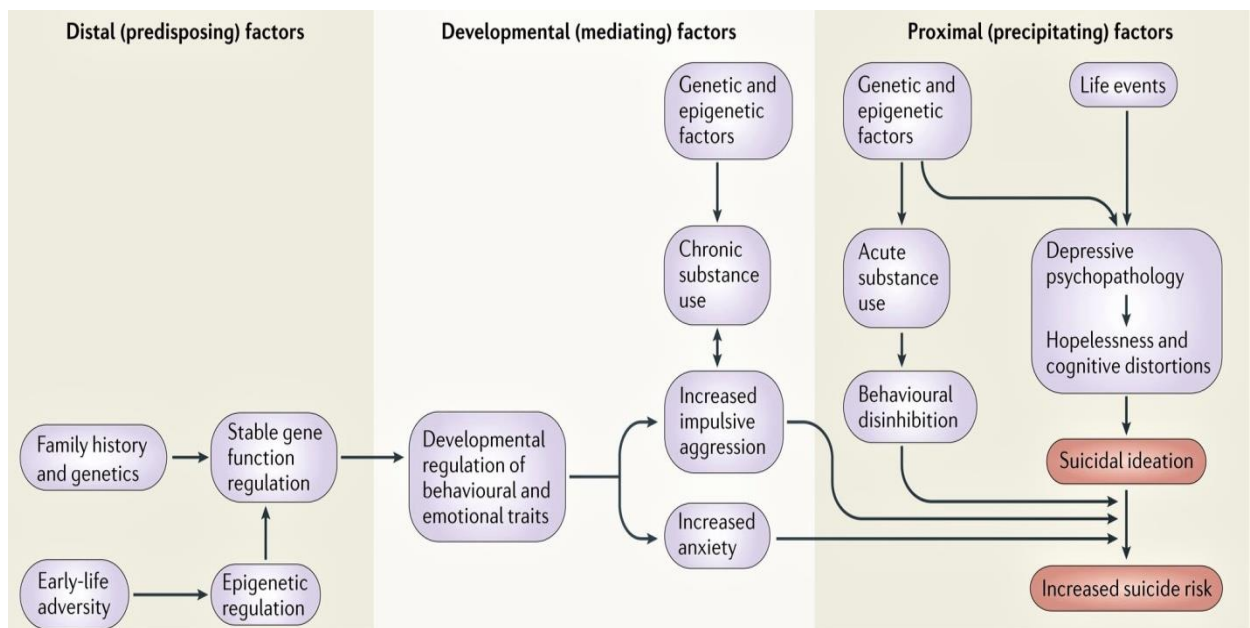


Fig. 5: Showing the molecular bases of the suicidal brain of humans [28].

6.1 Reconstructive psychological evaluation with very restricted information :

Various studies evaluated the hazard variables for attempted suicide using a cross-sectional approach. Merely the victim's family members were contacted [1]. No more documentation or investigative files were requested. In one research, participants completed a self-designed checklist with an emphasis on current stressful circumstances, whereas in the second, families were contacted three months after the incident to allow them to be free of the grieving process as well as reduce recollection bias [29].

6.2 Equivocal death analysis involving the extended information :

The PA procedure produced vital details, including gender-specific contingency attributes for completed homicide by having to hang in some states in India, when relevant facts were gathered through secondary records from numerous different source materials, including suicide notes as well as corroborating proof from the law enforcement agencies as well as the judicial officer [30].

6.2 Psychological autopsy and “key informant” relatives; a brief outlook :

In the first research of its kind, writers from India interviewed key informants between three and six months following the demise using a rigorous 178-item checklist with a systematic evaluation of life

circumstances as well as psychological illness. A psychologist conducted each interview. Many states in India used a parallel approach that included standardized tools for mental morbidity including life situations, as well as examinations conducted by clinicians [31]. A "self-designed semi-structured pro forma" was utilized by professional medical social workers as well as a counselor to interview "important informant relatives," who are regarded as those who interacted with the dead for the previous two years.

Individuals who can be selected for interviews	Additional sources of information/records to be verified
Close relatives who have been staying with the deceased during the time preceding death (spouse, children, brother, sister, and parents)	Medical records Physical autopsy report
Close relatives who may be residing nearby or is in regular physical or telephonic contact with the deceased	Suicide note (if any) Personal diary/log/accounts book
Neighbours	Updated bank passbook
Friends/close acquaintances	Social media accounts (Facebook/Twitter/Instagram/Whatsapp)
Family physician/treating specialist (including mental health professional (if applicable)/health care worker caring for the person/traditional healer	Phone logs/text message history
Religious leaders of groups with whom the deceased had affiliations	Email logs

Fig. 6: Showing individuals who can potentially be selected for PA process and some additional sources of information that can be accumulated [1].

The typical reasons for hiring a PA were suspicions of suicides, looming police prosecutions, the need to file compensation claims which are invalidated if a death was caused by self-harm within a specific time frame after the coverage was issued—and the need to defend against malpractice accusations [32]. A judge, general practitioner, psychologist, psychotherapist, psychiatric social worker, police investigative officer, as well as law administration officials made up the proposed PA unit. Interviewees can include members of a family, colleagues, employees, neighbors, doctors, eyewitness accounts, pastors or other religious authorities, as well as other associates, as necessary, even though the presenter is often any mental health care provider [33].

Diary entries, hospital details, academic documents, government documents, job registers, prosecutor's reports, medico-legal data, judicial findings, as well as crime scene analysis observations could be used as supplementary data sources. Personal thoughts of the dead, any behavioral or mental discomfort seen in the departed, as well as the considered environmental causes of the demise are the assessment's biggest priority sections. Most importantly, the PA procedure as well as the result are seen as a professional judgment with probability [34].

The "suicide PA" (S.P.A), as well as the "equivocal death PA" (E.D.P.A), were the two forms of PA that were found in a systematic assessment of techniques, integrity, and standards of PA in India. Although S.P.A (to determine the cause of homicide) is applied when it is essential, E.D.P.A (to explain murky suicides) is seldom utilized in India. The PA may also be performed to identify the cause of death, including homicides, murder, natural causes, or accidents, as well as other factors including brain trauma, bullet wounds, cardiovascular problems, asphyxia, etcetera "(intentional [on purpose], sub-intentional [an act was meant to harm but not kill], and unintentional [an accident])". Shneidman's 16 criteria-based investigation domains, interviewing within two to six months following the suicide, as

well as obtaining informed permission while gathering data were all suggested [35]. The recommended methodology included gathering relevant data from the crime spot, reviewing police files, speaking with witnesses, and checking the decedent's data, including texts, e-mails, journals, computer data, audio or video clips, financial statements, college or employee data documents, examining interactions, support networks, and indeed the victim's line of business.

Relevantly, the assessment also restates PA's lack of validity in Indian tribunals as well as emphasizes how crucial it is to life compensation claims. The informant's ability to offer accurate and complete information might be impacted by continual life policy payouts [36]. Additional drawbacks of PA include the lack of a standardized approach, the bias in families' memories, the skewed perspectives provided by different friends and family, as well as the scarcity of supplemental documents. A forensic analyst has suggested a succinct PA examination process outline in an effort to overcome the lack of uniformity in the PA questioning process.

7. KNOWING BIOLOGICAL SUICIDE INDICATORS MIGHT BE USEFUL FOR PSYCHOLOGICAL AUTOPSIES; AN OVERVIEW FROM THE PERSPECTIVE OF NEUROPSYCHOLOGY :

The assessment of physiological variables postmortem or in individuals who have tried suicide violently or unsuccessfully is the basis for the analysis of biochemical indicators for suicide preventive measures. Research findings on the biochemical changes related to suicide behavior have produced conflicting or unsupported findings. On the contrary, it appears that committing suicide threat is impacted by neurobehavioral elements that are distinct from psychopathology, as well as on the next one, it appears that frailty to suicide may be the byproduct of an engagement among both traits+state- dependent variables that may itself be swayed by precipitating ecological aspects [37]. Especially trait+state-dependent characteristics may be influenced by specific neurological drivers. Suicidal propensity elements seem to correlate to "trait-dependent variables". Clinical conditions include temperament abnormalities, addictive behaviors, and behavioral problems like impulsivity or aggression are among them. Several "trait-dependent" aspects tend to be influenced by genetic components, distressing events, especially in infancy, as well as underpinning "serotonergic system malfunction". They also seem to be reliant on hereditary determinants." State-dependent" elements seem to be associated with severe mental disorders, including severe periods of depression, for instance. They appear to be dependent on situations that act as catalysts for behavioral factors [38]. Both "noradrenergic system malfunction" and acceleration of the "hypothalamic-pituitary-adrenal axis" (HPA axis), which would be strongly associated with anxiety, may make people more likely to respond negatively to distressing situations.

The serotonergic pathway is the neurological component that has been studied much more. Investigations on individuals' peripheral systems as well as "cephalorachidian fluid" (C.R.F) have also been carried out postmortem or following a failed suicidal behavior. The evidence supporting the hypothesis of "cerebral serotonergic system hypofunction" comes from postmortem evaluations that reveal a decline in "serotonin" "(5-hydroxytryptamine, or 5-HT)", as well as its major degradation products, "5-hydroxy indole acetic acid" (5-H.I.A.A), but not within the neocortex [39]. On the contrary, the subcortical has an uptick in the amount of "serotonergic postsynaptic receptors" 5-H.T.1.A as well as 5. Postmortem research findings on the "noradrenergic system" have shown sectoral disparities: on the contrary, a reduction of noradrenaline, accumulation (N.A) in the cerebellar stem, which was supported by a decline in "noradrenergic neurons" and an upsurge in "2-adrenergic receptors"; as well as, a boost in N. A concentration in the "prefrontal cortex", which was supported by a raise in -"adrenergic receptors" and a decline It has been assumed that these data indicate an enhancement in "noradrenergic cortical activity" [40]. Nevertheless, after receiving "clonidine", participants who had committed suicide showed lower "growth hormone" (G.H) production than did counterparts, which is thought to be related to "noradrenergic hypofunction".

Biological markers	Type of analysis	Results
Serotonin (5-HT)	<i>Post mortem</i>	↘ 5-HT and 5-HIAA catabolite (raphe region, hypothalamus)
		↘ 5-HIAA in prefrontal cortex (inconsistent)
		Raphe region: ↗ 5 HT _{1A} receptors; no modification 5-HT transporter sites
		Nerve terminals:
		↗ 5 HT _{1A} and 5 HT _{2A} post synaptic receptors in frontal cortex (controversial)
		↘ 5-HT transporter sites (ventromedian prefrontal cortex)
	PET-SCAN (depression)	Raphe region: ↘ 5 HT _{1A} receptors; violent suicide particularly; bipolar pathologies
		Nerve terminals:
		5 HT _{1A} receptors: ↘ in violent suicide particularly, bipolar pathologies and MDE
		5 HT _{2A} receptors: no change or ↗ when high pessimism present or ↘ particularly in violent drug-induced suicide
	CRF	↘ 5-HIAA levels, particularly in violent suicide. Negative correlation between 5-HIAA levels and impulsiveness. Predictive biological factor of suicidal risk
	Fenfluramine test	↘ Plasma prolactin. Stable biological trait thought to correspond to a decrease in 5-HT system activity.
	Periphery	Blood platelets: ↘ 5-HT recapture
		↘ Serotonin transporter sites, ↘ platelet 5-HT, ↗ 5 HT _{2A} receptors
		↘ Plasma 5-HIAA, ↘ plasma tryptophan
Noradrenaline (NA)	<i>Post mortem</i>	Cerebral trunk: ↘ NA, ↘ NA neurons, ↗ α ₂ receptors
		Prefrontal cortex: ↗ NA, ↘ α ₂ receptors, ↗ β receptors ↔ increase in cortical NA activity
	Clonidine test	↘ Plasma GH ↔ NA hypoactivity ↔ 2 opposed hypotheses
Dopamine (DA)	<i>Post mortem</i>	Poorly studied
	CRF	↘ HVA (controversial)
	Periphery	↘ HVA catabolite in 24-hour urine
Cortisol	Periphery	↗ Cortisol in 24-hour urine
		↗ Plasma cortisol – Dexamethasone suppression test, prediction of suicidal risk x14
Cholesterol		↘ Suicide, especially by violent means

Fig. 7: Showing different important biological markers which can also be considered or correlated with psychological autopsies/equivocal death analysis procedure [41].

8. EXPOSITION OF PSYCHOLOGICAL AUTOPSIES BEST PRACTICES :

Identification and quantity of contributors the next-degree relatives, whether partners, parents, or first-degree relatives, always serve as the preferred reporters. Additional potential sources comprise relatives, personal friends, colleagues, and neighbors, including family doctors or mental healthcare professionals, the latter two due to the high percentage of individuals who seek medical attention within a month at least of committing suicide. Best friends must also be questioned in cases of teenage suicides since they could divulge their fatal ideas to classmates exclusively. When the subject is residing alone, choosing sources can be difficult as well as frequently differs from case-by-case. Additionally, where pertinent clinical documents are accessible, these should also be added [42]. There are several strategies for accessing informants during a PA examination. This would include walking up to a cremation home, showing up "unannounced," writing a message, as well as calling. Cooperation has been typically high (>90%) in the majority of these. Several studies recommended making telephone conversations, sending

a letter with the specific test material attached, and afterward going to the subject's house. This has reduced rejection percentages and thus could guarantee physical presence on the suggested day.

In a different research, the time of PA assessments has ranged from one week just to six to twelve weeks after the death. When feasible, one must refrain from visiting as well as questioning informants on the date of the deceased's birthdate, during the day of their anniversaries, or during any family gatherings like upcoming marriages or religious holidays. Although worldwide research shows that the ideal period may be between two and six months from the bereavement, the majority of Indian PA investigations timed the assessment somewhere around one and three months from the demise. The session needs to be fluid in terms of both locations as well as time [43]. Before even the session, clear written permission should be sought. According to the comfort of all parties, the examinations are typically conducted at the aide's house or a balanced site. Interviews can range between 2 and 5 hours; to reduce interview fatigue, a single session with breaks or numerous sessions spread out over future days is optimal. On the basis of preliminary data, it could occasionally become apparent that more persons need to be questioned. In light of this, additional revision screenings may be scheduled. Since the lengthy investigation procedure is tiring, the session is often ended after thanking the individuals for their involvement as well as addressing any outstanding questions [44]. They may experience bereavement or have a psychological illness from time to time, as well as assistance, should be provided for both.

9. ETHICAL ISSUES AND EQUIVOCAL DEATH ANALYSIS/PSYCHOLOGICAL AUTOPSY :

In today's modern research involving human participants, ethical concerns are crucial. To carry out an investigation like the one that is conducted now, essential ethical guidelines as well as safeguards for protecting human subjects must always be observed. Even after the homicide victim is dead, there may still be evidence that is being kept from friends as well as colleagues. By speaking with numerous people and reviewing different papers, investigators may be able to learn this evidence. Even though most clinicians do not respect confidentiality as highly as most people do, information that perhaps the dead has wanted to keep private should never be made public [45]. Additionally, by accomplishing it, we can protect the investigators' impartial reputation as well as prevent any future deterioration of the issue.

In a way, the participants in a "psychological autopsy" research also serve as the investigators. Somewhere at the time of the session, several of the participants might still be in pain. We must take precautions to protect their dignity as well as safety since such things are important to us. A reluctance to engage at the outset must not simply be honored but efforts ought to be made to lessen any type of associated guilt feelings. Even though there haven't been several rejections in our research, we are ready for them to occur. Based on the interviewee's permission, using a recording device is acceptable [46]. Participants should really be permitted to refrain from bringing up delicate subjects as well as be able to cease at any moment without experiencing guilty.

Well before the session started, we start reading the permission slip to each participant, had their signature on it, as well as informed them that they had three options: (1) they could choose not to cooperate; (2) they may end the session at any time; as well as (3) they weren't required to respond all the items [47]. The investigator must be adaptable as well as accommodate the interviewee's psychosocial demands. We typically took breaks throughout the three-hour session to soothe the informant if he or she was upset or to just relax. Respondents who had obvious mental or emotional issues were subsequently examined by the specialists or scheduled for medical appointments, however, these trips did not happen frequently. We gave the participants an opportunity to address any doubts they may well have, as well as we finished the sessions with a restorative as well as cheerful attitude and a reasonable reward for their time.

The investigators are under a lot of pressure during "psychological autopsy" procedures. The investigators must endure listening to distressing tales one after next whilst also implementing a disciplined interview protocol to gather information. Some other important focus of the study endeavor is the well-being of the interviewees [48]. The interviewees need to vent their emotions by communicating to outsiders about the increasing number of events of emotional, cognitive, as well as behavioral human difficulties which they have already amassed over time. We regularly set up separate conversations for our investigators to equalize the anguish as well as grief since their families are not the ideal setting for the investigators to address the tragic experiences [49]. All of our respondents are mentally sound after conducting field research interviews for six months, as well as those who have all

voiced their good opinions on the experiment by exchanging the anecdotes they have encountered. Despite the fact that global human rights must always be safeguarded regardless of region, ethics are frequently geographically distinctive. There is a significant cultural difference when it comes to other facets of principles, including the concern over protecting personal information [50]. Furthermore, much like the other themes covered in this paper, ethical considerations must be taken into account in light of the sociocultural frame of reference.

10. CONCLUSION :

By investigating the circumstances of the demise as well as the victim's state of mind, PA is a valuable analytical technique to determine the cause of the death in ambiguous cases. Nevertheless, in our nation, it has been increasingly frequently utilized as a research instrument to look at indicators connected to suicidal deaths as well as to pinpoint the motivation for suicide [51]. More study is needed on the intricate interactions underlying mental illness and the additional important heightened risk for death in the Indian context, specifically stressful life situations, given the large variability in the prevalence of psychological affliction between many suicide victims [52]. First, from standpoint of dependability as well as authenticity, it is envisaged that the semi-structured design would facilitate as well as promote the application of PA as a method including both investigational as well as research purposes. The usefulness of this test will be improved by upcoming confirmation tests. As a result, initiatives for preventing suicide will be better informed and our comprehension of the multifaceted, multifaceted behavior known as suicides will be enhanced.

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