# Psycholinguistic Analysis of an E-Suicide Note

## Merve Erdoğdu[*], Selcan Yıldızeli[**], Ecem Nur Karar[***]

**Abstract:** Although suicide cases are increasing today, studies on suicide are quite limited. This study aimed to handle a suicide case that occurred in Türkiye from the perspective of forensic psychology to understand the structure of suicide cases reflected in the cyber field, which are not yet found in the literature. 11 e-suicide cases between January 1, 2014 and January 1, 2020, from 1,298 suicide attempts in Turkey's internet archive and national newspapers are scanned to determine the case to be examined. The first case of e-suicide, which took place in Türkiye and was shared on social media, was selected for examination by random selection method among the cases. The case discussed is a 35-year-old male. The online video document selected as data was transcribed and the semantic level theme analysis method was used with induction, and an in-depth psycholinguistic analysis was carried out. Categories according to the analysis results were classified as "feelings", "perceptions", "functions" and "phantasies". As can be seen from this case, cyberspace suicide notes are publicly accessible and accessible. Evaluating a case in to understand the dynamics of suicide will be functional given the available data. It is thought that the present findings provide in-depth information on the self-perception and relationships of the person leaving the e-suicide note. Due to the nature of the qualitative analysis, although the findings are not generalizable, the current findings can be evaluated in the determination and prevention studies of people with suicidal tendencies in practice environments and social media.

***Keywords***: *Forensic psychology, e-suicide note, cyberpsychology, social media, case study, suicide*

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# Bir E-İntihar Notunun Psikodilbilimsel Analizi

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**Öz:** Günümüzde intihar vakaları artmasına rağmen intihar ile ilgili yapılan çalışmalar oldukça sınırlıdır. Bu çalışmada henüz alanyazında çok bulunmayan, siber alana yansıyan intihar vakalarının yapısını anlayabilmek için ülkemizde meydana gelmiş bir intihar vakasının adli psikoloji bakış açısıyla ele alınması amaçlanmaktadır. İncelenecek vakayı belirlemek için Türkiye'nin internet arşivi (Facebook, Twitter, Instagram ve Youtube gibi sosyal medyada paylaşılan kamuya açık dijital veriler) ve ulusal gazetelerinde yer alan 1.298 intihar girişimi haberinden, 1 Ocak 2014 ve 1 Ocak 2020 tarihleri arasındaki 11 e-intihar vakası taranmıştır. Daha sonrasında elde edilen haberler detaylı olarak incelenmiştir. Tüm detayları (intihar eden bireyin cinsiyeti, yaşı, kendini öldürme nedeni ve yöntemi) kapsayan vakalar içerisinden rastgele seçim yöntemiyle ülkemizde gerçekleşmiş sosyal medya üzerinden paylaşılan ilk e-intihar vakası seçilmiştir. Ele alınan vaka 35 yaşında bir erkektir. Veri olarak seçilen çevrim içi video belgesinin yazıya dökülmesinin ardından, tümevarım ile anlamsal düzey tema analiz metodu kullanılarak derinlemesine psikodilbilimsel analiz yapılmıştır. Analiz sonuçlarına göre kategoriler duygular", "algılar", "fonksiyonlar" ve "düşlemler" olarak sınıflandırılmıştır. Video paylaşımının ardından ailenin, müntehirin evine ulaştığı ve müntehirin doğalgaz borusuna iple asılı hâlde bulunduğu bildirilmiştir. Olayla ilgili adli incelemeler yapılmıştır. Bu vakadan da görüldüğü üzere siber alan intihar notları kamuya açık, ulaşılabilir bir yapıdadır. İntiharın dinamiklerini anlayabilmek için bir vaka üzerinden değerlendirme yapmak mevcut erişilebilir veri gözetildiğinde işlevsel olacaktır. Bununla beraber bu konuyla ilgili bilimsel çalışmaların arttırılması gerekmektedir. Mevcut bulguların, e-intihar notu bırakan kişinin kendilik algısı ve diğerleriyle ilişkilerine yönelik derinlemesine bilgi sunduğu düşünülmektedir. Nitel analizin doğası gereği elde edilen bulgular, genellenebilir olmamakla birlikte uygulama ortamlarında ve sosyal medyada intihar eğilimi olan kişilerin belirlenmesi ile önleme çalışmalarında değerlendirilebilir.

*Anahtar sözcükler: Adli psikoloji, e-intihar notu, siber psikoloji, sosyal medya, vaka analizi.*

# Introduction

Living and surviving has been an indispensable goals and the strongest motivation for humans. What is interesting is the act of ending one's life despite this strong instinct. Since suicide is a complex structure, its causes and consequences should be examined by many disciplines.

The word suicide is defined by the Turkish Language Association as "a person ending his own life due to social and psychological reasons" (TDK, 2021). Clinical psychologist and suicide expert Edwin S. Shneidman explained suicide, as "the act of ending one's own life" (Leenaars&Edwin, 2010). Emile Durkheim defines it as "every act of death that is a direct or indirect result of a positive or negative action, performed by the victim himself" (Choron, 1972). In the context of Durkheim's explanation, Tanrıvere considers cutting one's own carotid artery, jumping from a high place, hanging oneself, or shooting one's own vital organs with a firearm as direct (active) suicide. He considers not meeting one's physiological needs such as food in order to die, refusing to receive treatment or use medication for a terminal illness, committing a crime that would result in the death penalty in countries with the death penalty, or committing an act that would require a law enforcement officer to shoot oneself with a firearm as indirect (passive) suicide. (Choron, 1972). Tanrıvere states that methods such as jumping from a height and jumping into water are referred to as passive suicide methods because it is not possible for the committer to harm his own body directly and with his own hands, and argues that in terms of behavior, both methods are direct suicides (Tanrıvere, 2016; Choron, 1972). In direct suicide, while the committer must perform an action; unlike indirect suicide, the person aims to die by refusing an action or causes someone else to kill himself (Tanrıvere, 2016). Freud defines suicide as an aggression directed towards oneself. However, it has been reported that when the death instinct is triggered in suicide, the anger is turned towards the person himself (Litman, 1996). Moreover, since suicide is a complex behavior, as Freud stated, "only the cooperation of very different and powerful instincts can make such an action possible" (Freud, 1917).

According to the World Health Organization (WHO) data, approximately 800,000 people worldwide end their lives every year, and according to the Turkish Statistical Institute, more than 3,000 people end their lives by suicide every year in Türkiye under the influence of many psychological, economic, and social factors (Evans, 2006; WHO, 2021; TUIK, 2021). In 2018, it was reported that approximately 4 out of every 100 thousand people committed suicide. Studies indicate that between 5% and 43% of devotees write suicide notes (Karbeyaz et al., 2014). Based on this, psychological examination of the suicide letter written by the individual before his attempt to end his own life; it is thought that it will contribute to the field both in understanding suicidal behavior and tendency, and

in the evaluation of the judicial process that begins with a person killing himself.

In the context of forensic sciences, it has been reported that since there may be an element of crime in events that appear to be suicide, or at least there will be suspicion of crime, the Public Prosecutor has a forensic examination and autopsy performed to investigate the material fact and clearly eliminate the suspicion on the cause of death. In this respect, the suicide letter left behind by the mercenary is thought to be one of the most important types of evidence in the conduct of the judicial process (Tanrıvere, 2016). Forensic sciences are defined as a group of sciences that conduct systematic studies to reveal the material truth. It contains many sciences and various non-science systems or methods (Canter, 2010). Within the scope of the current study, the phenomenon of suicide was discussed with psycholinguistic methods and forensic psychology approach under the umbrella of forensic sciences. Bartol and Bartol define forensic psychology as "a branch of science that examines aspects of human behavior directly related to the legal process and the professional application of psychology within the civil and criminal law system" (Bartol&Bartol, 2004).

As a subfield of applied psychology, case analyses are of great importance as it is a field of study that includes collecting, evaluating, and presenting information for legal processes (Gudjonsson&Haward, 2016). In our digital world, suicide letters have also become digital. Just like on social media platforms such as Facebook, Twitter, WhatsApp and Instagram, there are also suicide note posts on YouTube. Digital data collected through social media provides researchers and relevant personnel with the opportunity to perform faster analysis (Behera et al., 2020). When we look at the reasons why e-messages are generally preferred by users, it has been reported that the ability to reach many people at once and the speed of dissemination have a significant impact (Cantor&Baume, 1998). However, the text, photo, video and audio sharing opportunities offered by popular sharing platforms of the digital world such as Instagram, Twitter, Facebook and Youtube are used to share people's existing suicide notes or to publish the act of suicide. The relevant example is called "cyberspace" in the literature. Although e-suicide and e-suicide cases, which include situations where the act of suicide takes place in a place connected to a computer network or the Internet, in short, in "cyberspace", are frequently encountered today, they are rarely examined in the scientific literature. (Ruder et al., 2011; Soron, 2019).

In this study, an e-suicide note left as a video instead of being shared in writing on Facebook was examined through a case study. Some users may watch suicide acts shared on social media to harm themselves and learn new suicide methods (Fu&Yip, 2008; Sisask&Värnik, 2012; Roth et al., 2020). It is thought that such posts may have an indirect or direct relationship on suicidal behavior. For this reason this study aims to examine how e-suicide posts are presented. In addition, from a Lacanian perspective, it is aimed to investigate e-suicide notes on social

media platforms through the example of a suicide case in cyberspace using the content analysis technique (Canbolat, 2018).

## Method

This study is a non-reactive research based on content analysis technique using qualitative research method. This method is a type of scientific research with high usability and applicability in psychology research in the field of social sciences. The difficulty of accessing data belonging to the cases within the scope of the study subjects of forensic psychology, especially in the context of file confidentiality, has been taken into consideration. For this reason, this method, which is an inductive, subjective type of research that opens up to postpositivist ideas, leads to multiple truths, and takes place in natural environments, has been preferred. While an informal language is used in this type of research, a semantic search comes to the fore (Krysik&Finn, 2015). In this study, content analysis, also called inductive analysis, was used to compile, and organize similar data around certain concepts and themes. By creating some headings, concepts, and categories; The data was coded, and various themes emerged from the analysis. In this context, the findings obtained were defined and interpreted.

In the theme analysis section, four basic categories were created, divided into sub-themes (Canbolat, 2018). In this context, the basic categories are classified as "emotions", "perceptions", "functions" and "fantasies". The sub-themes under the mentioned basic categories are as follows.

(a) The "Emotions" category consists of the themes of "positive emotions" and "negative emotions". "Positive emotions theme" includes the sub-themes of love, gratutude, and relaxation. The "negative emotions theme" includes three sub-themes: feelings of responsibility, hopelessness, and anxiety.

(b) The category classified as "Perceptions" consists of two themes: "Perceptions towards the self" and "perceptions towards the others". The first theme of this category includes the sub-themes of grandiose and inadequate self-perception. The second theme includes the ideal others and negative others sub-themes.

(c) The "Functions" category consists of three themes: "Functions for responsibility, informing others about suicide, and punishing". This category includes the sub-themes of "responsibility-oriented functions", the need to justify and the need to justify the others.

(d) The "Phantasies" category consists of two themes: "Fantasies about life after death and fantasies about controlling post-mortem events". These themes explain the fantasies about controlling the possibilities that lie behind suicide. These are divided into last wishes and requests, directions, instructions and suggestions, and control of the others' emotions.

It would be misleading to consider the mentioned basic categories and sub-themes separately from each other. As a matter of fact, there may be situations where they intersect with each other. The boundaries between these structures are thought to be fluid (Canbolat, 2018). In this section, the classification of basic categories and sub-themes were analyzed with an e-suicide note and quotations from some sample letters discussed in the literature.

Based on some quantitative and qualitative online documents, it is aimed to examine and describe a case of e-suicide and cyberspace cases realistically in its natural environment. Since it is not known whether the online content examined is a part of the non-response research; the effects of the independent variable on the phenomena were examined while the researcher was creating the data pool. It is thought that studies conducted with the data obtained under these conditions contribute to the literature. As a matter of fact, the techniques developed with this method leads us to a non-reactive research design (Neuman, 2012).

**Limitations of The Study**

One of the limitations of the study is that a limited period from January 1, 2014 to January 1, 2020, is considered when examining social media suicide posts reflected in the news in the research conducted via the search engine. The main reason for the restriction is to examine the first cyber suicidal behavior in Turkey in 2014 while also scanning and comparing other suicide cases in the following years. However, the duration was determined considering that the effect of the pandemic period could be a confusing variable. The selected case is different from other cases in that it is the first cyber world suicide case reported in the national press and the suicide video is thought to have some implicit psychological content compared to other posts.

In addition, the reason why the time period is considered limited is that there are many social media news in the media regarding the subject in question. If there are no restrictions, the scope of the research will expand and it is possible that there will be difficulties in achieving the main purpose. Another limitation of the study is that only the words "social media + suicide" were searched in the search engine. Conducting research on a keyword expands the scope of the research and causes some difficulties in reaching the specific target, resulting in increased information pollution by accessing a lot of information and news that are not included in the research (Braun&Clarke, 2006). Increasing the keywords and the fact that the concept of "cyberspace" is a new concept will make it more possible to directly access the desired information in new studies. As a result of the scanning, thematic analysis methods were reached.

## Analyses

It was stated that the 35-year-old self-murderer killed himself by hanging. When the literature is examined, it is stated that men use firearms and hanging as means of suicide, and women use chemical substances more (Sayıl, 2000). As a matter of fact, when the act of suicide is examined in the context of psychoanalytic theory, it is defined as a person's identification with the object of love, when the anger felt towards the object of love turns towards his or her own self and takes the action of destruction (Can&Sayıl, 2004).

Since the type of suicide note is a video shared on a social media platform, it was thought that it should be classified as an e-suicide note. It shows that 80% of those who commit suicide have previously reported that they would commit suicide in some way. This finding supports the case of informing others about the case. It is also reported that 50% of those who committed suicide went to a doctor for medical help within a month before the suicide, and 25% within a week before the suicide. The behavior of these individuals, who do not have any physical illness, to see a doctor is considered as a call for help (Can&Sayıl, 2004).

According to the results obtained from the analyses, the categories were named "emotions", "perceptions", "functions" and "fantasies".

### Emotions

The theme of positive emotions in the "Emotions" category includes sub-themes such as "love", "gratitude" and "relaxation". For example, in the e-suicide note of the case, "*I have a wonderful brother at the beginning of everything, the best sibling a person can have.*", "*...I have a very sweet nephew.*", "*...I loved very much, I was loved very much...*" and "*...beautiful.*" While the sentences "*I made friends, I made good friends, we had a lot of fun...*" were coded as love, "*...if we remove the unpleasant parts, I actually lived a very good life.*" "*Life has always been very generous about people, especially the people I have intersected with, who have touched and touched my life*". The sentence was evaluated within the scope of gratitude/gratitude. The self-murderer said, "*Sometimes it happens like this. Some people, well, are more prone to suicide, and I'm obviously one of them,*" was thought to reflect a sense of relief. In a study conducted in this context, Osgood and Walker reported that expressions of distress or relief obtained from suicide letters would yield higher results compared to the control group, and therefore expressions that could be considered as indicators of relief would be relatively fewer in suicide letters. It is emphasized that investigations into whether the expressions in the suicide note contain distress or relief may be significantly affected by the subjective judgments of the investigator (Osgood&Walker,1959). It was thought that the specified sub-themes were also coded in the content of many suicide notes in the literature. On the other hand, the areas of "anxiety,

anger, guilt, shame, sadness and hopelessness" are examined in the context of the "negative emotions" theme. The domain of "feelings towards responsibility" is divided into two aspects: "Self-blame and blaming others". The content of the suicide notes includes self-blame; it is observed as "feelings of guilt, shame, sadness and self-directed anger".

The stated emotions were evaluated within the phenomenon of "self-blame" without distinguishing them from each other. Most often, expressions such as "Forgive me" or "I'm sorry" have been examined under this heading. McClelland, Reicher and Booth reported that the statements in the notes reflected the relationship dynamics of people who committed suicide and that the main function of the notes included "blaming oneself or the other (the people to whom the letter was written)" (McClelland et al., 2000). In a concrete example, we see that the case makes confessions in his suicide note, implicitly blaming himself. The self-murderer mentions that he tried all the options and made a decision without the influence of any substance or psychological depression. In this situation, when the suicide note is considered as a means of communication, it is thought that the person attributes all responsibility to his own will, blocks all future messages and blames himself:

> "Let me get straight to the point, this is a suicide note. This morning I am closing my life notebook. We have come to the end of the time allotted to me. [Laughs] I hope nothing goes wrong, of course. As you can see, I am not under the influence of alcohol or any drugs. I'm quite sane. I think I have considered the issue with my free will for a long enough time. In fact, I think I evaluated it thoroughly, I talked to many of my friends during this process, indirectly or directly, I read, researched, even went to the doctor, but in the end, I made this decision. Uhmm... Actually, I have been unhappy for a very long time. My close friends already know this, and I think suicide is not a new thing for me, that is, it is not like the explosion or breaking point that happens with a recent period of depression and so on".

In the context of the "self-blame" pattern, it was predicted that feelings of guilt, shame and sadness mostly dominate. As a matter of fact, in this case, the following sentences can be given as examples:

> "I actually liked my job in general and there is nothing to complain about, but as I said, at one point I pushed myself into loneliness a little bit and I guess I couldn't cope with the unpleasant aspects of life because I was kind, cheerful, entertaining, and had such grace and spirit in mind and soul.", "I attach great importance to being a person with depth, and now protecting and providing these has become a serious burden for me".

In this study, another subtheme of the "negative emotions" theme was coded as "hopelessness". As a matter of fact, it is reported in the literature that feelings of hopelessness and pessimism prevail in people with suicidal tendencies after long psychotherapies. For example, excerpts from the e-suicide note of the self-murderer are as follows:

> *"I realized that I had run out of strength in this regard and that the dark side of the work was getting heavier and I could not bear it, and somehow I had not developed the equipment related to it over time, and that I was having a harder time getting myself together after such shocks."*

> *"Frankly, this has become a very boring vicious circle, I mean, after a point, I have to understand what I am dealing with, and then go back and build yourself again, etc., and frankly, I have lost the light on that subject".*

In the section coded as the "hopelessness" sub-theme, it is determined that hopelessness brings with it pessimism as well as uncertainty about predicting the future.

## Perceptions

In the "Perceptions" category, two themes were coded: "Perceptions towards the self" and "perceptions towards the other". In the self-oriented section, "grandiose/perfect self-perception" and "weak/insufficient self-perception"; in the part directed towards others, the "ideal other" and "negative other" patterns are seen. It has been evaluated as a "grandiose/perfect self-perception" that reflects itself with symptoms such as exaggerated self-importance, intense need for admiration, lack of empathy and superiority.

In his e-suicide note, he wrote:

> *"It's partly related to the fact that I've dragged this suicide issue this far, I waited to exhaust everything and come to this point. A friend of mine also contributed a lot to this. I especially wanted to wait for her to complete her birth, so that she wouldn't be affected. I mean her baby".*

In this expression, it is considered as an impression that the self-murderer reflects exaggerated self-importance.

The self-murderer stated that if he had not lost his internal motivation, he could overcome the problems stated as insurmountable and that there was a possibility of experiencing the good works and fun life he had experienced before.

Sharp, perfectionist and conditional discourses such as "magnificent, unfair, everything, more" and stating that the reference point for overcoming the problem is itself is the following discourse in another sentence: "Grandiose/perfect self-perception" due to the person basing the events on himself and reducing them. He continues as:

> *"Um, could this vicious circle be broken? Of course, life would go on, we would party more, we would have more fun, maybe good things would be done, but as I said, when I lose motivation, I have no energy to devote to my work, and it is a little unfair to the wonderful people I work with. And of course, this is also challenging in terms of resources, and I have not designed a life where I can plan to close everything and leave and do this".*

On the other hand, it was determined that the sub-theme of "weak/insufficient self-perception" included elements such as "weakness, inability, inability to do, worthlessness, inadequacy". The following statement in his e-suicide note:

> *"...I guess I couldn't cope with the unpleasant aspects of life because I attach great importance to being a kind, cheerful, fun person who has such subtlety and depth in mind and soul, and now protecting and providing these has become a serious burden for me".*

It is classified as "weak/insufficient self-perception".

The first subtheme coded under "perceptions of the other" is "ideal other". The perception of the other here is likened to a Freud-Lacanian paradigm that assumes that the meaning of the existence of the other is external to itself, and the other is idealized. According to this paradigm, it has been reported that the meaning of existence occurs only through the other (Grigg, 2008).

For example, in the self-murderer's e-suicide note, he says

> *"I have a wonderful brother at the beginning of everything, the best brother a person can have. And right now he is raising a woman who is tougher than him, I have a very cute nephew. Other than that, I had wonderful girlfriends, they were amazing women. Most of them were maniacs, to be honest, but I'm not a very sane man either. I had a great time, I loved it very much, I was truly loved. "I have experienced love to the fullest, I never look back." Another statement was that "when this is an issue to be resolved with the family, if Berna is interested in this issue, you know, if she respects my request and maybe something can be done about it, I don't know how the law works, I would be very happy if she could help".*

It can be thought that there were expectations for others.

The sub-theme of "negative other" can be evaluated with the statement in the self-murderer's e-suicide note, which he wrote about the romantic partners who came into his life: "*Most of them were maniacs, actually, that's true, but I am not a very sane man either*". When considered in the context of a Freudian-Lacanian paradigm, the negative aspect of the other is emphasized. In addition, based on the knowledge that the other "does not have to be another person or human being", the expression "*...a very boring vicious circle...*" belonging to the self-murderer was also considered in this context.

**Functions**

In the "Functions" category, three themes were coded: "Functions for respon- sibility", "informing others about suicide" and "punishment". In the context of responsibilities, "the need for justification (freeing from responsibility or blame)" and "the need to clear the other (free from responsibility or blame)" are discussed.

When the functions of liability are examined, some quotes can be cited as examples of justification and the need for justification. These are exoneration of others in the suicide note of the self-murderer; "*Of course, there are drops that make the glass overflow, but I don't think it would be right to hold a few drops responsible for an overflowing glass, and to attribute that overflow entirely to them…*" and self-exculpation:

> "*I've been unhappy for a very long time, actually. My close friends already know this, and I think suicide is not a new thing for me, that is, it is not like the explosion or breaking point that happens with a recent period of depression etc.*"

In his statement regarding the reason for the suicide, it was thought that the self-murderer acquitted himself by rationalizing and causalizing his decision by stating that he had been considering the decision to commit suicide for a long time and that he was not affected by any temporary emotional changes.

Additionally, the example sentence from the self-murderer 's note, "*You are all beautiful people, I'm glad you got in and out...*" can be evaluated. At the point of "the need to exonerate the other (to clear responsibility or blame)", the statement "No one is responsible for my death" can be exemplified. This discourse is listed in the suicide note of the self-murderer, similar to different sentence structures with the same meaning. For example, in the e-suicide note of the self-murderer: "*As you can see, I am not drunk, I am not under the influence of alcohol or any drugs. I'm quite sane. I think I have considered the issue with my free will for a long enough time*".

Similarly, these explanations for the act of suicide were evaluated in the same context and coded as "desire for justification"; "*...when I lose motivation, I don't have the energy to devote to my work, and that's a little unfair to the wonderful*

*people I work with...*", "*It's partly related to the fact that I've dragged this suicide issue this far, I waited to exhaust everything and reach this point*" and "*I had a great time, I had a great time,*" "*I loved, I was truly loved,*" "*I have experienced love to the fullest, I never look back,*" he says.

In the second theme, "*I am closing my life notebook this morning*" for "informing others about suicide." "*We have come to the end of the time allotted to me.* [Laughs.] *I hope nothing goes wrong, of course*". The statement can be evaluated in this context. During the analysis, it is seen that there are similar statements in the e-suicide note.

For "punishment", which is the last theme of this category, the self-murderer does not have any notes about his mother and does not mention any names other than his brother:

> "*If Berna deals with this issue in some way, when this is an issue that can be solved with the family, maybe she will respect my request and do something about it. Something, I don't know how it works legally, I would be very glad if it helps*"

These sentences were evaluated in this context. In the context of Freudian psychoanalysis theory, it was thought that the self-murderer denied the facts, justified it with logical justifications, and punished hid mother by not mentioning her. As a matter of fact, according to the Lacanian perspective, the first relationship with the mother is considered as the basis of the suicidal impulse, and the person who will commit suicide aims to regain the lost mother image through death. Moreover, it has been reported that unhealthy attitudes during the breastfeeding period can result in many disorders such as anorexia, substance addiction and gastric nervosa (Roudinesco, 1997; Erdoğdu et al., 2021).

**Fantasies**

In the "fantasies" category, two themes were coded: "Fantasies about life after death" and "fantasies about controlling post-death events".

"Phantasies of life after death" are observed as a common pattern in suicide notes (Evans, 2006; Steinberg, 2007; Sanger&McCarthy Veach, 2008). There are interrogations here and there in the statements.

> "*…to be honest, I'm a little afraid. I mean, I'm not afraid, well, it's related to the disruption of the thing, otherwise, as I said, I don't think it's something like I'll go somewhere like that, it'll happen like this, etc. I'll see... [Pauses.] That's right...*".

Clear expressions are evident here and there. For example, the following quote from the e-suicide note of the self-murderer is discussed: "*One thing... I have a will. That is to say, I do not have any religious beliefs, nor do I believe in God. I*

*don't want to be buried*". In his statement, he does not want to be buried and at the same time, there is a fantasy about controlling the events.

The theme of "fantasies about control of post-death events" includes three sub-themes. These are coded as "last wishes and requests", "directions, instructions and suggestions", "control of the other's emotions". In the context of "last wishes and requests", the following statement quoted from the self-murderer's e-note can be evaluated:

> *"If Berna deals with this issue in some way, when this is an issue to be resolved with the family, she can respect my request and maybe do something about it, I don't know how the law works, I would be very pleased if she could help."*

The following part of the e-suicide note of the author can be considered as an example of the sub-theme "Guidance, instructions and suggestions":

> *"I don't want to be buried, let them make a cadaver and give the body to scientific research. Here, let the kids play with my skeleton or something, I think it won't get too messy. No, let them throw it to the fish. That's a nice thing too, but I don't want a grave [emphasis], I definitely don't want to be buried".*

In the sub-theme of "Control of the other's emotions", the last sentences of the self-murderer include him saying while drinking wine and listening to an Ella Fitzgerald song, "*Goodbye. Live with love, may your life be beautiful. It's like Ella songs like this; beautiful, clear, calm. Bye bye…*"

In his e-suicide note, the self-murderer stated that he would commit suicide in the English language below, in order to be understood by his friends who may watch the video and do not understand Turkish.

> *[07:20] "Oh! For my friends, who doesn't understand English: This is a suicide note. Sorry! I just wanted to thank you all for being in my life, bringing joy and inspiration to my life and being as awesome as you are! All of you. I love you all. Not all."*

Then he said, "*Let's listen to one last song and I'll start drinking my wine. You all know how much I love Ella Fitzgerald, I think it's beautiful and meaningful for now.*" saying at minute [10:01] of the video.

– Ella Fitzgerald's song Every Time We Say Goodbye starts from the computer.

It was observed that the self-murderer was singing along to the song and drinking wine and smoking cigarettes. [13:34] It was observed that he stopped the recording by saying [His behavior is relaxed.] "*Goodbye. Live with love, may your life be beautiful. It's like Ella songs like this; beautiful, clear, calm. Bye bye!*" [Recording stops at 13:47].

## Discussion and Conclusion

In our digitalizing world, traumatic experiences and shares are open to users' access, and as emphasized in the context of the current study, the existence and easy accessibility of visual and written sources with suicide content has become undeniable. In this respect, it has become an area that requires a new and comprehensive interdisciplinary study.

According to Evans (2006) and Soleim (2012), while a person's desire to take action and move away expresses separation in a sense, the contents of all the traces left behind indicate an effort to re-establish a connection. In this respect, leaving behind a suicide note suggests that the person is still trying to stay in touch with others and continues to invest in their relationships.

According to the literature, the most important function of leaving a suicide note is to establish a connection with communication (McClelland, et al., 2000; Sanger&McCarthy Veach, 2008). Apart from this, the fact that the committer shared his suicide note publicly on social media is also supported by findings such as the "desire to be seen" and the "desire to be justified" in suicide cases.

According to Tura (Tura, 2013), since the body and the self are related; suicidal behaviors such as hanging oneself, cutting oneself, shooting oneself, poisoning oneself, and jumping from heights are all related to the body. The current study also supports the thesis that the self and the body are related. However, as it is frequently encountered by field workers; in autopsy reports and file information, it is stated that some suicide cases had tattoos on their bodies. As a matter of fact, similar findings were found in the file information of the case examined in the current study. In the literature, it has been reported that such marks on the body are a type of castration seen as a result of excessive pleasure (jouissance) and aggressive behavior (Recalcati, 2012). As a matter of fact, it has been reported that such behaviors can trigger a state of "inadequate control" over impulses. In support of this idea, it has been reported that "invasion of pleasure" and "insufficient control over impulses" are frequently encountered in psychotic cases of Lacanian analysis (Fink, 1997).

When suicide letters were examined from a linguistic perspective, it was observed that some of these letters contained repeated, incomplete or interrupted and ambiguous discourses. This situation suggests that the language used in these letters differs from everyday language. It has been stated that structural disorders in the language may indicate psychosis or paranoia (Fink, 1997; Tanrıvere, 2016). In creating the text in the appendix of the study, the opinion of an expert in the field of Forensic Linguistics was taken, and by transcribing it using linguistic methods, the e-suicide note became a document. When examined in this context, it is seen that there are repeated, incomplete or interrupted discourses .

Another issue that is essential to consider is that, due to the nature of qualitative studies, the findings obtained from this study are not generalizable to cases in similar studies. However, it is thought that the data in this study serve the purpose of "rough description".

Suicidal thoughts and actions are episodic. Consistent with the literature, in the current case, recurrences due to fluctuations in emotion and changes in cognition can be observed. Psychological autopsy studies have reported that approximately 44% of people who died by suicide had attempted suicide before. It has been stated that people with high suicidal tendencies are ambivalent and their desire to live or die varies (Ovenstone&Kreitman, 1974; Isometsä&Lönnqvist, 1998; Sayıl, 2000). Based on the finding that eight out of ten suicides give clues in advance, it is thought that the examination of e-suicide notes and social media posts with the possibility of suicide by field workers may be preventive (Can&Sayıl, 2004). Ethical responsibilities of media elements and prevention studies can be developed and evaluated. In the context of applications, in social media applications, users are informed that they can determine sensitive content that other users may not want to see, such as violence and obscenity, by appropriately marking their media settings. With this filtering, when objectionable and disturbing content (such as violence, obscenity, etc.) is wanted to be shared, it is censored and defined as "sensitive content". Sensitive content elements, in the context of privacy and security, include violent, +18 materials, images containing dead people, and photos and videos that violate people's privacy. Sensitive content elements of individuals who have previously attempted suicide or whose suicidal thoughts are detected in psychological treatment sessions can be examined, their past records can be evaluated by experts, and they can be prevented from attempting suicide again. In addition, awareness should be raised by multidisciplinary studies and clean content and short information (video, text, visual elements) on social media platforms. In addition, by examining the common points in the posts (such as the user's age, gender, social media sharing frequency, content themes), a data pool is created about the mental state of the recent past, and when similar situations occur, an alarm button application is activated and the necessary teams (health team, law enforcement, forensic scientists etc.) should be communicated by reaching the person at risk of suicide attempt and prevention work should be progressed by integrating it into social media applications.

According to epidemiological research, qualified studies are needed to prevent the recurrence of these initiatives. In this context, information has been reported that suicide tools on social media affect suicide methods (Yang et al., 2013). Supporting our study, there are studies showing that real suicide cases on social media increase the number of copy e-suicides (Yip Paul et al., 2006; Ruder, et al., 2011; Chen et al., 2012; Maloney et al.,2014). Identifying risk factors and researching representative cases on social media can ensure early rehabilitation of prone individuals (Palmieri et al., 2008).

As a matter of fact, the high probability of repeating the behavior after a suicide attempt is a serious problem. At the same time, it is thought that this situation places a burden on the public health system. For this reason, suicide intervention workers aim to prevent recurrences. It is thought that multidisciplinary studies are needed to examine suicidal behavior, which is a complex phenomenon, in more detail, to examine it with current approaches compatible with technological developments, and to contribute to prevention studies.

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## Appendix

## Manuscript of The Suicide Video of Mehmet Piskin (Tramslated to English from Turkish)

Mehmet Pişkin İntihar Videosu ve Vasiyeti [The Suicide Video and Legacy of Mehmet Piskin] – 2014. Retrieved from https://www.dailymotion.com/video/x3in50r.

[Recording begins. A middle-aged man (M.P.), dressed in black, starts speaking.]

[00:00] Hello, M… P… this is me. We are in the morning hours of October 16, 2014. Let me get straight to the point, this is a suicide note. This morning I am closing my life notebook. "We have reached the end of the time allotted to me." [Laughs.] I hope nothing goes wrong, of course. As you can see, I am not under the influence of alcohol or any drugs. I'm quite sane. I think I have considered the issue with my free will for a long enough time. In fact, I think I evaluated the issue thoroughly, talked to many of my friends during this process, indirectly or directly, read, researched, even went to the doctor, but in the end I made this decision. Uhmm... Actually, I have been unhappy for a very long time. My close friends already know this, and I think suicide is not a new thing for me, that is, it is not like an explosion or breaking point that happens with a recent period of depression etc.

[01:35] Of course, there are drops that break the glass, but I don't think it would be right to blame a few drops in an overflowing glass and attribute that overflow entirely to them. Especially in recent months, those who know me know that I wake up cheerful in the mornings and start the day energetically, but especially in recent months, I constantly wake up with this idea and I do not feel any desire to continue the rest of my life, I have no motivation and somehow I have not been able to break this vicious circle. To be honest, I lost some hope, not a little bit, about breaking it. This is the main reason. Could this vicious circle be broken? Of course, life would go on, we would party more, we would have more fun, maybe good things would be done, but as I said, when I lose motivation, I have no energy to devote to my work, and it is a little unfair to the wonderful people I work with. Of course, this is also challenging in terms of resources, and I have not designed a life where I can plan to close everything and leave and do this. It's partly related to the fact that I've dragged this topic of suicide this far, I waited to exhaust everything and come to this point. A friend of mine also contributed a lot to this. I especially wanted to wait for her to complete her birth, so that she wouldn't be affected. I mean, her baby.

[03:50] Pff, um... I don't really know what to say, actually, I just wanted to say goodbye because if we exclude the unpleasant parts, I actually lived a very nice life. From this life... He has always been very generous with people, especially the people I have intersected with, who have touched my life. First of all, I have a wonderful brother, the best sibling a person could have. And right now he is raising a woman who is tougher than him, I have a very cute nephew. Other than that, I had wonderful girlfriends, they were amazing women. Most of them were maniacs, to be honest, but I'm not a very sane man either. I had a great time, I loved it very much, I was truly loved. I have experienced love to the fullest, I never look back.

[04:48] Apart from that, I had the opportunity to establish very deep friendships, I had good friends, I made good friends, we had a lot of fun, we benefited a lot from each other, I don't know what to say. You are all nice people, I'm glad you got involved... I had the opportunity to work with very smart, passionate people. Indeed, this is a privilege, it really is. I had the opportunity to do work that I enjoyed. Actually, I loved my job in general and there is nothing to complain about, but as I said, at one point I pushed myself into loneliness a little bit and that's it, I guess I couldn't cope with the unpleasant aspects of life because I was kind, cheerful, fun, had such a delicacy and depth in mind and soul. I attach great importance to being a possessor, and now protecting and providing them has become a serious burden for me. I realized that I had run out of strength in this regard and that the dark side of the work was getting heavier and I could not bear it, and somehow I had not developed the equipment related to it over time, and that I was having a harder time getting myself together after such shocks. Frankly, this has become a very boring vicious circle, I mean, after a point, I have lost the light on what I am dealing with, and then go back and build yourself again, etc., etc. Sometimes it happens. Some people are, well, more prone to suicide, and I'm obviously one of them. Other than that, I don't know what else to say...

[07:20] Oh! [Continues in English] For my friends, who doesn't understand English: This is a suicide note. Sorry! I just wanted to thank you all for being in my life, bringing joy and inspiration to my life and being as awesome as you, you are! All of you. I love you all. Not all.

[08:01] One thing... I have a will. That is to say, I do not have any religious beliefs, nor do I believe in God. I don't want to be buried. I can do this somehow, when this is an issue to be resolved with the family. If B. [Name] is interested in this issue, you can respect my request and maybe do something about it, I don't know how the legal process works, I would be very grateful if she could help. I don't want to be buried, let them make a cadaver and give the body to scientific research. Here, let the kids play with my skeleton or something, I think it won't get too messy. No, let them throw it to the fish. That's a nice thing too, but "I don't want a grave" [emphasis], I definitely don't want to be buried.

[08:59] There's not much to say actually, there's no point in making it too long

and boring. Lastly, before we go, I want us to listen to a song together, and to be honest, I'm a little afraid of it. So I'm not afraid, well, I don't think it's about the disruption of the work, otherwise, as I said, I'll go somewhere like that and it'll happen like this or something like that. I'll see... [Pauses.] That's right... Let's listen to one last song and I'll start drinking my wine. You all know how much I love Ella Fitzgerald, I think it is beautiful and meaningful for now.

[10:01 – Music starts from the computer (Ella Fitzgerald – Everytime We Say Goodbye). He accompanies, drinks wine and cigarettes. His behavior is relaxed.]

[13:34] Goodbye. Live with love, may your life be beautiful. It's like Ella songs like this; beautiful, clear, calm. Bye bye! [Recording stops at 13:47.]