

Review

Assisted Suicide and Euthanasia in Mental Disorders: Ethical Positions in the Debate between Proportionality, Dignity, and the Right to Die

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Abstract: The admission of people suffering from psychiatric and neurocognitive disorders to euthanasia and physician-assisted suicide (E/PAS) in some European and non-European countries represents a controversial issue. In some countries, the initial limitation of E/PAS to cases of severe physical illness with poor prognosis in the short term has been overcome, as it was considered discriminatory; thus, E/PAS has also been made available to subjects suffering from mental disorders. This decision has raised significant ethical questions regarding the capacity and freedom of self-determination; the family, social, and economic contexts; the social consideration of the sense of dignity and the pressure on the judgment of one's personal value; the contextual therapeutic possibilities; the identification of figures involved in the validation and application; as well as the epistemological definitions of the clinical conditions in question. To these issues must be added the situation of legislative vacuum peculiar to different countries and the widespread lack of effective evaluation and control systems. Nonetheless, pessimistic indicators on global health status, availability of care and assistance, aging demographics, and socioeconomic levels suggest that there may be further pressure toward the expansion of such requests. The present paper aims to trace an international overview with the aim of providing ethical support to the debate on the matter. Precisely, the goal is the delimitation of foundations for clinical practice in the complex field of psychiatry between the recognition of the irreversibility of the disease, assessment of the state of physical and mental suffering, as well as the possibility of adopting free and informed choices.

Keywords: euthanasia; assisted suicide; mental disorders; proportionality; dignity; right to die



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1. Introduction

A growing number of countries in Europe and around the world have admitted the possibility for citizens to access modalities of life cessation [1]. The two main ways of implementing this are euthanasia (E) and physician-assisted suicide (PAS). The substantial difference between the two practices consists of the acting subject. In euthanasia, it is the health professional who generally administers a lethal drug (for example an injection or infusion of a substance); in assisted suicide, on the other hand, the lethal drug is prepared by the health professional and deliberately taken by the person, possibly with the aid of machines in case of reduced physical capacity. Overall, euthanasia and physician-assisted suicide (E/PAS) can be summarized in the definition of “assisted dying” [2]. Advances in medicine and the prolongation of life expectancy have raised problems previously hidden by a general foreclosure towards suicide [3]. In recent decades, medical practice has substantially overcome the paternalistic model, recognizing the patients’ autonomy [4].

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