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The psychological autopsy as a means to analyse cases of mass-murder and homicide-suicide

1. Final report of the CID of the canton of Lucerne from 18th of October 2013

1.1 First Report

On Wednesday 27th February 2013 at 9.14 a. m., the emergency number of the Lucerne Police was urgently called there had been a shooting in the cantina of the Kronospan in Menznau, a factory of medium size producing clamping plates. At 09.29 the first patrol car of the police reached the place; they were informed that the perpetrator had been overpowered. The officers met at the entrance of the cantina several people who cared for some injured. In the cantina itself they found the perpetrator, Victor B. †, lying on his stomach; his hands had been bound with some cable straps on his back. There were also some injured laying on the floor.

1.2 Modus Operandi of Victor B. †

The same morning the supervisor of Victor † had asked him whether he could come working outside his usual shift. Victor B. †, said it was impossible since he had an appointment with his G. P., as a matter of fact he was supposed to bring his younger son at 8.30 a. m. for desensibilisation. Later investigations revealed that he took his small revolver which he had hidden in a steel box in the chimney. Later, his elder brother Zef claims he had seen Victor† carrying this gun with him already on February 25th.

Victor B. † drove with his Mini Cooper S from his home the 5 km to the factory and parked in front of it instead of driving it in the parking lot of the employees. He turned the car as if it should be ready for a quick flight; his wife, however, stated her late husband always parked this way to show to the public the nice car he possessed. He was registered by the video-cameras at the entrance; he arrived at 8.41 a. m.; he committed the act after 9.40; it is not known what he did during this time since he had left the range of the cameras. Several employees saw him busy with his smart

phone; as a matter of fact he posted on Facebook a "Renault"-advertisement with a beautiful woman and a man quite resembling Victor B†.

Then he entered the canteen. Out of the four people standing in the corridor at the entrance only one survived. This one, Mr St., had been waiting for his food before the shelter. Before him was Benno S., a well-known and popular Swiss wrestler. Suddenly, Mr. St. heard a shot and was hit at his arm; he sunk to the floor. He heard a second shot and noticed Benno S. sinking also to the floor. He heard Ms N., the waitress scream and a third shot and lost consciousness. Before entering the cantina itself, Victor had already shot four times.

By entering the cantina, Victor B. † hold in one hand his pistol and in the other a magazine. He immediately started shooting at the people having their second breakfast. He hit one of the employees in the head; the others realized the danger and looked for shelter behind the boards of the overturned tables. He shot another man in the face and upper part of his body, another man in the head (he is still in a state of coma). Several victims witnessed that Victor changed the magazine during the action and made a loading movement.

Victor B. † continued shooting at people, but not all bullets hit victims; some projectiles could be found in the frames and boards of the table. Victor approached the last table and aimed at the behind a table-board covering Thomas A. This one apprehended a chair with his right hand and got up; Victor shot in his face and injured his jaw. In spite of this injury and due to blood stained glasses impaired view Thomas A. proceeded towards Victor and hit him with the chair. He put his left arm around the right shoulder of Victor B. † and flung his left arm around Victor B. †'s waist. By clinching Victor B. † in this way Thomas A. heard two shots very shortly one after the other: One of them penetrated his jacket in the region of the right shoulder, left and penetrated the jacket again in the region of the hip and touched his trouser. - all without injuring him. The second shot hit Victor B. † in his head behind his right ear; the outlet was on his left temple. Victor and Thomas staggered to the floor, Thomas A. on his back, Victor upon him on his stomach. Thomas A. would still hold Victor. When another employee, Thomas R., realized the scene, he gripped another chair and hit it several times on the back of Victor Then he fled and shouted for help. Two more people entered the cantina by the window and freed Thomas A. from his unpleasant position. One of them stated later as a witness he was sure that Victor still held the pistol in his right hand under his belly, when he tore him from Thomas A.

It is quite possible, that Victor B. † tried to parry the attack of Thomas A. by shooting at him. The second lethal shot hit him behind his right ear, on the edge of it there were small burns. According to the traces the shot was fired from a very short distance.

1.3 Reflections about the kind of Victor's death

According to the findings of the criminal investigation team there is no evidence that somebody else than Victor B. † would have fired the shot which killed him. The way Thomas A. was clinched too Victor made it quite impossible for him to apprehend his gun. And what's more, there were traces of gun smoke on the left sleeve of Thomas A.'s jacket, most probably from the same shot which caused the burns on the ear of Victor B. † Thomas A. stated as a witness that he felt the body of Victor B lying with considerable weight on him implicating that he was already dead at this very moment.

Close to the entrance of the lethal shot there were burns signifying that it was a relative pot-shot. Victor was right-handed. From a coroners point of view there are no arguments against the hypothesis that Victor himself was the one who shot last; suicide seems quite plausible but an involuntary act in the sense of an accident cannot be ruled out.

According to the forensic evidence, Victor had shot 18 bullets. When he was stopped by Thomas A., he still had four bullets in the magazine. In his right pocket he still had a pistol with five bullets. In his Jacket, there were 28 bullets for the pistol and 90 bullets for the revolver. If he had not been stopped, he probably would have injured or killed quite some more people.

1.4 Reflections about the choice of victims.

As m. a. Victor arrived at 8.41 p. m. at the factory compound. One might ask why he did not immediately enter the cantina and started to execute the deed. This question cannot wholly be answered. Victor B. †, however, was member of shift No. 4 until the end of 2012. Exactly the members of this shift had their team for the second breakfast until 8.4 a. m. and stayed in the cantina. The only member of that crew, Mr Beat A. was still in the cantina when Victor started his attack. Victor would aim at him, when Beat A. was hiding behind a turned table but would aim at somebody else when Beat M. said something to Victor It seems, that Victor quite consciously would spare the former mates from his shift.

1.5 About the personality of Victor

1.5.1 Report of the CID of Lucerne about illegal gun trafficking

The gun of interest is a pistol Sphinx Model 389 AT 9 mm. It had been sold legally to a Mr L. M. in 1993 and had been sold 2003 to Zef B., the brother of Victor B. †

The revolver Victor B. † was carrying with him at the time of the crime was a revolver NNA-Ir (calibre 22). Victor B. † had bought this gun legally in 2004.

1.5.2 Biography of Victor B. † date of birth

Victor B. † was born as the third of seven children of his parents in Gjakove in the west of the former autonomic region Kosovo of the former federal republic of Yugoslavia. His childhood and youth seem to have been quite normal, an uncle, however, is said to have suffered from mental problems. He attended the elementary school for eight years and then for 1.5 years the public school which he had to leave without degree for economic problems. 1990/1991 he attended the compulsory military service in the federal Yugoslavian army and deserted from there to Switzerland, after the army had intervened in Croatia at the beginning of the Yugoslavian war. He demanded Asylum, which was not granted, but due to the on-going Yugoslavian crisis he got a provisional permit and worked as a waiter in Lucerne. In 1986 after having lost money with gambling he attacked together with a colleague the cashier of a gambling place on her way home and robbed her bag containing some 1000.—Frs. He was sentenced to one year of prison on probation and a provisional expulsion from Switzerland. One year later, there was a minor case of shoplifting.

In 1997 he married the somehow younger V., a Swiss citizen, but whose parents came from the same region of Kosovo as Victor B. † 1999 Victor B. † was employed by Kronospan, 2001 the couple got a house in Willisau 5 km from the working place of Victor B. † The marriage which had not been arranged, was fine until the birth of the first son; the couple had three children of whom the last born is suffering from a chronic disease. Step by step the relationship between the two spouse deteriorated, since Victor B. † neglected his spousal duties. In general, however, he is told to have been a jolly and helpful man and gifted craftsman.

In the middle of the last decennium he started to engage in lending quite big sums of money of dubious origin, provided by his brothers, to former fellow countrymen for interest up to 15% per month. It seems, however, that in some cases he behaved quite generously.

In 2010 he got a warning in his firm because of lack of diligence and non-compliance to some rules.

In the same year he had an affair with the wife of a colleague; it is, however, not clear, how far this "affair" went; for the wife, however, it meant a final damage to their marriage. Since some time she undergoes psychotherapy with a psychologist.

Since the year 2012 even to people outside the family some changes could be noticed in the behaviour of Victor B. † : He started compulsively using the internet and especially Facebook, had a feeling that pictures about him would published, felt he had dialogues with celebrities, felt his private thoughts were broadcasted by means of his mobile, identified himself literally with the so

called “Problematic Bear” M13 which had been shot in late 2012 in the southern part of the Swiss Alps and said he was the ruler of the French campaign in Mali at the same time, only to name some of the most bizarre ideas of Victor B. †. He complained several times to being mobbed in Kronospan, to have been spied at and clandestinely photographed, but would accuse nobody directly. In December 2012 he got an injury on his ankle, a cousin of him accompanied in to the emergency ward of the nearby regional hospital; later this cousin explained Victor B. † behaved in an odd way fearing there were cameras in the hospital; in the medical files of the hospital, however, there are no psychic abnormalities concerning Victor B. † registered.

At the beginning of 2013 the direct supervisor of Victor B. † contacted his wife and asked, whether Victor B. † was suffering from a “burn-out”; his colleagues noticed, that Victor B. † had increasing difficulty to concentrate and became forgetful; he started to talk to himself and was constantly occupied with his mobile even though it was against the rules at work. From time to time he would perform unmotivated Kickboxing movements. When addressed he often would answer in a strange way as if he had not understood the question. The change in his behaviour was an issue in his core-family, especially for his wife, and also at his working place, but, however, with no consequences.

On Wednesday, 27th of February 2013, his supervisor asked Victor B. † whether he agreed to take over a shift of a colleague, but he denied since he had an appointment with his g. p. But instead of going there he drove with two guns to the factory...

2. Mandate for a Psychological Autopsy

2.1 Introduction

Shortly after the event at Menznau I was mandated to produce an expertise about the mental state of the perpetrator Victor B. † and to give, if possible, an expert opinion about his legal responsibility.

2.2 The Psychological Autopsy

Any expertise of this kind was of course hampered by the fact, that the perpetrator was dead and did not leave any written evidence about his motive. In 1981, Shneidman recommended in cases of uncertain kind of death with unresolved questions from the field of insurance law or forensics the Psychological Autopsy¹. Marzuk stipulates the application of this method for the research about the phenomena of Homicide-Suicide, meaning the killing of someone with consecutive suicide of the

¹ Shneidman ES. The Psychological Autopsy. Suicide Life Threat Behav. 1981; 11/4:325-40

perpetrator. The method itself consists of the examination of insurance-, police- and clinical files as well as the interrogation of friends and kin, in order to identify the kind of death (homicide, suicide, accident), respectively to understand the motive of a putative suicide. In order to express myself to the question of a putative mental order of Victor B. †, I applied the method of the Psychological Autopsy. Even though I was not specifically asked for I also gave my opinion about the kind of death of Victor B. † (suicide, accident) and whether this event could by any means have been predicted and/or prevented).

As a matter of fact, in the case of the 57 years old Friedrich Leibacher, who entered on the 27th of September 2001 heavily armed with automatic weapons and shotguns the cantonal parliament of the canton of Zug and killed 14 of the present politicians before shooting himself, a Psychological Autopsy had been ordered in order to understand his state of mind during the event and his legal capacity. Background of the crime was quite a banal legal quarrel about a damaged car-antenna (!)². Only two weeks after the so called "Zug-Amok", a certain Mr H. carrying a violin case entered the house of his former girl-friend in Lucerne, entered the toilet and took his assault rifle, which he possessed as conscript of the Swiss army, shot the friend of his former spouse and pursued the latter, who rescued herself by jumping to the street from the first floor. Mr H. followed her and shot randomly at a passer-by, before shooting himself. The prosecutor gave me the mandate to establish an expertise about the mental condition of Mr H., what could be done quite satisfyingly by interviewing witnesses like the former girlfriend and his kin: Mr H. had been suffering from the first manifestation of a Paranoid Schizophrenia and suffered from the delusion to be persecuted by his former girl-friend and her friend. If he had survived, from a forensic-psychiatric point of view he would have been considered not guilty by reason of insanity. All people involved like friends and kin felt somehow relieved to have a medical explanation for this otherwise not understandable and acceptable behaviour of Mr H.

3. Amok, Mass-Murder and Homicide-Suicide

It is quite common to designate as "Amok" cases where a man (as a matter of fact, I am only aware of one case of a female perpetrator³) kills or injures several people without caring for his own security, t. This was also quite common with the Menznau case. The designation of the Menznau case as "Amok", however, seems to me quite imprecise. Amok is a culture-bound syndrome, where a perpetrator develops a kind of fury and randomly kills as many people he can reach before falling in a kind of lethargy. Amok as phenomenon is attributed to South-East Asia. Amok as a matter of

² Weilbach K. Amok – Prävention statt Mythenbildung. Kriminalistik 2007; 61/2: 119-127

³ On the 22nd of September.2010, however, a woman in the agglomeration of Basle killed in the context of a so called „Familien-Drama“ three people (Basler Zeitung 23.09.2010, S. 22).

fact might be a culture-bound kind of suicide, since usually, perpetrators of Amok do not survive the event⁴.

A research of the Swiss News Agency dpa which had been performed because of the Menznau-event, revealed 22 similar cases, where a perpetrator injured and/or killed people without apparent, understandable motive like revenge, greed or jealousy and which had been published in several news-papers. Some of these cases are described below:

16th of April 1986: Günther Tschanun, head of a section of the City-Police, after tensions on his working place in the municipal works service in Zurich shoots dead four colleagues and injures a fifth one seriously. He was condemned to 20 years of prison.

26th of March 2000: A 22 years old unemployed shoots from a room of his hotel randomly at people and the police wounding two officers. He is killed by a police sniper.

27th of September 2001: The 57 years old Friedrich Leibacher, frustrated by the local authorities for a minor legal case, shoots in the Cantonal Parliament of the canton of Zug 14 politicians with an assault rifle and a shot-gun, before killing himself.

6th of September 2002: In a rural community of the canton of Zurich, an intoxicated 32 years old Philippine randomly attacks passers-by with an iron bare. 15 people are injured, some of them seriously. Wenn du die Nationalität in einem Fall erwähnt, solltest du das immer tun. An und für sich spielt es bei dieser Aufzählung keine Rolle.

8th of July 2003: A 40 years old Algerian hits with his car on the street walk randomly pedestrians, kills three of them and injures seven more. He is judged not guilty by reason of insanity and put into unlimited custody.

29th of March 2004: A 43 years old famer in Escholzmatt, a village in the canton Lucerne, shoots his estranged wife, his brother, his brother in law and the head of social services of the said community, before killing himself. Background of the crime were heavy familiar quarrels.

8th of September 2010: A 67 year's old pensioner takes shelter in the house of his parents, which is supposed to be sold by auction against his will. During the night to the 9th of September, he unexpectedly leaves the house and shoots at the police who sieges he house. He seriously injures a police officer. After an eight days hunt he is arrested. He is judged not guilty by reason of insanity and sent to compulsory, stationary psychiatric treatment.

2nd of January 2013: In the small village of Daillon in the canton Valais a 33 years old local shoots randomly dead three women and heavily injures two men. The police arrest the mentally

⁴ Adler L. Amok im Spektrum homizidal-suizidaler Handlungen. Suizidprophylaxe 2010; 37/1: 8-14

impaired perpetrator and collector of private weapons, who according to his statement wanted to solve a family problem. (jak/sda)-

Liste am besten auf Power Point vorführen, sonst kommt man später nicht mehr nach

Günther Tschanun, who shot four colleagues at his working place, was certainly not insane and was consequently punished.

The 22 years old unemployed, who shot randomly at people with his assault gun in Chur and who was killed with a so called final lethal shot by the police, was certainly psychotic.

The 43 years old farmer, who shot his wife, his brother, his brother in law and the head of the social services in Escholzmatt/ LU whom I had to assess some month before, was certainly not mentally disturbed.

Seriously mentally disturbed were the so called „Amok-Pensioner“, who had entrenched himself in his parents' house, and mentally disturbed was also the 33 years old disabled and former officer of the Swiss army, who shot dead three women and injured two men seriously with his assault gun.

As one can easily see, behind the notion Amok a variety of perpetrators and motives may be hidden.

Elliot Dietz published his article "Mass-, Serial and Sensational Homicide"⁵ in 1986: According to Dietz, Mass-Murder is an event where one perpetrator kills on a particular geographically close defined place within a very short time five people, three of them lethally. For Holmes and Holmes⁶ the killing of three people in a narrow geographical and time context is sufficient for the definition – this in contrast to the definition of „Serial Killer“ where three people are killed with a „cooling down“ gap of at least one month between the two events.

Sensational Homicides are, according to Dietz, particularly spectacular cases disseminated largely through the media; a typical example was the killing of John Lennon by Tom Hinckley. Of course, almost all Serial and Mass Killings are "Sensational homicides". This was also the case for Menznau. By the way: The m. a. list of the dpa is by far not complete if the criteria of Holmes und Holmes for the definition of Mass Murder are applied. In my own study about Homicide-Suicide compared to lethal domestic violence without consecutive suicide between 1986 and 2006 among the 45 cases there were two cases of Mass murder⁷, in my study about schizophrenic murderers in

⁵ Dietz EP. Mass, Serial and Sensational Homicides. Bull. N. Y. Acad. Med. 1986; 62/5: 477-491

⁶ Holmes RM, Holmes ST. Serial Murder 1998, SAGE Publications, 2nd Ed.

⁷ Frei A et al. Homizid-Suizid und tödliche häusliche Gewalt im Vergleich. Psychiat Prax 2011; 38: 287–292

the north western part of Switzerland⁸, there is one case of Mass Murder which is not mentioned in this enumeration of the dpa. The Menznau case, however, satisfies the criteria for Mass Murder and Sensational Homicide according to Dietz.

Mass-murders are extremely rare events which makes scientific research about these phenomena extremely difficult. To my knowledge there are in particular two empirical studies about mass-murders in America which had been published by the same group: Hempel and Meloy report about a random sample of 30 mass-murders in USA; their conclusions were: The typical American Mass-Murderer is a male single or divorced man in his fourth decade. Usually he suffers from an Axis I – (schizophrenic or depressive) or/and an Axis II - disorder (personality with schizoid, paranoid or antisocial/narcissist traits). 10 perpetrators (33%) were clearly psychotic at the time of the crime. The typical mass murderer is a loner with a preference for weapons, militaria or right wing ideologies, in the time before the event he suffered from a serious personal loss or frustration and hence developed a so called „Warrior-mentality“. Alcohol was in contrast to the usual violent crime of minor significance. A considerable part of the perpetrators announced their motives in the form of a “psychological abstract”⁹during the event.

Later, the same authors compared their findings with 34 young, i.e. less than 18 years old mass-murderers (school shootings) in the same period. These perpetrators to had a preference for weapons, too, but quite a few did not act on their own and in general were less disturbed in a clinical psychiatric sense, i. e. they were not psychotic¹⁰.

„Sensational Homicides“ can also be instrumentalized: The „Zug Amok“ had as a consequence a frequent occupation of the local forensic-psychiatric services, since Fritz Leibacher became sort of icon of the frustrated and querulants, who related to him frequently to give their complains and demands more emphasis and who had to be screened for their putative dangerousness.

Concerning the „Menznau-Case“, Christophe Mörgeli, MOP and member of the right wing populist SVP¹¹ expressed himself in a blog: „It reads like a script of our failed politics about asylum seekers. Victor B. † calls himself refugee and migrates from Kosovo to Switzerland. He is allowed to stay, marries, has three children and commits domestic violence, causing police intervention. He breaks a coin-operated machine and by a ruthless attack he robes a woman.

⁸ Frei A. Die Langzeitprognose von Patienten mit chronisch verlaufender paranoider Schizophrenie. Vortrag 29. Münchner Forensische Herbsttagung der AGFP

⁹ Hempel H, Meloy JR, Richards ThC. Offender and Offense Characteristics of a Non-random Sample of Mass Murderers. J Amer Acad Psychiatry Law 1999; 27/2: 213-225

¹⁰ Meloy JR, Hempel AD, Gray BTh, Mohandie K, Shiva A, Richards ThC. A Comparative analysis of Adolescent and Adult Mass Murderers. Behav Sci Law 2004; 22: 291-309

¹¹ Swiss Peoples Party

Three years later he gets a one year's prison sentence on parole. Only four years after his immigration he becomes Swiss citizen. An enterprise which is not aware of these events eventually hires Victor B. †. As reward he murders four of his fellow co-workers and injures six more seriously. For days, the media speak about a 'Swiss' as perpetrator. If the so called 'Referendum for the deportation of criminal foreigners' approved by the Swiss people had been in force already in 1995, there had been no Amok in Menznau, since Victor B. † would have been deported as a criminal foreigner. This renders this abdominal event even worse, than it is any way. If the government, the supreme court and the parliament still fight against this referendum they are responsible for any further crimes. Instead of embarrassing honourable Swiss marksmen and weapon owners the Swiss nation needs effective politics concerning Asylum-seekers, foreigners and criminals.“ Wenn du das bringst, musst du erklären was du mit dem Zitat sagen willst für das Argument deines Vortrags.

4. Own Investigation

4.1 Exchange by phone with Zef B., elder brother of Victor B. † on 25th February .2014

There was nothing to comment on. Some events had been even exaggerated and Victor B. † had in fact been once photographed without his consent in Kronospan and on different occasions he had been contacted by telephone by some unknown persons. The B. – family did not want further comment on the issue.

4.2 Mr Matias K., brother in Law of Victor B. † on 27th of February 2014

Mr K. was ready to give evidence to me without reservation. He was born in Switzerland; his sister V. had been born still in Kosovo. His family comes from the same region as the one of Victor B. †. He is unable to tell me details about the early childhood and or the circumstances of the family; since his childhood, Victor B. † was just the husband of is sister. Victor B. † was to him a jolly and nice elder colleague, who cared for him. It was him who introduced Mr K. to the sport of „Kickboxing“. Victor B. † had great mechanical skills, whatever he was told to repair he could handle. He practiced “Kickboxing”, but only for his fitness; he would never compete, because he did not want to endanger his body; his looks were extremely important for him, especially his abdominal muscles (“six packs”). He also practised “Wing-Tsung” – Kung Fu and was a great admirer of the late Bruce Lee¹². About his earlier biography, Mr K. knew only, that Victor B. † had deserted from an army barrack in Croatia and had demanded Asylum in Switzerland. He might have met Mr K.'s

¹² Movie star and Kung Fu - icon

sister during his leisure time. Mr K. himself was employed by Kronospan by recommendation of his brother in law. The working conditions within Kronospan were excellent; they would tolerate even an alcoholic as employee. Victor B. † was, as m. a. very dependent on status symbols. Mr K. thinks, there was a change in the behaviour of Victor B. † about two years ago and this was unequivocally linked to Victor B.'s † opening a Facebook account.. As a matter of fact he would think that all messages he read had a connection with himself and more and more he thought his style was being imitated. He thought he was in an intimate exchange with Sylvester Stallone¹³ and Vitali Klitschko¹⁴ through Facebook; both had let him know that he was not a bad man. Victor B. † had not been a particular good writer, all the same he claimed that the news in „Teletext“ had been composed by him. He felt spied at everywhere, e. g. by the FBI; as a matter of fact he carried a mask whilst working in his garden and passers-by would tell Victor B. † later, that they had observed a stranger working in his garden! To use a mobile when Victor B. † was there was quite impossible, since he feared his thoughts were broadcasted by the mobile. As a matter of fact he was very involved with the Mali-crisis in late 2012 and asked his colleagues to watch what he would arrange there (quite obviously he took himself for a commander of the French intervention force). Lunch in Kronospan had become quite stressful for Victor B. † since nowadays everybody had a mobile with him.

Mr K. and even his brothers in law had tried to close the Facebook account of Victor B. † provoking a very angry reaction. Concerning the extramarital affair of Victor B. †, Mr K. believes there was not much behind it: If Victor B. † really had had sex with another woman he would have bragged about it. Generally, Mr K. did not think that the marriage of Victor B. † had been that bad. Concerning the money-lending business M. K. has not nay knowledge, he thought the B. family in general were quite stuck-up; Victor B. † had been by far the friendliest among them.

Concerning the very last picture Victor B. † had posted less than one hour before the event, Mr K. thinks, this kind of advertisement represented the dreams and wishes of Victor B. †. Mr K. thinks there had been a great chance missed to apprehend Victor B. † before the event, when he visited the emergency ward of the local hospital two months before because of an injury on his foot and behaved in such a strange way, that any medical professional should have taken action. Quite obviously, Victor B.'s † performance at his working place deteriorated, but he was somehow covered by his colleagues and even supervisors since everybody thought he was a „nice chap“. Concerning the choice of victims, Mr K. could not find any logic: There were rumours he had chosen only supervisors but Victor B. † had met some on the factory compound before the event without embarrassing them. Mr K. thinks his choice was at random. For Mr K. the deed was like a guy who

¹³ Action movie star

¹⁴ World heavy weight boxing champion

stands on the 5 meters jumping board, closes his eyes, jumps and realizes what has happened. Consequently he presumes that Victor B. † committed suicide for a sudden feeling of guilt.

4.3 Ms Valbona B., born K., together with her therapist on 3rd of March 2014

Ms B. was quite reluctant to witness, but she eventually was ready to talk in the presence of her therapist.

Ms B. is a handsome, sturdy young woman. She speaks local dialect with a typical “Balkan” accent. Concerning her origins she said that her parents had been foreign workers and she had been allowed to join them in the course of family reunion, so since primary school she had been living in Switzerland. Victor B. † had been introduced to her during a family event. It was important to know that among the Kosovar population, only three per cent were Catholics, but in the region she came from, the town of Gjakove, their share was 50%. It was important to know that among Kosovar it was not only important to marry within its ethnicity but also within their religious belonging. This makes the choice for a migrated catholic Kosovar woman quite small. Among the Catholics there were even two factions, the so called „Mazur“ who were rather close to the rest of Kosovo and of whom many were members of the UCK and the consequent Christians and Catholics, who were considered by the former as wimps. Victor B. †’s family belonged to the former, Ms B.’s family to the latter. For both groups, the Kanun¹⁵ still mattered as a code of honour.

As far as she knew, Victor B. † had served his military service 1991 in Croatia as a conscript of the Yugoslavian federal army for nine months before deserting; he certainly had not had any war experience since it was completely out of question that he as a Kosovar was serving with the armed forces during the Yugoslavian crisis. Their marriage had not been an arranged one; at the beginning, they would have had a good time. Her husband had been gentle, gifted and helpful; he would change after the birth of their first child, when he was reluctant to play his part as a father. Marital discord was the consequence. The daily life of the spouses was consequently separated; Ms B. had no access to his “Kick-boxing” peers, where women were not welcome at all, anyway. In the run of the years his behaviour changed completely; he came home only late at night and had visited brothels together with his brothers and colleagues. Some years ago he started this money lending business; Ms B. said she ignored where the money came from; she only helped him writing the borrower’s notes since he did not know enough German to express himself sufficiently. Ms B. was aware that her husband had considerable trouble at work some four years ago; he had shown her the letter of warning and told her, that he had a quarrel with a colleague at work. At the end, their marriage existed only on paper to maintain the image of an intact family. As a matter of fact, her husband had been under enormous pressure since he was not a keen money squeezer and

¹⁵ Medieval code of honour in Kosovo

even considered selling the house for the credits he was not able to encash. Some episodes of domestic violence had not been registered by the police; as a matter of fact, on the only occasion the police intervened at home had been due to a call by Victor B. † himself.

Since autumn 2012 Victor B. † had started to refer daily events to himself; e. g. he stated he being in constant contact with Barrack Obama who asked his advice; he commented Austrian politics and hinted that he was involved there. Great events like wars and heroes like e. g. Sylvester Stallone or Vitali Klitschko had always impressed him. The last months of his life it had been impossible to communicate normally with him. In December 2012 his supervisor had addressed her asking whether Victor B. † might suffer from a „burnout“. The change of shifts which he had performed for practical reasons just a few months before had probably not been a good idea; maybe he should only work in day shifts. At the beginning of February 2013 Victor B. † showed her the headlines of the tabloid “Blick” about the “problematic bear” M 13, who attacked people and was going to be hunted; he explained that he literally was M 13. When she told him that he was completely nuts he would crumple furiously the paper and call her “ignorant psychopath”, since he always called her “psychopath ever since she attended psychotherapy . She researched in Internet about the symptoms of her husband and found the term “paranoid”. When she approached her brothers in law about it, they did not respond.

If she, however, had been informed that her husband had three weapons at home, she certainly would have gone to the police. If one of her brothers in law told to the police, the B. family kept weapons at home due to their family tradition of hunting she'd call this absurd.

On Sunday, 24th of February 2013, just three days before the event, Ms B. visited her parents. Victor B. † usually had a nap at home. Suddenly he ordered her by telephone to come home. When she arrived there she was frightened since Victor B. † had put the children in their holiday clothes and her husband would carry his dark suit. Ms B. had no idea why. Victor B. † took pictures of his children together with some burning candles. Then he asked Ms B. to accompany him and the children to the church even though throughout his life the church had no meaning to him. The children were very reluctant to comply and the whole procedure was extremely embarrassing to Ms B.; she was scared just like anybody in front of a madman who is able to do anything crazy.

In the church he put his children in file and asked Ms B. to film the scene with her mobile. Then he started a speech directed at the Facebook community in which he said he was a good man. He repeated it twice, but was not satisfied. What he'd do with this video-sequence Ms B. ignores. On Wednesday 27th February in the morning the supervisor of Victor B. † called to ask him, to change shift; he explained that he had an appointment with the G. P. for the desensibilisation of their daughter. Ms B. had not noticed the slightest hint at what her husband could have planned.

The said affaire of her husband was at that stage of their marriage without any relevance according to Ms B. She was worried that her frank statements about family affaires would not be appreciated by the B.- family. As far she knows there was one uncle of Victor B. † said to be kind of strange but in general one would not discuss such delicate family affairs with the daughter in law!

5. Psychiatric Diagnosis

Like many of his fellow countrymen, Victor B. † deserted 1991 from the Yugoslavian federal army at the beginning of the Yugoslavian crisis and asked Asylum in Switzerland. The robbery which he had committed in 1995 after loss of a certain amount of money due to gambling is a single event and does not mean that Victor B. † had antisocial traits. On the other hand he stayed working for the same enterprise for more than thirteen years, obviously most time to its satisfaction.

Victor B. † is characterized by his brother in law as a nice chap, but as a bragger too; his wife called him pretentious („King“); he was concerned with his looks and he was dependent on status symbols; i. e. from a forensic-psychiatric point of view one can ascribe him narcissist traits. His involvement in the money-lending business probably meant for him who had his ordinary profession an extensive demand is explained exactly by these narcissistic traits according to his wife. Taken in a nutshell, Victor B. † gives the impression of nice but naive, if not to say immature and superficial personality, but until short time before the event he did not differ as much from a supposed average human being that the term “personality-disorder” in a clinical sense would apply to him.

Latest by autumn 2012, for his colleagues at work and his kin it became obvious that there was a break in his psychosocial capacities; according to his brother in law, these peculiarities became apparent even two years before, when Victor B. † had opened his Facebook account.

Victor B. † did not have any problems with substances, he was healthy and post mortem, the most common chronic infections which can cause a mental deterioration (HIV, Syphilis) had been excluded. Hence, Victor B. † was suffering from a proper psychiatric (mental) disorder. Below some of the peculiarities in the behaviour of Victor B. † which are significant for the psychiatric expert:

- Victor B. † is convinced, celebrities would imitate his style of clothing and he was in constant exchange through internet with them.
- He is spied at by the FBI
- He said on different occasions, he was photographed in the firm, also when executing degrading work and these pictures were posted in Facebook.
- On the occasion of a visit in the emergency unit of the local hospital he said he was filmed and the video had been posted in Facebook.

- Everywhere, there were cameras recording his activities and the videos were posted in Facebook.
- He would not tolerate switched on mobiles close to him since he feared to be recorded and his thoughts to be disseminated.
- He was convinced to be a major protagonist in the Mali-crisis (end of 2012).
- He took himself to be the so called "Problem bear" M 13, which had been hunted and shot in a southern valley of the Swiss Alps this winter.
- Since autumn 2012 Victor B.† showed a lack of concentration and was no longer reliable at work, so his work had to be controlled on several occasions
- He would start to talk to himself and executed during work sudden "Kick-box"- movements without any apparent motive.
- He would mask himself during garden work in order not to be recognized by spies and dark organisations.

These particularities were registered by kin and colleagues of Victor B.† and were addressed; his brother as well as his brother in law tried to persuade him, that his personality was not published without his will in Facebook.

The fear, to be spied at by means of electronic devices by obscure powers or organisations like FBI are clear hints at so called ego-distortions like thought-broadcasting or –withdrawal, so called first rank symptoms in the sense of Kurt Schneider, one of the doyen of Schizophrenia research. First rank symptoms are, if they last longer than one month, sufficient to diagnose a schizophrenic disorder. The conviction to be in constant exchange with celebrities is called delusion of reference, another first rank symptom in the sense of Kurt Schneider. The rather elusive idea to be involved in the Mali crisis as main protagonist or to be the „Problem bear“ M 13 are called „autochthonous delusions“ (Wahneinfall). The fear, constantly to be spied at, recorded and to be mocked at in Facebook, corresponds to delusions of persecution. Both these symptoms are so called accessory symptoms in the sense of Kurt Schneider, meaning that they are not sufficient to diagnose Schizophrenia, but are strong hints for the existence of this disorder. Some of his colleagues have reported that Victor B. † would answer on concrete questions in a non-comprehensible way as if he would have not got the idea of the question: This phenomenon is classified as formal thought disorder and called "Danebenreden", another accessory symptom of Schizophrenia. Eventually, Victor B. would talk to himself, which one can interpret as indirect sign for acoustic hallucinations in the form of „hearing voices“.

Taken together, Victor B. † would show months before the event so called first rank symptoms for Schizophrenia in the sense of Kurt Schneider, which are, if they last longer than four weeks, would proof the diagnosis of Schizophrenia; the registered accessory symptoms as such would not proof the existence of Schizophrenia, but would support this diagnosis. The concept of first rank and

accessory symptoms for the diagnosis of Schizophrenia has been taken over by the ICD-10, the diagnostic manual of the WHO. Since the most striking symptom of the Schizophrenia of Victor B. † were his delusions of persecution the diagnosis of Paranoid Schizophrenia, first episode, period of observation less than one year, seem to be justified (ICD-10: F20.09). Unusual, but not a decisive point against this diagnosis is the comparatively late onset of the disorder, namely 42 years (frequency peak of onset usually 24-26 years with male).

The inclusion of the World Wide Web in the delusional world of the concerned could be observed ever since its worldwide introduction end of the last millennium: A 29 years old women wold stop all her sexual activities since she felt her activities were recorded by a chip in her brain serving as a webcam and then posted In internet¹⁶. An equally 42 years old man was convinced pornographic recordings of his wife and daughter were posted in internet in order to blackmail him. These are only two examples of some case studies which have been recently published about the topic "Internet delusion". It would be, however, a mistake, to talk about a new psychiatric disorder; on the contrary the World Wide Web is an excellent medium for the concerned to rationally explain the otherwise not comprehensible phenomena which are occurring with them.¹⁷. The Internet seems to have, according to the theory of Emil Kraepelin, another doyen of Schizophrenia research, a pathoplastic effect on the contents of the delusions.

Serious acts of violence, perpetrated by schizophrenics might be rare by absolute numbers; they are, however, five to ten times more frequent than with the general population. The incidence of serious acts of violence is much greater among first episode schizophrenias than with chronic cases¹⁸. Certain cases succeed to keep their psychotic experiences for them for a long time, this is referred at as double bookkeeping. Other concerned - like e. g. Victor B. † – act on their delusions. If a person suffering of delusions of persecution starts to blame concrete persons of institutions this might be a sign for a impending act of violence¹⁹.

6. Suicide versus non intended Self-Killing

¹⁶ Schmid-Siegel B, Stompe T, Ortwein-Swoboda G. Being a webcam. *Psychopathology*.2004; 37: 84-5.

¹⁷ Bell V, Grech E, Maiden C, Halligan PW, Ellis HD. 'Internet delusions': a case series and theoretical integration. *Psychopathology*. 2005, 38:144-50.

¹⁸ Nielssen O, Large M. Rate of Homicide During the First Episode of Psychosis and After Treatment: A Systematic review and Meta-analysis. *Schizophrenia Bulletin* 2010; 36/4: 702 - 712

¹⁹ Buchanan A, Reed A, Wessely S, Garely P, Taylor P, Grubin D, Dunn G: Acting on delusions. II: the phenomenological correlates of acting on delusions. *Br. J . Psychiatry* 1993; 163: 77-81

The coroners and forensic experts conclusions were unequivocally that Victor B. † did not die by an external force; it was him who fired the lethal shot, but it can not be said from a coroners point of view whether this shot was fired intentionally or not.

A quite unequivocal point for suicide was the existence of a suicide letter, but there is none. Points favouring the theory of suicide is the farewell like production of Victor B. †, when he photographed his children in the church by holding kind of justification like sermon. This rises the suspicion he might have planned an action he might not survive. Since Victor B. † did not take any measures to conceal his action or to escape, one might ask if he did not plan a kind of „suicide by cop“, meaning an act of provocation towards security staff who might shoot at the aggressor. This suicide method might apply for members of a social or religious group for whom self-killing is not tolerated due to religious beliefs²⁰. We cannot recognize in the modus operandi of Victor B. † any point which would show that he had planned to provoke security staff in this way.

Fact is that many but not all mass murderers die by suicide, some are also killed by security staff²¹. As m. a. many mass murderers are disgruntled, professionally frustrated loners who want to revenge themselves for a putative or real setback or mortification and quite often close their action by a kind of cathartic suicide²². In the case of Victor B. † we cannot find any hint at this kind of „normalpsychological“ motive; the hypothesis of his brother in law; Victor B. † might have been suddenly overwhelmed by feelings of guilt is pure speculation and does not comply with the diagnosis of a first episode of Paranoid Schizophrenia. By considering the sociocultural background of Victor B. † one should consider that his background is from south-east Europe where suicide is not accepted at all and what is more, suicide is due to their specific religious beliefs much less frequent among Catholics than among Protestants or Unitarians.

If one considers the Paranoid Schizophrenia as argument for suicide – up to 10 % of the concerned are said to die by suicide – it must be said that suicide occurs rather in a latter state of the disorder and hence could be addressed as balance suicide when the concerned realize the impact of the disorder on their lives. An not intended shooting by the by-stander of Thomas A. blocked right hand of Victor B. † in the for him lethal direction complies very well with the conclusions by the forensic-pathological experts.

Taken together there are from a forensic-psychiatric point of view hardly any points which speak for suicide even though it cannot be ruled out by 100%, but the points for a unintended selfkilling or an accident of Victor B. † are much more convincing.

²⁰ Hutson HR, Anglin D, Yarbrough J et al. Suicide by cop. *Ann Emerg Med* 1998; 32: 665–669

²¹ Adler L, Lehmann K, Räder K, Schünemann KF. "Amokläufer" – kontenanalytische Untersuchung an 196 Pressemitteilungen aus industrialisierten Ländern *Fortschr Neurol Psychiatr* 1993; 61: 424 - 433

²² Palermo GB. The Berserk Syndrome: A Review of Mass Murder. *Aggr and Viol Behav* 1997; 2, 1: 1-8

7. Legal capacity Victor B. † and predictability of the event

The delusions of reference and persecution Victor B. † was quite obviously suffering from are also referred as symptoms of TOC (Threat-Override-Control)²³, which are quite often correlated with serious acts of violence committed by schizophrenic patients.

By analysing the event, one becomes aware how consequently and straight Victor B. would have acted; for instance he did not embarrass anyone on his way to the canteen and started only shooting when he had reached the entrance to the canteen, i. e. a closed room, from where there was no escape. He seemingly did not shoot at people at random, too. Such a considerate way of acting, however, does not signify necessarily a unimpaired legal capacity. There is a clear correlation between symptoms the unequivocally existing Paranoid Schizophrenia and the actions of Victor B.; about the exact motive of or the trigger for the action, however, can only be speculated, but we can compare the case with our own clinical experience or case-reports from the literature: For instance, one could conceive a sudden delusional symptomatology, caused by the call of his supervisor short time before the event, which meant a threat to him and it is quite likely, that Victor B. † held certain members of the Kronospan responsible for his plight caused by his psychotic symptoms. For a perpetrator embarrassed by a TCO-symptomatology the question whether he is able to understand the wrong of his acts is irrelevant, he acts like in selfdefense. An acute Paranoid Schizophrenia like in the case of Victor B. † hence justifies from a forensic-psychiatric point of view the stipulation that he did not know the wrong of his acts and that his legal capacity was according to Article 19 sec. 1 Swiss penal code abolished.

Concerning the predictability of such an event, it has to be stated that Victor B. † did not correspond to the profile of the violent frustrated and disgruntled worker as he is specified in the literature about working place violence²⁴: Victor B. † had neither repeated convictions for violent crimes in his files, nor did he have a substance problem, nor was he at an impending risk to be

²³ Link BG, Stueve A. Psychotic Symptoms and the Violent/Illegal Behavior of Mental Patients Compared to Community Controls. In: Monahan J, Steadmann H (eds.). Violence and Mental disorder. Developments in Risk Assessment. 1994. Chicago. University of Chicago Press.

²⁴ Fletcher TA, Brakel SJ, Cavanaugh JL. Violence in the workplace: new perspectives in forensic mental health services in the USA. Brit J Psychiatry 2000; 176: 339-344

fired nor had been omitted with a professional promotion²⁵; his fascination for weapons as risk factor was known to nobody except his kin. For his work mates he was just a “nice chap”.

To illustrate the difficulties of prediction in this case the Checklist WAVR-21 shall be shown below:

WAVR-21, Short Form (Workplace Assessment of Violence Risk)²⁶

	Present Yes/No	Recent Change: >/<
Is preoccupied by violence: Tells about violent ideas and fantasies; identifies himself with violence, regards violence as justified.	Yes	>
Intention and threats: Expresses threats and tells about motives for an act of violence in oral, written or electronic form or by gesture of symbols.	No	/
Others are worried: Possible victims or acquaintances are worried about the recent development.	Yes	>
Impending or recent loss: Recent or probable loss of working place or another significant loss like income, money, status, family or death of a close person, failure at school; strong denial, poor coping skills with such events.	No	/
Negative attitudes: Very egocentric, defensive or demanding; lack of caring for others or constantly blaming others; habitual lying; perceives obligations always a great injustice.	No	/
Unlawful or threatening behaviour: Stalking, embarrassing, mobbing, acts of vengeance, disobeying of rules at working place.	No	/
Violence preparing actions: Exclusive interest and/or emerging of possession of weapons, evidence for increasing respective activities, carries weapons at his working place, stalks potential victims.	No	/

²⁵ Bloom, H., Webster, CD, & Eisen, RS (2002). ERA-20, Employee risk assessment: A guide for evaluating potential workplace violence perpetrators. Toronto: workplace.calm inc.

²⁶ White SG, Meloy JR (2002). A Structured Guide for the Assessment of Workplace Violence

Extreme mood swings: Rages, suicidality, Isolation	No	/
True provocations of instabilities: Situative factors like unhappy relations at home or at the working-place, high level of stress on working-place. Enough Management for high potential of risik.	No	/
Irrational thoughts: Bizarr or strange convictions, especially if these hold violent contents. Irrational accusation especially against the managment or colleagues.	Yes	>
Substanceabuse: Abuse of Amphetamins or other Stimulants; Alcoholabuse; Evidence of behavioural change under influence of these substances.	No	/
Known history of violent crimes or conflicts, especially recently or frequently including domestic violence; constnat mieschief also on the workplace.	No	/

*> = recent increase

< = recent decrease

What's more: Viktor B.† had been seen only three months ago by a physician who obviously did not notice anything worrying. Even though a psychiatrist would have examined Viktor B.† on this occasion and had made the correct diagnosis of schizophrenia, Viktor B.† probably would have not been taken for treatment in this state of the disorder, since Viktor B.†. was obviously lacking any form of insight and hence would have not complied with any kind of treatment; treatment against his will as compulsory residential treatment according to Art. 426 civil code is only justified in the case of known impending danger for himself or others.

8. Closing Remarks

I think some unfortunate coincidences the to contributed the Menznau event:

- A quite ordinary, for his surroudings even pleasant primary personality ("Nice chap").
- The in the context of his biography surprising and quick development of a serious psychopathology which would have been clearly identifiable for the expert, but certainly not for the population at large.

- A quite undediscerning professional function, where the deficiencies of Victor B.†, which had become apparent, could be compensated by his colleagues.
- The origins of Victor B.† from a cultural background, where psychiatric disorders still are considered as a tabou and are not openly addressed at.
- The affinity of Victor B.† for weapons in a country (Switzerland) with a rather liberal legal practice concerning dealing with weapons.

The district attorney in charge of the Sursee county held on 21th of June 2014 a press conference, where the results of their investigations and also the conclusions of the forensic-psychiatric expertise were presented to the public and the concerned. Later, I was invited by the management of Kronospan, to explain my research to their staff. I think this open communication about the tragic event and especially its explanation from a forensic-psychiatric point of view had been generally appreciated, the effort it took to accomplish the expertise was worth it.