

30<sup>th</sup> World Congress on

# ADVANCED NURSING PRACTICE

September 04-06, 2017 | Edinburgh, Scotland

## Predictors of Suicidal Ideation Among Thai Adolescents

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Suicidal ideation refers to thought, planning or considering of engaging in behaviour intended to end one's life. It is an indicator of suicide and significant in anticipating the suicidal attempt and completed suicide. This study aimed to examine suicidal ideation and determine factors predicting suicidal ideation among Thai adolescents. A multi-stage random sampling technique was used to recruit a sample of 408 adolescents with a mean age of 15.35 (SD = 1.76) years who were attending secondary schools in 2016 in Thailand. Research instruments included the Scale for Suicidal Ideation, the General Health Questionnaire, the Strengths and Difficulties Questionnaire, the Rosenberg's Self-Esteem Scale, and the Negative Event Scale. Their Cronbach's alpha reliabilities ranged from .70-.85. Descriptive statistics and stepwise multiple regression analysis were used to analysed the data. Results revealed that the mean score of suicidal ideation was 6.61 (SD = 5.05), which was at a high risk. Stressful events was the best significant predictor ( $\beta = .293$ ), the second best was overall distress ( $\beta = .163$ ) and the third best was negative psychological attribute ( $\beta = .151$ ). These three predictors accounted for 21.7 % ( $F_{3, 404} = 37.218, p < .001$ ) in the prediction of suicidal ideation among Thai adolescents. These findings suggest that nurses or health care providers who are responsible for adolescent health, especially mental health, should urgently plan activities or an intervention focusing on reduce stressful events, overall distress and negative psychological attribute. Consequently, suicidal ideation would be lessened.

### Biography

Nujjaree Chaimongkol has completed her PhD in 2004 from Saint Louis University, School of Nursing, USA. She is currently the Dean of the Faculty of Nursing, Burapha University, Thailand. Her research interest included child development, child and adolescent mental health and measurement. She has published more than 30 papers both national and international journals. She also a committee member of Thai Nurse Association.

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