

S21 Self-harm in Malaysian Adolescents

Depression and Suicidal Ideation among Adolescents in Kuching, Malaysia

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Background: There is limited research on adolescent mental health despite the increasing trend of adolescent depression and suicide worldwide. The study aimed to estimate the prevalence of depression and suicidal ideation among adolescents in Kuching, Malaysia. The factors associated with depression as well as the relationship between depression and suicidal ideation was investigated.

Methods: A cross-sectional study was conducted among students in public secondary schools in urban and rural areas. The students randomly selected via multi-stage sampling completed the Malay language version of Child Depression Inventory (CDI) and Beck Scale for Suicidal Ideation (BSS).

Results: The prevalence of depression in the study was 26.2%. Binary logistic regression analysis shown that the variables significantly associated with depression were race ($p=0.028$), type of class ($p<0.001$), mother's education level ($p=0.036$), type of housing ($p=0.036$), parents' marital status ($p=0.012$), alcohol intake ($p=0.005$), stealing ($p<0.001$) and history of disciplinary record ($p=0.005$). The factors identified as predictors of depression based on multivariable logistic regression were being in Arts stream class ($p=0.004$, Adj. OR 2.4, [95% CI: 1.34-4.41]), having parents who had separated, divorced or widowed ($p=0.017$, Adj. OR 3.1, [95% CI: 1.23-7.95]) and history of stealing ($p<0.001$, Adj. OR 3.3, [95% CI: 1.85-5.78]). The prevalence of suicidal ideation in the study sample was 20.0%. The total CDI score significantly predicted total BSS score based on multiple linear regression analysis ($p<0.001$).

Discussion: Students in Arts stream with parents who had separated, divorced or widowed and had history of stealing were predicted to be at risk for depression. The multiple linear regression analysis result indicated that the presence of depression was significantly associated with suicidal ideation. The rate of depression and suicidal ideation in the sample is high. There is a need for greater collaboration and concerted effort among various agencies to enhance mental health promotion and suicidal prevention among adolescents.

Understanding NSSI among adolescents

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Urban Malaysian adolescents are increasingly presenting to psychiatric services with non suicidal self injury (NSSI). I will provide a brief overview of NSSI and its associated factors illustrated by 3 case vignettes. Management steps and interventions are discussed.

Spirituality, hopelessness and depression as predictors of suicidal behaviors among Malaysian school students

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Background: The rate of suicide in Malaysia is much lower compared to the global rate however, it is higher compared to Singapore and Thailand. Previous study found that around 4% of Malaysian adolescents had made a suicidal attempt. While another study found that around 7 % had a suicidal ideation. Hopelessness and depression are the most powerful predictors of suicidal behaviour amongst those without goals and hope in life. In contrast, spirituality adds meanings to one's life and is able to alleviate physical, psychological and social problems.

Thus, this paper discusses on the moderating role of spirituality (frequent spiritual-transcendental experiences) in the relationships between hopelessness and depression on suicidal behaviours.

Method: A total of 1376 school student across Malaysia were recruited using a clustered random sampling had completed a set of measures containing the Suicidal Behavior Questionnaire-Revised (SBQ-R), Centre for Epidemiologic Studies Depression Scale (CES-D), Children's Hope Scale (CHS) and the Daily Spiritual Experience Scale (DSES).

Results: Using SEM, the structural model showed that depression, hopelessness, and spirituality had a significant relationships with suicidal behaviour and constituted to 26% of variance. In particular, the finding demonstrated that hopelessness was the strongest predictor followed by depression and spirituality. Moderation analysis found that spirituality provided an important protective effect against hopelessness and depression in predicting suicidal behaviour.

Discussion: This is due to the fact that spirituality is related to the meaningful relationship of a person with a higher super power, and that the awareness of the higher power brings meaning and hope to a person's life, especially in extremely hopeless situations. It increases a sense of intimacy in individuals, act as a source of security and relief from pressure and worries thus experiencing lower psychological stress and less probability to think of suicide.

Keywords: *Hopelessness, Depression, Spirituality, Suicidal Behavior*