

of self - worth make people resilient during crises.¹⁶⁻¹⁷ Stressful event referred to perception of loss or a belief that one is a burden to others and have been found to be related to suicidal ideation among adolescents According to the cognitive behavior theory. It was an important factor influencing on suicidal ideation.⁴

Empirical evidence indicated that suicidal ideation of adolescents did not occur in isolation but rather were influential within multi - causality. Meanwhile, research on suicidal ideation among Thai adolescents tends to be fragmented. An integrative approach to determine predicting factors of suicidal ideation among Thai adolescents is needed. Its findings would contribute to knowledge development of a nursing intervention that can prevent risk for suicide among Thai adolescents. Therefore, this study aimed to examine suicidal ideation and the predictors of suicidal ideation among Thai adolescents.

Conceptual Framework of the study

The conceptual framework of this study based on the cognitive behavioral model¹² and

reviewed relevant literatures. It explained suicidal ideation in that the cognitive systems of suicide mode that characterize suicidal individuals and were associated with increased vulnerability to suicidal ideation, which have been impact from various factors.⁷ The model claimed that predisposition to suicide included genetic factors, biological factors, history of trauma or abuse, impulsivity, aggressive, prior suicidal experiences, and psychiatric illness. While literature reviews of suicidal ideation among adolescents in the last 20 years have shown that factors influencing suicidal ideation included overall distress, negative psychological attributes, self - esteem, and stressful events.^{1-5, 9-12} Overall distress consisted of depression, anxiety, and life satisfaction. Negative psychological attributes consisted of emotional symptom, conduct behavior, hyperactivity and peer relationship problem. Stressful events consisted of problems with friends, boy/girls friend, money, courses, teacher, parents, other students, and relative/s, health problems, academic limitations and poor course interest. These found relationships were illustrated in the Figure 1.

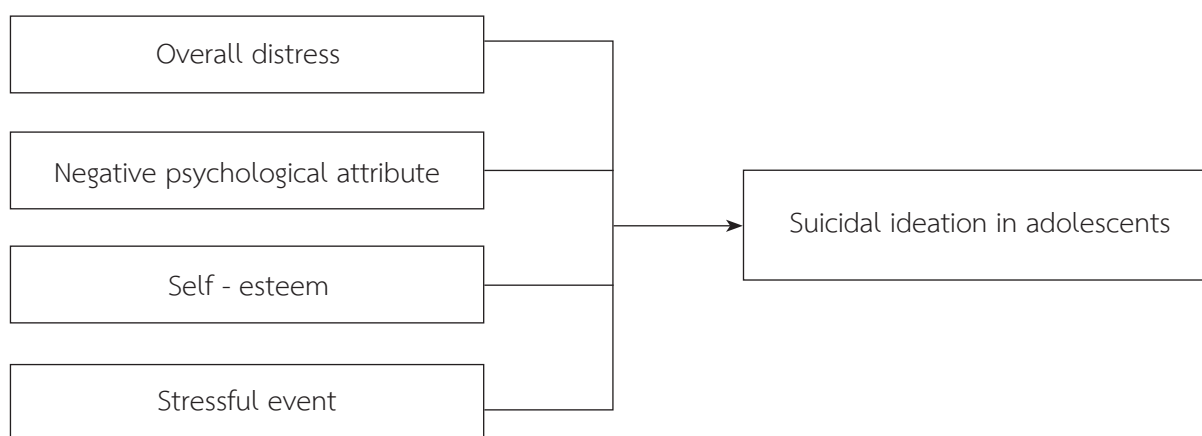


Figure 1 Conceptual framework of the study

other students, 8) problems with relatives, 9) health problems, 10) academic limitation and course interest. Its internal consistency reliability was. 85.

Ethical Considerations : This study has been approved by the ethical committee of Nursing Graduate studies, Faculty of Nursing, Burapha University before administering the questionnaires to the participants. Participants and their parents were asked to provide their signatures on the Consent Form. Prior to sign the consent form, selected adolescents were invited to participate and receive a full explanation of all aspects of the study. It were included potential risks and benefits related to uncomfortable feelings due to the sensitive nature of some questions and possible fatigue associated with completing the pencil and paper forms. Adolescents and their parents also were informed that their participations were voluntary and that they could refuse to participate at any time without any penalty.

Data collection : After the IRB approval by the ethical committee of Nursing Graduate studies, Faculty of Nursing, Burapha University, and permission procedures. The researcher met with the facilitated teachers to make an appointment. At that time, written informed consent for completing was obtained. Data collection in a given school setting took approximately 1 hour.

Data Analysis : descriptive statistics was used to describe demographic characteristics and the study variables in terms of frequency, per cent, mean,

standard deviation and range. Stepwise multiple regression were carried out to determine association and prediction of overall distress, negative psychological attributes, self - esteem, stressful event to suicidal ideation.

Results

A total of 408 participants with about 43% were male. Their age ranged from 12 - 19 years with a mean of 15.35 (SD = 1.76). Approximately equal percent of the participants were studying in M. 1 - 6. More than one half of the participants (68%) had grade point average above 3.00. Most of them was living with their family (85%), and had sufficiency of living expenses (90%). Approximately 70% of their parents were married. There were 84% of non - smoking, and 72% of non - alcoholic drinking adolescents.

The total score of suicidal ideation ranged from 0 to 24 (M = 6.61, SD = 5.05). This mean score of 6.61 implied a high risk for suicidal ideation among this sample. The total actual score for overall distress ranged from 0 to 9 with a mean of 1.56 (SD = 2.05). The mean total score of negative psychological attributes were 18.87 (SD = 5.00) and ranged from 8 to 34. Self - esteem contained 10 items with rating scale from 1 to 4. The total score of self - esteem ranged from 19 to 30 (M = 24.72, SD = 1.67). The mean total score of stressful events was 51.05 (SD = 29.81) and range from 0 to 153. (Table 1)

Table 1 Descriptive statistics of variables (n = 408)

Variable	Mean	SD	Range
Suicidal Ideation	6.61	5.05	0 - 24
Overall distress	1.56	2.05	0 - 9
Negative psychological attributes	18.87	5.00	8 - 34
Self - esteem	24.72	1.67	19 - 30
Stressful events	50.60	30.25	0 - 153

