



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

International Journal of Recent Scientific Research
Vol. 8, Issue, 1, pp. 15403-15406, January, 2017

**International Journal of
Recent Scientific
Research**

Research Article

SELF ESTEEM DEFICIT IN IMPENDING SUICIDAL INTENT AMONG DEPRESSED PATIENTS COMING TO OUTPATIENT DEPARTMENT OF LUMHS CJIP

Sadaf Aijaz ¹, Farah Naz ², Abdul Ghafoor Magsi³ and MoinAnsari⁴

^{1,4}LUMHS & CJIP

²Institute of Clinical Psychology, University of Karachi

³Shaheed Muhtarma Benazir University of Medical Sciences, Larkana

ARTICLE INFO

Article History:

Received 15th October, 2016
Received in revised form 25th
November, 2016
Accepted 23rd December, 2016
Published online 28th January, 2017

Key Words:

Suicide, suicidal Intent, Suicidal,
Prevalence of depression, low self esteem

ABSTRACT

Objective: To see level of self-esteem among depressed patients having impending suicidal intent coming to Outpatient Department of Psychiatry Liaquat university of Medical & Health sciences, Sir Cowasjee Jahangir Institute Of Psychiatry.

Study Design

Cross sectional study

Setting: Liaquat University of Medical & Health Sciences Department, Sir Cowasjee Jahangir Institute of Psychiatry, Out Patient Department.

Duration Study: Six months (April 2014 to September 2014).

Material and Methods: A total of 150 patients were recruited purposive convenient sampling. An Informed written consent was taken from patients after fully explaining the purpose and benefits of the study. Detailed history, physical and mental state examination were recorded and organicity was ruled out.

Depression was assessed and was categorized into mild, moderate and severe by using ICD -10 Diagnostic Criteria for Depression. Beck suicide intent scale was applied afterwards to see the current intent and details of previous attempt, Rosenberg's self esteem scale were applied to see the levels of self esteem. A Performa having all socio demo graphic variables like age, gender, marital status, education, occupation, employment status, socio economic background ,depression, self esteem and suicidal intent scores . Collected data were entered and analyzed in Statistical Package for Social Sciences (SPSS) version16.0. Means and Standard deviation was calculated for continuous variables and frequency and percentages were calculated for categorical variables.

Results: The present study had been conducted to explore the level of self-esteem among depressed patients with suicidal intent Out of 150 participants, high suicidal intent was found to be highest at 78(52%) with severe depression 80(53.3.3%).

Factors endorsing low self esteem were young, married females 89(59.3%) ,educated ,employed belonging to middle socioeconomic group .The findings of present study indicated a strong positive correlation of suicidal intent with depression($r=.8$, $p=.000$). We also found that there was a positive correlation between self esteem and suicidal intent as self esteem decreases (low self esteem increases); suicidal intent increases ($r=.8$, $p=.000$) and also positive relationship between depression and self esteem ($r=.7$, $p=.000$). The overall positive relation indicated that when depression increases the suicidal intent also increases and the increment of low self esteem was also found to have a strong relationship with both depression and suicidal intent.

Copyright © Sadaf Aijaz et al, 2017, this is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

INTRODUCTION

Suicidal intent can be described as the earnestness of the patient's wish to terminate his or her life¹; and a forerunner of complete suicide. Suicide is 10th leading cause of deaths in the world. Around a million deaths occur annually and by year

2020 this will likely to reach 1.53 million ² Current literature reveals that Asia has highest prevalence of suicide attempts (about 60%)³.

Much of the research literature appears to be focused on suicide per se. However, professionals are increasingly paying attention to the antecedent behaviors. Suicidal behavior is

*Corresponding author: **Sadaf Aijaz**

Assistant Professor (MBBS, FCPS) LUMHS & CJIP

often preceded by thoughts, threats, and unsuccessful attempts at suicide⁴.

Self-esteem, the evaluations individuals make about the self⁵, is shaped by individuals' appraisals of how they are perceived by significant others. Therefore, the quality of feedback received from the environment significantly affects ones functioning; as such negative feedback about the self is detrimental to the self-esteem⁶. Thus, it would be logical to assume that self-esteem is a powerful resource for combating the effects of stress and suicidal ideation.

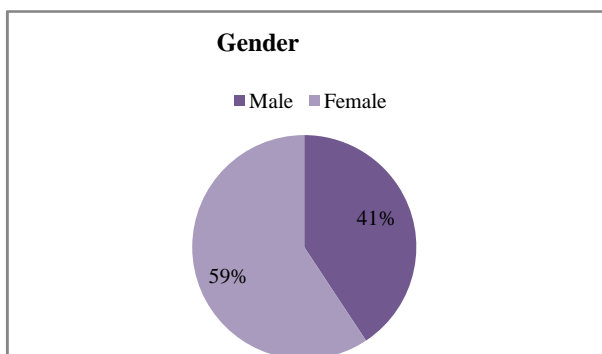
Research findings have indicated an inverse correlation between life stressors and self-esteem⁷. Among Psychiatric disorders depression and anxiety, former in particular is associated with marked deficit in self esteem⁸. Association of self esteem & depression has found to be complex as either it is contributory, maintaining or occurs as an aftermath of depression⁹. Among strongest predictors of suicidal ideation, attempts and depression severity low self esteem has the highest value¹⁰. It is therefore crucial that its active protection, promotion should be taken into account to improve mental health¹¹.

In Pakistan this area has been overlooked as only limited researches are available with regard to prevalence of current suicidal intent in depression and associated factors like self esteem. This study is aimed to bridge the gap.

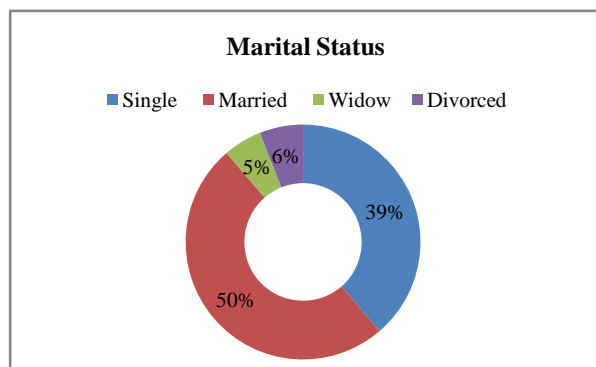
RESULTS

The present study had been conducted to explore the level of self-esteem among depressed patients with suicidal intent. The total patients were 150 who were depressed and having suicidal intent. The mean age was between 15-61 years old.

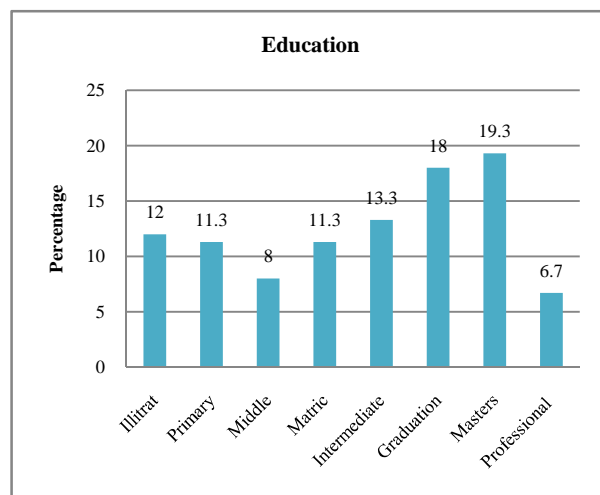
Regarding Gender:



Marital Status is shown by following graph



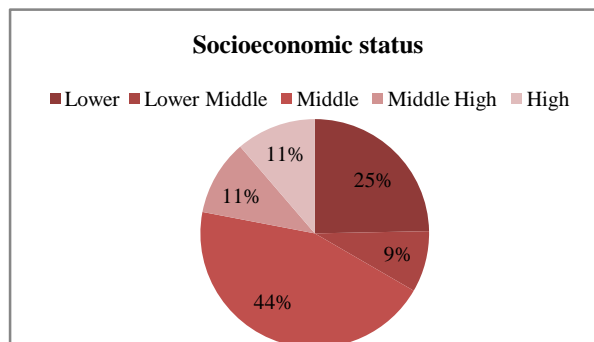
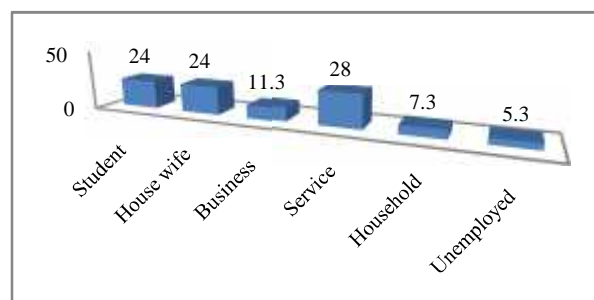
Educational Status



Most of them have educational status graduation and masters

Occupational status among these are as under

Occupation



Higher in middle socioeconomic group

Table-I Showing suicidal intent with depression scores

	Beck Suicide	Intent Scale				Total
		No Intent	15-19 Low Intent	20-28 Medium Intent	29 + High Intent	
Depression	Mild	15	0	0	0	15
	Moderate	30	9	14	2	55
	Severe	0	0	2	78	80
Total		45	9	16	80	150

Table-I scores show that those with severe depression have more suicidal intent 78 (52%) as compared to mild & moderate depression.

Table-II Showing self esteem with depression scores

		Self-Esteem		Total
		15-25 Normal	Below 15 Low Self esteem	
Depression	Mild	15	0	15
	Moderate	32	23	55
	Severe	0	80	80
Total		47	103	150

The above table results indicate that people who are suffering from severe depression high percentage 80 (53.3%) of low self esteem. This shows that people who suffer from high depression have low self esteem among majority.

Table-III Showing Beck suicidal intent scores on self esteem

		Self esteem		Total
		15-25 Normal	Below 15 Low Self Esteem	
Beck Suicide Intent Scale Depression	No Intent	42	3	45
	15-19 Low Intent	5	4	9
	20-28 Medium Intent	0	16	16
	29 + High Intent	0	80	80
Total		47	103	150

The results of the table-III indicates that people having high suicidal intent have high prevalence of low self esteem 80(53.3).

Table IV Correlations: Relationship between Depression, self esteem and Suicidal intent

		Depression	Beck Suicide Intent Scale	RosenBerg Self Esteem Scale
Depression	Pearson Correlation	-	.871**	.762**
	Sig.		.000	.000
	N		150	150
Beck Suicide Intent Scale	Pearson Correlation	-	-	.895**
	Sig.			.000
	N			150

** . Correlation is significant at the 0.01 level
Table IV indicates the strong +ve relationship among depression and suicidal intent and self esteem

DISCUSSION

The present study had been conducted to explore the level of self-esteem among depressed patients with suicidal intent albeit some studies show similitude in results and others showing disparity.

The mean age ± SD (ranged) was 32.29 ± 10.9 (15 to 60 years). On contrary in a study of hopelessness, suicidal intent and depression in an attempted suicide by V Jain *et al*, found that a younger generation below 30 years was reported and perhaps was considered a risk factor in a suicidal ideation, plans & attempts¹². Another study conducted by Illyas Mirza

found a middle age group vulnerable to anxiety and depressive disorders in Pakistan¹³.

In this study gender distribution showed the preponderance of female over males. Various studies have revealed the similitude in findings¹³. However a contrasting view having male dominance was being observed by Al Habeeb and *et al*¹⁴.

Interestingly, our study has shown contradistinction on marriage being a protective giving an impression that perhaps it is other way round.

Illyas Mirza also found that depression and anxiety is more prevalent in a housewife and having relationship difficulties especially with husband and inlaws¹³.

Another surprising finding of our study that qualified people who have done their masters seemed to have more depression than uneducated ones .A homogeneity in results were found by various studies who showed literate and educated being more vulnerable¹⁴, another interesting variation in genders revealed that education was a risk factor for depression in woman but not for men¹⁵. A disparity in observations was made by Illyas Mirza that low level of education being a risk factor instead¹³.

Though unemployment was also found to be vulnerable to depression however a dissimilarly has been observed in our study regarding Employment status which showed that depression and impending suicidal intent was more prevalent in people who were in service. Similar studies are consistent with this finding¹⁴. Another study showed Employment is a risk factors in both genders¹⁵.

Among social factors high and low income class were more vulnerable to suicide¹⁶, however our study had a contrary view that middle socioeconomic class being vulnerable. Current study inferred that most prevalent suicidal intent was high as compared to medium and low, consistent with the findings of a study in which the intent scores were in the moderate-to-high range for most subject¹⁷.

Prevalence of low self esteem has been found in severe depression having high suicidal intent in our study .consistent with the findings with similar study which states that among strongest predictive value for suicidal ideation were depressed mood and low self esteem¹⁰.

CONCLUSION

Marked self esteem deficit is associated with in severe depression having emerging high suicidal intent, particularly among young, married females. Other factors include education, employment, middle socioeconomic background are associated with emerging suicidal intent in depressed individuals. Assessment of suicidal intent, self esteem among young attempters is important and may help identify high-risk individuals who need intensive interventions

References

1. Beck AT, Schuyler D, Herman I. Development of suicide intent scales. In: Beck AT, Resnick HLP, Lettieri DJ, editors. The prediction of suicide. Bowie, MD: Charles Press 1974; pp. 45–46.
2. Bertolote JM, Fleischmann A. A global perspective on the epidemiology of suicide. *Suicidology* 2002; 7: 6-81.

3. World Health Report. Suicide risk for young people. World Health Organization 2009.
4. Bush, E, Pargament K. A quantitative and qualitative analysis of suicidal preadolescent children and their families. *Child Psychiatry & Human Development* 1995; 25(4), 241-252.
5. Harter S, Marold C, Whitesell N. Model of psychosocial risk factors leading to suicidal ideation in young adolescents. *Development and Psychopathology* 1992; 4, 167-188.
6. Sullivan, H. The interpersonal theory of psychiatry 1953. New York: W. W. Norton.
7. Abramson, L, Metalsky, G, Alloy. Hopelessness depression: A theory-based subtype of depression. *Psychological Review* 1989; 96, 358-372.
8. Robson P. Self esteem a psychiatric view. *BJP*.1988; 153, 6-15.
9. Ingham J et al. Self-esteem, vulnerability and psychiatric disorders in the community. *BJP*. 1986; 148,375-385.
10. Gastel V, Schotte C, Maes M. The prediction of suicide in depressed patients. *Acta Psychiatrica Scandinavica*., October 1997; 254–259.
11. Mann M, Hosman CM, Schaalma HP, De Vries NK .Self Esteem in a broad-spectrum approach for mental health promotion. *Health Edu Res* 2004; 19 (4): 357-372.
12. Jain V, Singh H, Gupta SC, Kumar S .A study of hopelessness, suicidal intent and depression in an attempted suicide. *Indian J Psychiatry*. 1999 Apr-Jun Vol: 41(2):122-130.
13. Mirza I, Jenkins R. Risk factors, prevalence, and treatment of anxiety and depressive disorders in Pakistan: systematic review.*BMJ*. 2004; 328:794.
14. Al-Habeeb AA, Sherra KS, Al-Sharqi AM, Qureshi NA. Assessment of suicidal and self-injurious behaviours among patients with depression. *Psychol*. 2014 May-Jun; 148(3):305-26.
15. Wagenaar BH, Hagaman AK, Kaiser BN, McLean KE, Kohrt BA. Depression, suicidal ideation, and associated factors: a cross-sectional study in rural Haiti. *BMC Psychiatry*. 2012 Sep 19; 12:149. doi: 10.1186/1471-244X-12-149.
16. Cole-King A, Green G, Gask L, Hines K, Platt S. Suicide mitigation: A compassionate approach to suicide prevention. *Advances in Psychiatric Treatment* 2013; 19:276-283.
17. Menon V, Kattimani S, Shrivastava MK, Thazath HK. Clinical and socio-demographic correlates of suicidal intent among young adults: a study from South India. *Crisis*. 2013 Jan 1; 34(4):282-8.

How to cite this article:

Sadaf Aijaz et al.2017, Self Esteem Deficit In Impending Suicidal Intent Among Depressed Patients Coming to Outpatient Department of Lumhs Cjip. *Int J Recent Sci Res*. 8(1), pp. 15403-15406.