

Ian Wert
September 23rd, 2024
Psychiatry Rotation Journal Article

Article: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2709750/pdf/nihms115855.pdf>

The article “Suicide Ideation Among College Students: A multivariate Analysis” discusses the prevalence of suicidal thoughts among freshman college students as well as the factors that contribute to these thoughts. Face-to-face interviews were performed on 1,249 freshman college students ages 17-19 at a midwestern university campus. The demographic characteristics of the students did not differ appreciably from the overall freshman class with respect to race, gender, and mothers education. (71% white, 48% male, 74% reported their mother had attained a four-year college degree or more). Outcomes were measured using the Beck Depression Inventory scale. Roughly 6% of first-year students had current suicide ideations. Factors that were independently associated with the suicide ideations include depressive symptoms, academic stress, low social support, affective dysregulation, alcohol-use disorder, and father-child conflict. There were also demographic variations in the results of the study which found that female students and students from minority background reported higher levels of suicidal thoughts. The article discusses targeted interventions for students such as enhancing mental health resources on campuses (counseling services and peer support groups). The article emphasizes the importance of schools to create supportive environments to help mitigate the risk of suicide among students.