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## **Factors Affecting Suicidal Ideation Among Adolescents: A Serial-Multiple Mediation Model Using Parent-Child Dyad Data**

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### **Purpose:**

The leading cause of mortality among adolescents has been suicide in South Korea since 2014 and the highest suicide rate was shown globally among the 35 wealthy Organizations for Economic Cooperation and Development (OECD). Depression literacy, stigma, and help-seeking behavior are associated factors of depression and suicide. As long as parents are main decision makers for their children's use of mental health services, these relationships would arise from the dyadic nature between parents and their children. Therefore, understanding both adolescents and their parents' factors is critical to develop educational programs that may effectively promote adolescents' help-seeking behavior for their depression and prevent suicidal ideation or suicide attempts. The purpose of this study was to examine factors affecting suicidal ideation of children based on a serial-multiple mediation model using a parent-child dyad data. Specific aims of the study were as follow: (a) to examine correlations among variables of parents and children, including depression stigma, help-seeking behavior, depression, and suicidal ideation of children, (b) to examine the serial-multiple mediation of help-seeking behavior and depression in the relationship of stigma to suicidal ideation of children.

### **Methods:**

A cross-sectional study was conducted and data were collected in 2018 June to August, employing a self-administered survey. Serial-multiple mediation analysis was performed using Amos 25.0.

### **Results:**

The dyadic model fit the data well using the FIML estimation:  $\chi^2$  (df = 32) = 42.573,  $p = .010$ ; CFI = 0.951; TLI = 0.916; RMSEA = 0.057 (90% confidence interval = 0.000, 0.099). Suicidal ideation of children was negatively influenced by parental help-seeking behavior ( $b = -1.056$ ,  $p = .047$ ). Parental help-seeking behavior was negatively influenced by their personal stigma ( $b = -0.392$ ,  $p = .006$ ), which was also influenced by parental public stigma ( $b = 0.402$ ,  $p < .001$ ) and parental depression literacy ( $b = -0.436$ ,  $p < .001$ ). Parents and their children showed different patterns of relationships among depression stigma, help-seeking behavior, and depression. parental help-seeking behavior mediated the relationship of Parental stigma and their children's suicide ideation (Indirect effect= -0.158; 95% Monte Carlo CI: -0.285, -0.044). Children's help-seeking behavior mediated the relationship of children's stigma to depression of children and their suicide ideation(Indirect effect= 0.416; 95% Monte Carlo CI: 0.009, 0.918).

### **Conclusion:**

Study findings imply that the dyadic nature of parent-child relationship should be considered in developing and applying interventions to decrease stigma and help-

seeking behavior for adolescents suffering from depression or suicide. Since parental help-seeking behavior directly influenced their children's suicidal ideation, youth suicide prevention programs should entail the ways to enhance parental help-seeking behavior. Thus, an educational program for decreasing stigma of parents could be effective to improve their help-seeking behavior. For adolescents, assessment of how other people, including their peers, teachers, and mass media, think about depression and its treatment should be examined to improve their help-seeking behavior for depression.

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**Keywords:**

Dyad data, Help-seeking behavior and Suicidal idea

**Abstract Summary:**

You are able to learn what adolescents' and their parental factors to their suicidal ideation would be and how these factors would impact on adolescents' suicidal ideation. Also, the necessity of analyzing dyad data for exploring adolescents' help-seeking behavior for depression and suicidal ideation would be discussed.

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**Author Summary:** My expertise is psychiatric nursing, which is more focused on culturally diverse approach to prevent and manage depression. Also, I have worked as a post-doctoral researcher for examining stigma for managing type 1 diabetes. Currently, as an assistant professor, I continue to work for making educational program for depression to the public in Korea.