Factors Influencing Chronic Mental Illness Patients’ Psychological Well-being and Suicidal Ideation
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Introduction

- Some of mental illnesses are related to suicidal ideation, for example: substance abuse, psychotic disorders, depression, personality disorders, and hopelessness (Hayashi, N., et al. 2012; Links et al, 2012)
- Suicidal ideation is related to the depression and anxiety that are caused by stressors in the life (Altangerel, Liou, & Yeh, 2014; Yeh & Chiao, 2013).
- Personal traits and self-compassion significantly predict psychological well-being (SARIÇÃOĞLU & Coşkun, 2013).
- Spirituality is an important ingredient to patient well-being and aids their recovery process by catalyzing and increasing hope and spirituality in mental health practice (Sullivan, 2009).
- The purpose of this study was to exam the factors influencing psychological well-being and suicidal ideation among people with mental illness.

Methods

- IRB approval was obtained and data was collected between January 2014 and December 2014.
- There were 59 patients with chronic mental illnesses recruited from an USA Mental Health Center.
- Mean age was 48.14 (SD = 10.67, range 23-76).
- SPSS 20 was used to do the data analysis including descriptive data analysis, Pearson Correlation, and Multiple Regression.

Theoretical Framework

- Stressors: Anxiety, Depression
- Psychological Well-being
- Personality
- Coping Strategy
- Suicidal Ideation

Research Questions

- What were the relationships between patients’ major factors, psychological well-being, and suicidal ideation?
- How much of patients’ psychological well-being was predicted by major factors?
- How much of patients’ suicidal ideation was predicted by major factors?

Results

- There were significant relationships between patients’ major factors and their psychological well-being (Table 1)
- There were significant relationships between patients’ major factors and their suicidal ideation (Table 2)
- Positive personality and problem focus coping strategies were significant predictors of psychological well-being (Table 3)
- Depression and problem focus coping strategies were significant predictors of suicidal ideation (Table 4)

Conclusion

- Increasing positive personality and using problem focus coping strategies increased the psychological well-being.
- Increasing depression level and decreasing problem focus coping increased the suicidal ideation among patients with chronic mental illness.