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** (SARICAOĞLU & 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.
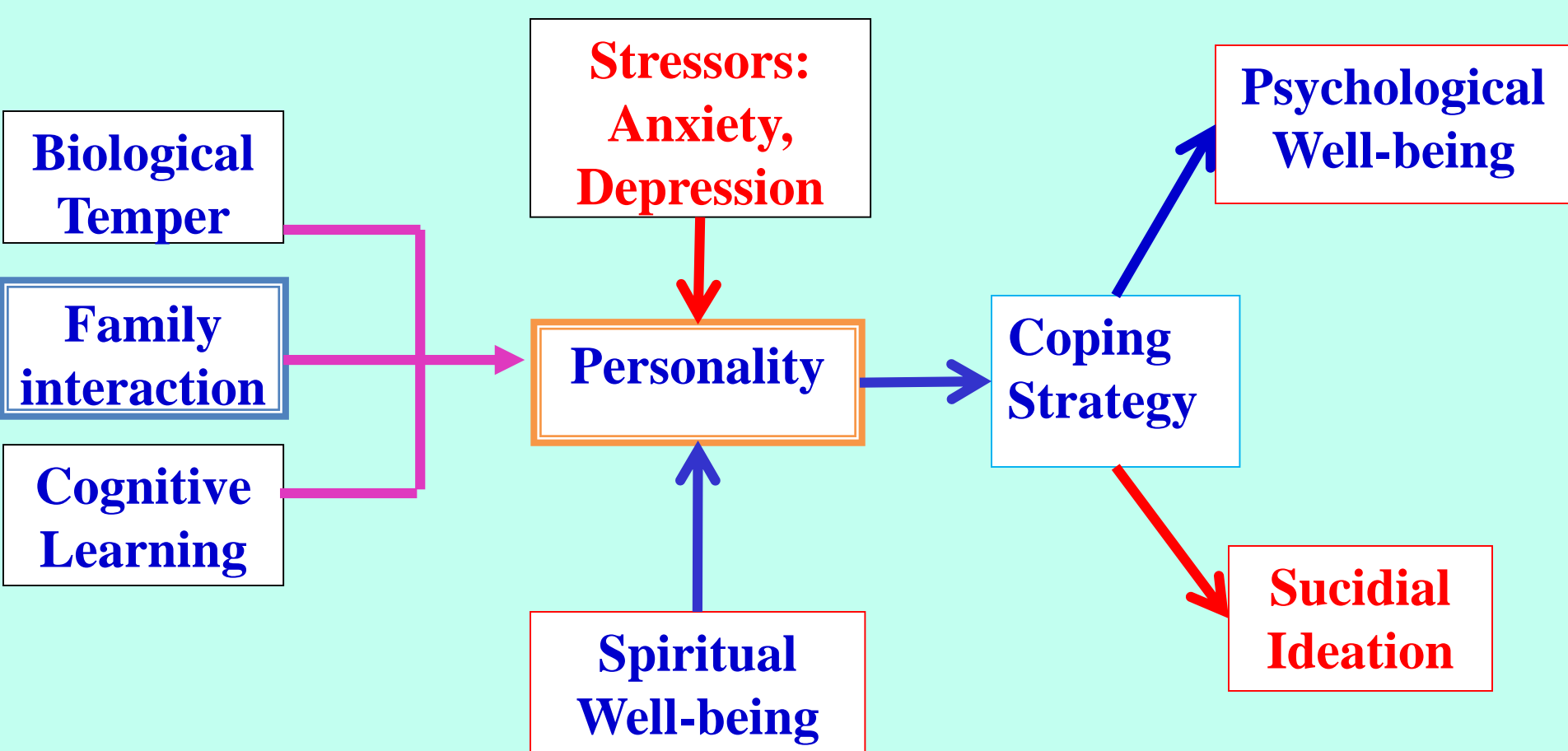
Theoretical Framework

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.

Table 1. Pearson Correlations between Major Factors and Mental illness Patients' Psychological Well-being (N = 59)

Major Factors	Psychological Well-being
Spiritual Well-being	0.504***
Positive Personality	0.663***
Problem focus coping strategies	0.470***
Anxiety	-0.393**
Depression	-0.28*
Suicidal ideation	-0.485***

Table 2. The Relationship between Major Factors and Suicidal Ideation

Major Factors	Suicidal Ideation
Spiritual Well-being	-0.329**
Positive Personality	-0.359**
Problem focus coping strategies	-0.343**
Anxiety	0.412***
Depression	0.472***

Table 3. Stepwise Multiple Regression of Psychological Well-being with Major Factors (N = 59)

Major Factors	Psychological Well-being	
	β	t
Positive Personality	0.535	5.198***
Problem focus coping strategies	0.289	2.802**
R^2 =	0.475	
$F(df$= 2, 56)=	25.285***	

Table 4. Stepwise Multiple Regression of suicidal ideation with Major Factors (N=59)

Major Factors	Suicidal Ideation	
	β	t
Depression	0.475	4.386***
Problem focus coping strategies	-0.348	-3.210**
R^2 =	0.343	
$F(df$= 2, 56)=	14.646***	

*p <0.05, **p <0.01, ***p <0.001   2 tailed