

Factors Influencing Australian Nursing Students' Psychological Well-being and Suicidal Ideation

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Learning Objectives

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At the end of this presentation the learner will be able to:-

- 1. describe the relationship between Australian nursing student's anxiety, depression, personality, family interaction and their psychological well-being.**
- 2. describe the relationship between Australian nursing student's anxiety, depression, personality, family interaction and their suicidal ideation.**
- 3. describe Australian nursing students' psychological well-being and suicidal ideation:**



Note: There is no conflict of interest to report.

Significance: Statistics on Suicide in Australia

- ❖ Suicide remains the leading cause of death for Australians aged between 15 and 44.
- ❖ In 2012, 1,901 males and 634 females died by suicide.
- ❖ For Aboriginal and Torres Strait Islander people, the suicide rate is 2.5 times higher for males and 3.4 times higher for females.
- ❖ Almost twice as many people died from suicide in Australia, than in road related transport deaths (Australia Bureau of Statistics, 2012).



Significance: Depression in Australia

- ❖ Depression is the leading cause of disability worldwide.
- ❖ On average, 1 in 6 people experience depression at some stage of their lives in Australia.
- ❖ In any one year, around 1 million Australian adults have depression,
- ❖ Symptoms can range from minor to very severe.



(<https://www.beyondblue.org.au/the-facts>, 08/11/2015).

Significance: Anxiety in Australia

- ❖ Over 2 million Australians have anxiety
- ❖ Anxiety is the most common mental health issue in Australia.
- ❖ On average, 1 in 4 people will experience anxiety

(<https://www.beyondblue.org.au/the-facts>, 08/11/2015).



Significance (cont)

Personality

- ❖ **Personal traits** and self-compassion significantly predict **psychological well-being** (Saricaglu & Coşkun, 2013).



Family Interaction

- **Negative interaction** was significantly and positively associated with the odds of having a **mood disorder** and **anxiety disorder** (Lincoln et al., 2010).
- **Anxious/ambivalent style of family interaction** was associated with more expression of **depression** and **anxiety** (Leveridge et al., 2005).



Family Interaction

- **Positive daily family interactions** reduce **females'** emotional distress and mitigates **gender differences** in internalizing symptoms at high levels of positive interactions (Telzer & Fuligni, 2013).
- **Depressive symptoms** in **girls** were more linked to the lack of protective family factors.
- Depressive symptoms in **boys** were more linked to the existence of harmful family factors (Smojverić-Ažić & Bezinović, 2011).



Family Dynamics

- **Family activities** and the **father's warmth and affection** have a higher significance for **girls** than for boys.
- **Destructive parental conflict** and the **mother's aggression and hostility** are equally significant for both **girls** and **boys** (Smojveri-Ažič & Bezinovič, 2011).



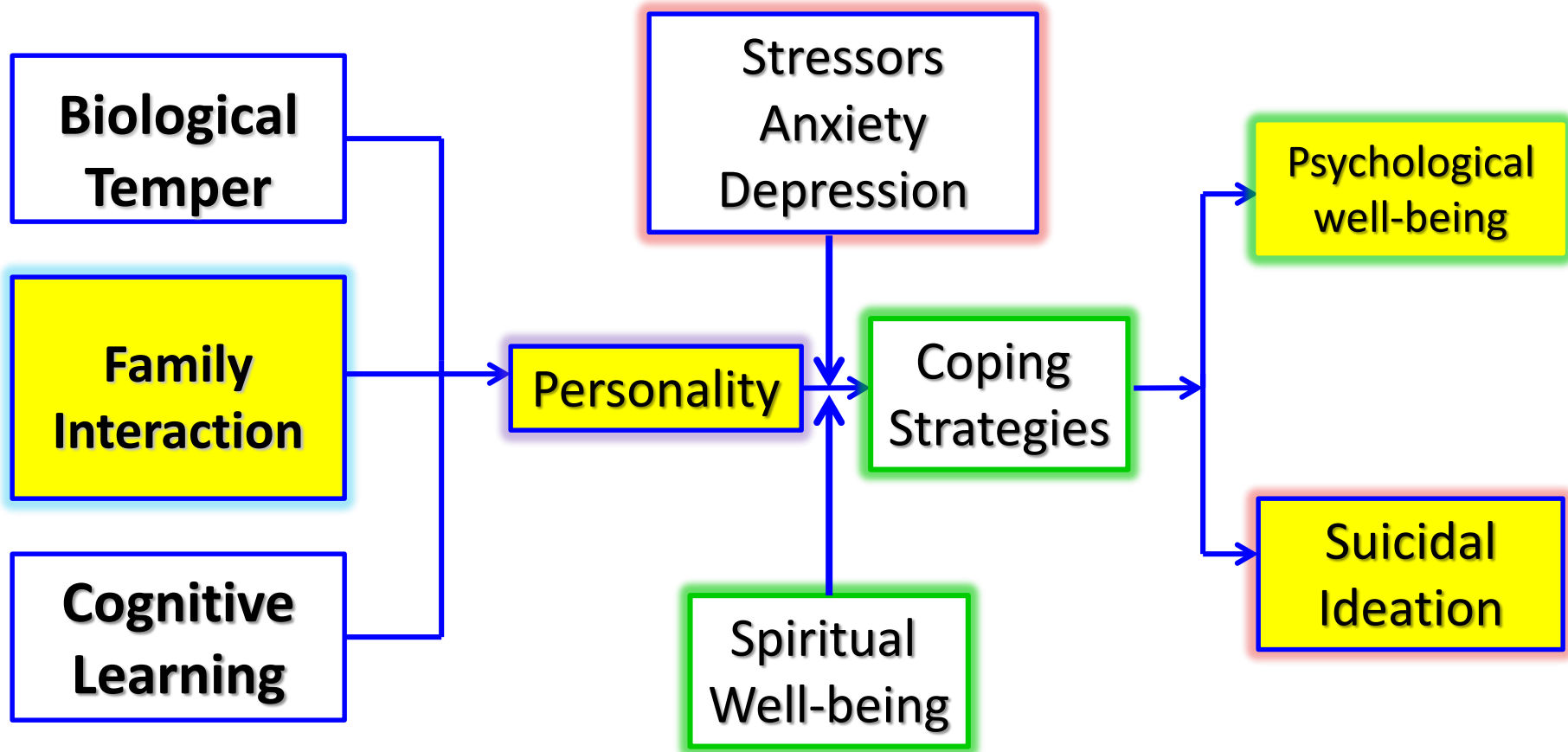
Purpose

The purpose of this study was to examine the relationship between Australian nursing student's **anxiety**, **depression**, **personality and family interaction** with their **psychological well-being** and **suicidal ideation**.

WHY
ARE
WE
HERE?

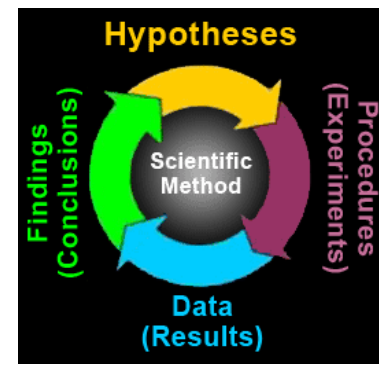


Theoretical Framework



Yeh & Chiao (2013)

Method



- Cross sectional, descriptive design.
- Approval was obtained from the Institutional Research Board (IRB) & Human Research Ethics Committee (HREC).
- Questionnaires administered by investigators.
- There were 201 nursing students from an Australia university. The mean age was 25.8 years ($SD = 8.43$) (Range 18-61); 20 male (10%), 181 female (90%).
- Data was analyzed using SPSS 20.0

Variables	Instruments	Items	Cronbach's Alpha	Range of Scores
Anxiety	Hamilton Anxiety Scale (Hamilton, 1969)	42	0.95	0-168
Depression	Zung Depression Scale (Zung, 1976)	20	0.80	20-80
Personality	Personality scale (Goldberg, 1999)	50	0.88	50-250
Family Interaction	Iowa Family Interaction Rating Scales (Melby et al., in 1998)	29	Positive: 0.94 Negative: 0.67	29-145
Psychological Well-Being	Psychological Well-Being Scale (Ryff, 1989)	18	0.81	18-108
Suicidal Ideation	Brief Screen for Adolescent Depression	7	0.73	0-7

Results:

Table 1. Demographic Data

Variable	Students (<i>N</i> = 201)	
Age	<i>M</i> = 25.80 (<i>SD</i> = 8.43), Range: 18-61	
	<i>n</i>	%
Gender: Female	181	90
Race: Australian	157	78.1
Believes in Jesus Christ	96	47.8
Not Religious	81	40.3
Income below \$1000 (AUD) /month	85	42.3
\$ 1000-1999	65	32.3
\$ 2000-2999	28	13.9

Results:

Table 2. Main variables

Main Variables	<i>M</i>	<i>SD</i>	<i>Min</i>	<i>Max</i>
Anxiety	35.61	21.93	0	140
Depression	38.48	8.09	22	69
Personality	171.80	18.43	120	233
Positive Family Interaction	74.20	16.18	21	105
Negative Family Interaction	17.45	4.67	8	36
Psychological Well-being	82.06	11.01	45	107
Suicidal Ideation	1.98	1.79	0	7

Table 3. Pearson's Correlation: The influences of nursing students' anxiety, depression, personality, family interaction on their psychological well-being and suicidal ideation ($N = 201$)

Variable (IV)	(DV)	Psychological Well-being	Suicidal Ideation
Psychological Well-being			-0.480***
Anxiety		-0.540***	0.590***
Depression		-0.647***	0.684***
Personality		0.642***	-0.372***
Positive family interaction		0.362***	-0.182**
Negative family interaction		-0.239***	0.027

*** $p < .05$ ** $p < .01$ *** $p < .001$ (2-tailed)**

r value in the table

Table 4. The predictors of Australia nursing students' psychological well-being and suicidal ideation ($N = 201$)

Variable	Psychological Well-being		Suicidal Ideation	
	β	t	β	t
Anxiety			0.222	3.14**
Depression	-0.427	-8.05***	0.551	7.75***
Personality	0.395	7.23***		
Positive family interaction	0.127	2.58**		
Negative family interaction			-0.121	-2.36*
	$R^2 =$	0.576	0.505	
	$F(df= 3, 197)=$	89.298***	66.964***	

* $p < 0.05$ ** $p < 0.01$ *** $p < 0.001$ (2-tailed)

Conclusion

- As shown in Table 4, the model variables accounted for **57.6%** of the variance in **Psychological well-being**.
- **Depression** ($\beta = -0.427, p < 0.001$) , **Personality** ($\beta = 0.395, p < 0.001$) and **Positive Family Interaction** ($\beta = 0.127, p < 0.01$) were found to be significant predictors of **Psychological well-being**.





Conclusion

- As shown in Table 4, the model variables accounted for **50.5%** of the variance in **Suicidal Ideation**.
- **Anxiety** ($\beta = 0.222, p < 0.01$) , **Depression** ($\beta = 0.551, p < 0.001$) , and **Negative Family Interaction** ($\beta = -0.121, p < 0.05$) were found to predict significantly **Suicidal Ideation**.

Acknowledgements

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- My appreciation also goes to the **participants**.



Thank You Very Much!

