

Suicidal Ideation in Adolescents: A Systematic Review

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ABSTRACT

Suicidal ideation refers to thoughts or considerations about committing suicide. This can include thoughts about ways to harm oneself or planning to end one's life. Adolescents are considered a vulnerable population for suicidal ideation because adolescence is a transitional age to adulthood, referred to as early adulthood. The purpose of this systematic review is to identify predictor variables of suicidal ideation in adolescents based on 11 international journals with topics similar to this study. The research question for this study was formulated using the systematic literature review framework PCC (Population, Concept, Context). The search was conducted in the Scopus, Google Scholar, PubMed, and Web of Science databases. This review found diverse predictors from the 11 international journal articles following are the strongest predictors of suicidal ideation is spiritual well-being, family support, peer support, depressive symptoms, loneliness, drug use, negative thinking, self-esteem.

Keywords: adolescents; suicidal ideation; predictors

INTRODUCTION

As an individual ages, the process of aging brings along increased demands or social expectations. Adolescents are often considered a group of individuals with light responsibilities. Contrary to this belief, adolescents are viewed as an age group with more complex situations compared to other age groups (Santrock, 2018; Thahir, 2018). Due to this complexity, adolescents are not yet able to make independent decisions. They often make irrational decisions and tend to behave impulsively (Aulia, Yulastri, Sasmita, 2019). Therefore, adolescents are considered unstable individuals because their responsibilities do not match their developmental stage. During this phase, adolescents experience significant emotional changes. Additionally, they face high academic pressure, such as needing to achieve high grades in school. Late adolescents who are pursuing undergraduate education face the same high pressure as other adolescents. Late adolescents encounter new cultures on campus, such as individualism, independence, different learning methods compared to previous schools, and social pressure from peers, including difficulty finding compatible friends and participating in peer social activities (Tandiono et al., 2020; Salsabhilla et al., 2019).

Jobes (2023) explains that suicide is a multifactorial phenomenon involving the interaction of biological, psychological, social, and environmental factors. Suicide is a severe issue both in Indonesia and globally. According to data from the National Criminal Information Center of the Indonesian Police, there were 971 suicide cases in Indonesia up to October 2023 (Tim Pusiknas, 2023). Salsabhilla and Panjaitan (2019) state that the most vulnerable population for suicide attempts and suicidal ideation is the young population. The American Psychiatric Association (APA) explains that suicide is an act where an individual harms and kills themselves, with causes including depression or other mental illnesses (APA, 2018). Globally, the number of deaths from suicide is much higher than deaths from war and homicide (John & Rizk, 2020).

In the process of reaching the act of suicide, an individual goes through thoughts of committing suicide. This is referred to as suicidal ideation. Klonsky and Saffer (2017) explain that suicidal ideation is influenced by interpersonal factors within an individual's relationships with others. Klonsky, Luinenburg, and May (2021) mention that the latest theory explaining the progression from suicidal ideation to suicidal action is the three-step theory of suicide. This theory suggests that suicidal ideation can be caused by a combination of unbearable pain and hopelessness. Suicidal ideation becomes strong when an individual's pain exceeds or overwhelms their connections. The transition from suicidal ideation to suicide attempts is facilitated by dispositional contributions.

Based on previous research by Borges et al. (2019) with a sample of 56,877 people in Mexico, it was found that 2.3% of the subjects had thoughts of committing suicide, 0.8% had plans, and 0.7% reported attempting suicide. The study also explained that female participants were twice as likely as male participants to experience these three conditions. Among subjects aged 50-65, the occurrence of suicidal thoughts, plans, and actions was rare. The study indicated that suicide attempts were more common in urban areas than in rural areas. Another study by Schlagbaum et al. (2021) explained that adolescents with higher levels of depressive symptoms, impulsivity, and hostility, a family history of suicidal behavior, and peers with suicidal thoughts or behaviors were more likely to have suicidal thoughts or ideation.

Adolescents have one final stage, which is the transition phase from adolescence to adulthood. The developmental task during this period is the development of new relationships with society. According to Erikson (in Feist et al., 2017) the transitional period from adolescence to adulthood has two basic demands: identity vs. identity confusion, which requires individuals to find their future identity, and intimacy vs. isolation, which requires individuals to have healthy relationships with their environment. According to Santrock (2011), adolescents are individuals who tend to be impulsive. This is due to the brain's development, which is not yet fully mature, resulting in ongoing development of self-control and decision-making skills. Based on the previous research described above, suicidal ideation in adolescents is a phenomenon that requires more attention due to its high prevalence. Therefore, this study aims to identify the predictor variables of suicidal ideation in adolescents as an effort to reduce or prevent suicidal thoughts that can lead to suicidal behavior. This study uses a systematic literature review by deeply analyzing 11 international journals that discuss predictors of suicidal ideation in adolescents.

This study aims to complement previous research, which has various shortcomings such as focusing only on specific variables like parenting. Previous studies have been limited to identifying predictors like depression, anxiety, and loneliness. This study encompasses research from the last five years, making it a substantial update to previous research (McClelland, et al., 2020; Li, et al., 2022; Riera-Serra, et al., 2023).

METHODOLOGY

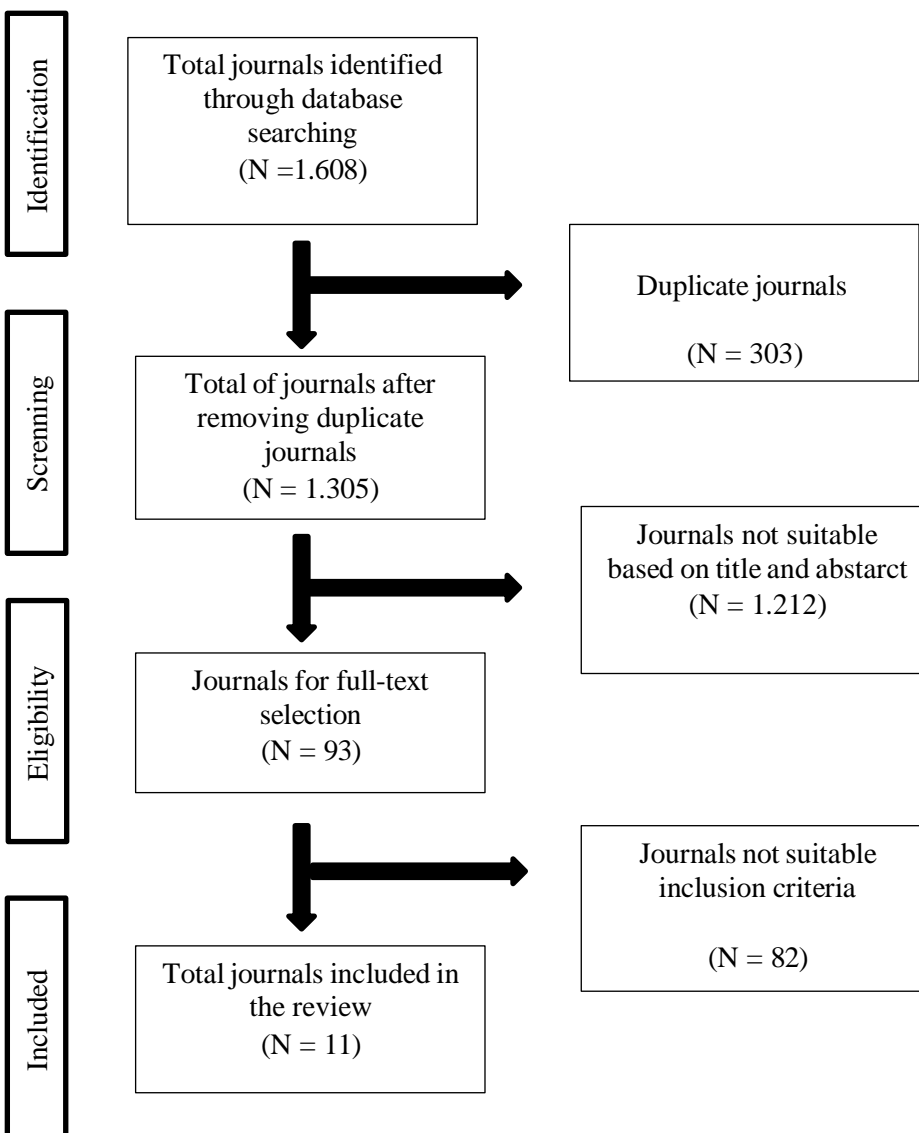
The method used in this paper is a systematic literature review following several steps. According to Francis and Baldesari (2006), the steps in a systematic literature review include formulating research questions, conducting a literature search, screening and selecting suitable research articles, analyzing and synthesizing findings, applying quality control to the literature, and compiling the final report. The purpose of the systematic literature review method is to collect journals with relevant focus topics, which will then be systematically evaluated to find journals that meet the criteria. After the evaluation process, the authors will conduct an in-depth analysis of these journals to answer the research questions. Planning for the review was conducted by the author (NAR), the research question for this study is formulated using the PCC (Population, Concept, Context) framework of systematic literature review questions. After planning, the authors (NAR) created a literature search protocol, which was then comprehensively developed to include other terms derived from the initial search terms. The resulting keywords include suicidal ideation, suicidal

thought, suicidal thinking, suicide ideation, suicide thought, adolescent, teenager, teen, and youth.

The criteria for this review include: 1) journals discussing suicidal ideation as the dependent variable, 2) subjects who are adolescents or first-year university students within the adolescent age range, 3) both quantitative and qualitative research studies, 4) journals published in English, 5) studies conducted within the last five years, from 2019 to 2024, to ensure modern and relevant literature, 6) journals related to psychology or mental health. Exclusion criteria include: 1) journals discussing predictors of suicidal ideation with non-significant results, 2) journals not written in English, 3) review articles, reports, books, literature reviews, and studies with unclear or inadequately detailed methods.

The search was conducted in the databases Scopus, Google Scholar, PubMed, and Web of Science, yielding 200 literature results from Scopus, 996 from Google Scholar, 356 from PubMed, and 56 from Web of Science. After obtaining literature that matched the keywords, the authors (EB) performed a duplication check using Rayyan, resulting in 303 duplicated literature entries. The next step was screening based on titles and abstracts relevant to this study’s objectives, the authors (EB) conducted screening resulting in 93 literature entries. The authors (NAR) conducted further screening based on full-text reviews (from title to conclusion) identified 11 literature entries discussing predictor variables of suicidal ideation in adolescents. This article selection process followed the PRISMA diagram procedure.

Figure 1. PRISMA Flow Diagram for Article Selection Procedure



RESULT AND DISCUSSION

Here is the translation of the table describing the subject criteria and sample sizes from the 11 reviewed journals in this study, so that the author can confirm that all subjects reviewed fall into the adolescent category:

Table 1. Subject Criteria

No.	Writer	Heading	Subject	Sample
1	Ibrahim et al. (2019)	The Role of Social Support and Spiritual Wellbeing in Predicting Suicidal Ideation among Marginalized Adolescents in Malaysia	Adolescents aged 13-19 living in cities with low income less than RM3000	176 respondents
2	Schlagbaum et al. (2021)	The Impact of Peer Influencing on Adolescent Suicidal Ideation and Suicide Attempts	Adolescents aged 13-18	118 respondents
3	Bracic et al. (2019)	The Prevalence and Predictors of suicidal Ideation Among Slovene Adolescents	Slovene adolescents aged 15 years 46.1% male, 53.9% female	1.574 respondents
4	Pledderer et al. (2019)	School Environment, Physical Activity, and Sleep as Predictors of Suicidal Ideation in Adolescents: Evidence from a national Survey	Adolescents in grades 9-12	14.765 respondents
5	Pollak et al. (2021)	Defeat, Entrapment, and Positive Future thinking: Examining Key Theoretical Predictors of Suicidal Ideation among Adolescents	Adolescents aged 12-19	74 respondents
6	Bulat et al. (2024)	Predicting Prolonged Non-Suicidal Self-Injury Behavior and Suicidal Ideation in Adolescence-The Role of Personal and Environmental Factors	Students aged 15-17	1.101 respondents
7	Marx et al. (2019)	Predictors of Sexual Victimization and Suicidal Ideation among Transgender and Gender-Nonconforming Adolescents	Adolescents aged 14-18	13 respondents
8	Secundino-Guadarrama et al. (2021)	Depressive Symptoms and Automatic Negative Thoughts as Predictors of Suicidal Ideation in Mexican Adolescents	Adolescents aged 15-19	409 respondents
9	Cong & Wu (2020)	The Predicting Effects of Depression and Self-Esteem on Suicidal Ideation among Adolescents in Kuala Lumpur, Malaysia	Adolescents aged 13-17	852 respondents
10	Sellers et al. (2019)	Alcohol and Marijuana Use as Daily Predictors of Suicide Ideation and Attempts among Adolescents Prior to Psychiatric Hospitalization	Adolescents aged 13-17	50 respondents

11	Hatchel et al. (2019)	Predictors of Suicidal Ideation and Attempts among LGBTQ Adolescents: The Roles of Help-Seeking Beliefs, Peer Victimization, Depressive Symptoms, and Drug Use	Adolescents aged 12-18	713 respondents
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Here are the measurement instruments used to assess suicidal ideation in adolescents, employing both qualitative and quantitative approaches in the journals reviewed in this study:

Table 2. Suicidal Ideation Measurement Instruments

No.	Writeri	Measurement Intrument	Description
1	Ibrahim et al. (2019)	The Suicide Ideation Scale (SIS) by Rudd (1989)	<ul style="list-style-type: none"> – 10 items to measure severity or tendency of suicidal ideation in adolescents. – Statements include suicidal behaviors ranging from suicidal thoughts to suicide attempts. – – Likert scale: 1 = never to 5 = very often.
2	Schlagbaum et al. (2021)	Columbia Suicide History Form (SHF) by Oquendo, dkk (2003)	– Assessment tool to gather detailed information on suicide behavior history.
3	Bracic et al. (2019)	Self-report	– Suicidal ideation measured using items such as “I have had thoughts of suicide in the past 12 months.”
4	Plledderer et al. (2019)	Youth Risk Behavior Survei (YRBS) by Centers for Disease Control and Prevention (CDC) (2013)	<ul style="list-style-type: none"> – Scale codes: 0 = no and 1 = yes – YRBS aspects include substance use, eating habits, physical activity, sexual behavior, teen violence, and suicidal thoughts or behaviors.
5	Pollak et al. (2021)	The Suicidal Ideation Questionnaire (SIQ) by Reynolds (1988)	<ul style="list-style-type: none"> – 30-item self-report – Likert scale: 0 = never to 6 = almost every day.
6	Bulat et al. (2024)	Self-report questionnaire	<ul style="list-style-type: none"> – Suicidal ideation and non-suicidal self-injury are measured using 2 items: 1) How often in the last 12 months did participants intentionally harm themselves without intending to end their lives, 2) Have they thought about committing suicide. – The scale ranges from 1 to 6, where 1 = never to 6 = several times a week.

7	Marx et al.(2019)	Self-report questionnaire	<ul style="list-style-type: none"> – Suicidal ideation measured using 1 item: “During the past 12 months, have you seriously thought about committing suicide?” – Answer choices include: 1) no 2) yes, but rarely 3) yes, some of the time 4) yes, almost always.
8	Secundino-Guadarrama et al. (2021)	The Beck Scale for Suicide Ideation (SSI) by Beck, dkk (1979) dan adaptasi untuk Mexican population by Gonzales-Macip, dkk (2000)	<ul style="list-style-type: none"> – 20-item scale to measure suicidal ideation – Item scale assessment: 0 = none to 2 = maximum ideation intensity.
9	Cong & Wu (2020)	The Positive and Negative Suicide Ideation Inventory (PANSI) by Rudd, Joiner, Rajab (2001)	<ul style="list-style-type: none"> – wo subscales: positive and negative suicidal ideation – 8 items to measure suicidal ideation. – 5-point scale: 0 = not at all to 4 = almost always.
10	Sellers et al. (2019)	Interview	<ul style="list-style-type: none"> – Questions about suicidal ideation. – Measurement point: 1 = had suicidal ideation that day and 0 = did not have suicidal ideation that day.
11	Hatchel et al. (2019)	Online survey	<ul style="list-style-type: none"> – Suicidal ideation measured using a single item: “Have you ever thought about suicide?”

Here are the predictor analysis methods used in the journals reviewed in this study:

Table 3. Predictor Analysis Methods and Findings

No.	Writer	Analysis Method	Result
1	Ibrahim et al. (2019)	Multiple regression using stepwise method	<ul style="list-style-type: none"> – The study found that religious well-being is a significant predictor contributing 8.7% to suicidal ideation. – Existential well-being is also a significant predictor with a 3.2% contribution to suicidal ideation.
2	Schlagbaum et al. (2021)	Conditional logistic regression	<ul style="list-style-type: none"> – Analysis reveals that peer influence can predict suicidal ideation or behavior after controlling for depression symptoms, impulsivity, peer hostility, and prosocial peer affiliation. – However, peers do not significantly predict suicidal ideation or behavior after controlling for depression and anxiety symptoms.

3	Bracic et al.(2019)	Binary logistic regression	<ul style="list-style-type: none"> – The analysis explains that 39.4% of the variance predicts suicidal ideation in the past year. – Depression and loneliness are important predictors of suicidal ideation. – Health complaints and bullying are significant predictors of suicidal ideation.
4	Pledderer et al. (2019)	Weighted logistic regression	<ul style="list-style-type: none"> – Results show that all variables within the school environment can predict suicidal ideation, such as bringing weapons to school, school safety, being bullied at school, and being offered drugs at school, with a significance level of $p < 0.001$. – Individual health variables predict suicidal ideation with a significance level of $p < 0.001$. – Sufficient sleep predicts suicidal ideation with a significance level of $p < 0.001$.
5	Pollak et al. (2021)	Linear regression	<ul style="list-style-type: none"> – The analysis finds that the hopelessness and defeat scale (SDES) predict the suicidal ideation questionnaire (SIQ) score, $F(2,71) = 14.34, p < 0.001$. – SDES predicts SIQ scores at 3 months. – However, SDES does not predict SIQ scores at 6 months, but after controlling for depression symptoms, SDES is no longer a predictor of SIQ scores from 3 to 6 months.
6	Bulat et al. (2024)	Binary logistic regression	<ul style="list-style-type: none"> – The findings indicate that predictor variables explain 31% of the variance in suicidal ideation. – The analysis finds that predictors of suicidal ideation include adolescents who have had adverse childhood experiences and score high on the neuroticism scale. – Conversely, adolescents with good financial status and good relationships with parents cannot predict suicidal ideation because they tend to stop suicidal ideation in the third year of the study.

7	Marx et al. (2019)	Multiple regression	<ul style="list-style-type: none"> – Results show that the following predictorssignificantly contribute to suicidal ideation: – Sexual victimization ($\beta=0.10$, $p < .01$) – Sexual violence victimization ($\beta=0.13$, $p < .01$) – Bias-based victimization ($\beta=0.25$, $p < .001$) – Drug use issues ($\beta=0.18$, $p < .001$) – School acceptance ($\beta=0.17$, $p < .05$)
8	Secundino-Guadarrama et al. (2021)	Multinomial logistic regression	<ul style="list-style-type: none"> – Results indicate that being female (OR=2.55), drug use (OR=3.44), depression symptoms (OR=4.37), automatic negative thoughts (OR=6.03), and prior suicide attempts (OR=22.66) are significant predictors.
9	Cong & Wu (2020)	Standard multiple regression	<ul style="list-style-type: none"> – The analysis mentions that predictors explaining suicidal ideation account for 11%. – Depression has a value of ($\beta=.200$, $p < .001$) – Self-esteem has a value of ($\beta=-.186$, $p < .001$)
10	Sellers et al. (2019)	Mixed effects model: growth curve model	<ul style="list-style-type: none"> – The analysis shows that the analytical model has significant value. – During 90 days of hospitalization, marijuana use and sexual orientation significantly predict suicidal ideation. – However, alcohol, age, ethnicity, race, and gender do not significantly predict suicidal ideation.
11	Hatchel et al. (2019)	Regression analysis	<ul style="list-style-type: none"> – The analysis finds that depression predicts with a value of ($\beta=2.44$), and drug use predicts with a value of($\beta=.81$). – Furthermore, the interaction between help-seeking beliefs and depression symptoms can significantly predict suicidal ideation, with a value of ($\beta=.87$).

This systematic review aims to understand these predictors, assess their consistency and strength of evidence, provide recommendations for interventions and policies to reduce suicidal ideation risk among adolescents, and offer valuable information for mental health professionals, educators, and policymakers to develop effective prevention strategies. The study reviews 11 international journal articles, identifying diverse predictors including spiritual wellbeing, family support, peer influence, depression symptoms, loneliness, school environment, health behaviors, domestic violence, socioeconomic status, neuroticism, sexual victimization, drug use, negative thoughts, self-esteem, sexual orientation, and help-seeking beliefs.

Spiritual wellbeing is crucial in predicting suicidal ideation, as individuals with high spirituality often

adhere strictly to religious commandments, such as in Islam where suicide is forbidden. This fosters positive feelings, behaviors, and thoughts, enhancing relationships with oneself, others, nature, and God (Litaqia & Permana, 2019; Tumanggor & Suharyanto, 2020). Family support is also pivotal in forecasting suicidal ideation among adolescents, providing them with love, affirmation, and decision-making support (Ibrahim et al., 2019; Bracic et al., 2019). Conversely, absence of parental support or familial discord can lead to negative behaviors (Widiarta & Megaputri, 2021; Bulat et al., 2024).

Peer influence among adolescents can manifest through direct interactions and online media, influencing behaviors and social norms, including attitudes towards suicide as a response to pressure (Schlagbaum et al., 2021). Depending on how adolescents perceive their peers' behaviors, peer influence can either significantly impact or minimally affect their lives (Permata & Nasution, 2022). Depression symptoms are strongly associated with suicidal ideation among adolescents, with studies reporting that a substantial proportion of adolescents experiencing depression also contemplate suicide (Bracic et al., 2019; Desi, Felita, Kinasih, 2020; Chong & Wu, 2020; Hatchel et al., 2019; Secundino et al., 2020). Depression's severe negative impacts heighten suicide risk by shaping adolescents' perceptions that suicide is the sole solution to their challenges.

Loneliness is not merely an assessment of social support but also encompasses an individual's perceived status within society, influencing their self-esteem and susceptibility to suicidal thoughts (Bracic et al., 2019; Elfaza & Rizal, 2020; Cong & Wu, 2020). Adolescents experiencing loneliness often strive to enhance their relationships with others and themselves, crucially impacting their self-esteem and mental health. The school environment serves as a crucial setting for understanding and addressing suicidal ideation among adolescents, offering opportunities for prevention and support through initiatives that foster safety, inclusivity, and positive social interactions (Pfledderer et al., 2019; Marx et al., 2019).

Health behaviors such as physical activity, sleep patterns, and drug use significantly influence suicidal ideation among adolescents, with poor health behaviors correlating with increased suicidal thoughts (Bracic et al., 2019; Pfledderer et al., 2019; Marx et al., 2019; Secundino-Guadarrama et al., 2021; Sellers et al., 2019). High levels of neuroticism, characterized by emotional instability and stress responsiveness, contribute to adolescents' challenges in managing life stressors and emotional balance, increasing their vulnerability to suicidal ideation (Bulat et al., 2024).

Sexual victimization, involving unwanted sexual behaviors or assaults, significantly heightens adolescents' risk of experiencing suicidal thoughts (Marx et al., 2019). Negative thoughts, which skew perceptions towards pessimism and hopelessness, play a critical role in predicting suicidal ideation by shaping how adolescents interpret events and interact with others (Secundino-Guadarrama et al., 2021; Pollak et al., 2021). Beliefs about seeking help from professionals during crises are a key predictor of lower suicidal ideation among adolescents, highlighting the importance of supportive help-seeking behaviors in mitigating suicide risk (Hatchel et al., 2019).

CONCLUSION

This systematic review aims to comprehensively examine and integrate research findings concerning factors that influence suicidal ideation in adolescents. It endeavors to explore and analyze these predictors, evaluate the robustness and consistency of available evidence, provide recommendations for interventions and policies aimed at reducing the risk of suicidal ideation, and furnish valuable insights for mental health professionals, educators, and policymakers. The review encompasses an analysis of 11 international journal articles, encompassing diverse predictors including spiritual wellbeing, family support, peer influence, depression symptoms, loneliness, school environment, health behaviors, domestic violence, socioeconomic status, neuroticism, sexual victimization, drug use, negative thoughts, self-esteem, sexual orientation, and

attitudes towards seeking help.

Spiritual wellbeing is crucial as it predicts suicidal ideation, especially among those adhering to religious prohibitions against suicide, such as in Islam (Ibrahim et al., 2019). Family support, depression symptoms, loneliness, and school environment also emerged as significant predictors. Health behaviors, including drug use, neuroticism, sexual victimization, negative thoughts, and help-seeking beliefs, were also highlighted. The results of this review provide valuable information for mental health professionals, educators, and policymakers to develop effective intervention strategies in preventing and reducing suicidal ideation among adolescents. The development of safe and supportive school environments and a better understanding of risk factors are also crucial focuses. By understanding these factors deeply, it is hoped that efforts in prevention and intervention can be enhanced to effectively address the issue of suicidal ideation among adolescents.

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