Relationship between spirituality and suicidal ideations among patients with major depressive disorder

Souzan Abd El-Menem Abd El-Ghafar Harfush, PhD
Psychiatric and Mental Health Nursing Department, Faculty of Nursing,
Tanta University, Tanta, Egypt

INTRODUCTION
Suicide still constitutes to be a critical and risky issue requiring preventive strategies. There is evidence to suggest that spirituality is vital to the process of discovering meaning in life and plays an important role in dealing with suicidal desire.

METODOLOGY
A descriptive correlational design was utilized in the current study. A purposive sample of 181 patients with major depressive disorder was recruited. Setting: The study was conducted at inpatient psychiatric department of Tanta University and Neurology, Psychiatry, and Neuro-Surgery Center. Tools: Four tools were used to collect data; socio-demographic and clinical characteristics structured interview schedule, Beck Depression Inventory (1), Daily Spiritual Experience Scale(2), and Scale for Suicide Ideation (3).

OBJECTIVES
The objective of this study was to investigate the relationship between spirituality and suicidal ideations among patients with major depressive disorder.

RESULTS
Distribution of studied subjects in relation to total score of suicide, depression and spirituality:
As for suicide score, it was observed that, 44.2% of the studied patients had moderate score of suicide compared to 14.4% only who had high score of suicide with a mean score of 40.56±15.54. While, nearly two thirds of patients (64.8%) had fair score of spirituality with a mean score of 60.56±6.93. About half of the patients (49.5%) have moderate score of depression and the rest of patients had either severe or mild depression (28.1% and 22.1% respectively) with a mean score of 53.86±6.85.

CORRELATION BETWEEN SUICIDE, SPIRITUALITY AND DEPRESSION.
It was noted that, there is a statistical significant negative correlation between depression and spirituality. This means increasing spiritual involvement is associated with decreasing level of depression (r = -0.259, p = .001*). Also, there is a statistical significant positive correlation between depression and total score of suicide (r = 0.719, p = .001*). On the other hand ,there is a correlation between total suicide score and spirituality but not proved to be statistically significant (r = -0.003, p = .968)

CONCLUSION
Based on the results of the present study, it can be concluded that higher levels of spirituality may help buffer risk of active suicide desire and promote protective effect against depression.

REFERENCES