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## Self-Esteem and Suicide in Adolescents

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# SELF-ESTEEM AND SUICIDE IN ADOLESCENTS

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# Literature Review

## ■ Adolescent Suicide

- *Suicide is the third leading cause of death among the adolescent population worldwide (Carballo et al 2019)*
- *Although anxiety and depression are the most common predictors in adults, they are not as indicative among the adolescent population (Metha et al 1998)*

## ■ Self-Esteem

- *Defined as the individual's subjective evaluation of his or her worth as a person (Trzesniewski et al 2013)*
- *Work/school, relationships, health, and environment are some possible predictors of self-esteem*
- *Self-esteem becomes more stable and difficult to change in adulthood (Krauss et al 2019)*

## ■ Risk Factors

- *Low self-esteem leads to increased suicidal ideation and other risk factors such as hopelessness and lack of self-worth (Kazdin et al 1983)*
- *It is unclear based on previous research which sex is more impacted by self-esteem in terms of suicidal ideation*

# Methods

- 93 adolescents (47 male, 46 female) ages 11-17
  - *Laurelwood Psychiatric Facility*
- Children's Depression Inventory (Kovacs 1984)
  - *27-item self-report scale set up with five-factor structure of negative mood, ineffectiveness, anhedonia, negative self-esteem, and interpersonal problems*
- Rosenberg Self-Esteem Scale (Rosenberg 1965)
  - *Short scale that is useful in examining self-esteem and how it related to mental health*
- Rutgers Alcohol Problem Index (White & Labouvie 1989)
  - *Measure of alcohol-related problems experienced by adolescents and young adults*
- Self-Esteem Worksheet (Overholser 1993)
  - *Idiographic perspective of self-esteem that provides more detailed information on self-esteem from the subject's viewpoint*
  - *Subjects can determine what specific aspects of their life relate to their self-esteem and rate how each aspect is impactful to their overall self-esteem*

# Hypotheses

- Relationships, school performance, physical appearance, and personality will be significant indicators of self-esteem.
- Females will be affected by these factors (relationships, school performance, physical appearance, and personality) of self-esteem more than males.
- Substance abuse, specifically alcohol use, will negatively correlate suicidal ideation and self-esteem.

# RESULTS



		Correlations				
		rosenbrg	schooltotal	socialtotal	persontotal	physictotal
rosenbrg	Pearson Correlation	1	.124	.056	.249*	.200
	Sig. (2-tailed)		.237	.595	.016	.054
	N	93	93	93	93	93
schooltotal	Pearson Correlation	.124	1	-.088	-.135	-.098
	Sig. (2-tailed)	.237		.402	.196	.349
	N	93	93	93	93	93
socialtotal	Pearson Correlation	.056	-.088	1	-.429**	-.272**
	Sig. (2-tailed)	.595	.402		.000	.008
	N	93	93	93	93	93
persontotal	Pearson Correlation	.249*	-.135	-.429**	1	.209*
	Sig. (2-tailed)	.016	.196	.000		.044
	N	93	93	93	93	93
physictotal	Pearson Correlation	.200	-.098	-.272**	.209*	1
	Sig. (2-tailed)	.054	.349	.008	.044	
	N	93	93	93	93	93

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

Figure 1: Correlations between individual measure from Self-Esteem Worksheet and the Rosenberg Self-Esteem Scale

		Independent Samples Test								
		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
schooltotal	Equal variances assumed	5.017	.028	-2.250	91	.027	-368.49931	163.79771	-693.86333	-43.13528
	Equal variances not assumed			-2.237	69.602	.029	-368.49931	164.75465	-697.12509	-39.87352
socialtotal	Equal variances assumed	2.515	.116	2.065	91	.042	956.64174	463.25114	36.45026	1876.83323
	Equal variances not assumed			2.069	88.948	.041	956.64174	462.37912	37.89684	1875.38665
persontotal	Equal variances assumed	.964	.329	.443	91	.659	177.47044	400.48617	-618.04614	972.98702
	Equal variances not assumed			.444	90.336	.658	177.47044	400.01904	-617.19693	972.13781
physictotal	Equal variances assumed	.004	.952	-.621	91	.536	-108.26411	174.26113	-454.41244	237.88423
	Equal variances not assumed			-.622	90.852	.536	-108.26411	174.14358	-454.18653	237.65832

Figure 2: t-test results comparing independent measures of the Self-Esteem worksheet with males and females



### Correlations

		Suicidal Ideation	rosenbrg	rapi
Suicidal Ideation	Pearson Correlation	1	-.609**	-.030
	Sig. (2-tailed)		.000	.776
	N	93	93	92
rosenbrg	Pearson Correlation	-.609**	1	-.149
	Sig. (2-tailed)	.000		.155
	N	93	93	92
rapi	Pearson Correlation	-.030	-.149	1
	Sig. (2-tailed)	.776	.155	
	N	92	92	92

\*\* . Correlation is significant at the 0.01 level (2-tailed).

Figure 3: Correlations between Rosenberg Self-Esteem Scale, Rutgers Alcohol Problem Index, and Suicidal Ideation (CDI-i).

# Discussion

- Relationships, school performance, physical appearance, and personality will be significant indicators of self-esteem.
  - *Personality was significantly correlated with Self-Esteem based on the Rosenberg scale*
  - *School performance, physical appearance, and social relationships were not significantly correlated*
- Females will be affected by these factors of self-esteem more than males.
  - *School performance was a more significant indicator of self-esteem in females*
  - *Social relationships was a more significant indicator of self-esteem in males*
  - *No significant difference in personality and physical appearance between males and females*
- Substance abuse, specifically alcohol use, will negatively correlate suicidal ideation and self-esteem.
  - *Suicidal Ideation was significantly negatively correlated with Self-Esteem*
  - *Alcohol use did not significantly impact self-esteem or suicidal ideation*
- Limitations and Future Research
  - *This analysis was conducted on a small group of adolescents (n=93) from a single population*
  - *While there were significant findings in some cases, a much larger study needs to be performed to understand the relationship between factors of Self-Esteem and suicidality*

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