

Risk factors for suicidal ideation in patients with treatment-resistant major depressive disorders: A single-center prospective study

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Background: Major depressive disorder is a common mental disorder and contributor to the global burden of diseases. Prior studies have suggested that suicidal ideation is an important yet preventable cause for mortality in patients with major depressive disorder. Therefore, this study aims to identify the risk factors for suicidal ideation in patients with treatment-resistant major depressive disorders to inform subsequent targeted interventions to reduce patient morbidity and mortality.

Methods: Overall, 103 adult patients with treatment-resistant major depressive disorders, defined as non-responsiveness to traditional and first-line therapeutic options, were included for this analysis. All the patients underwent testing for Suicidal Ideation Scale, Reasons for Living Inventory, Beck Hopelessness Scale, Family Support Scale and Fried's Frailty Phenotype. Patient's demographics and variables for socioeconomic status were also collected.

Results: The mean age for this cohort is 30 years with a female proportion of 66.99% and suicidal ideation present in 42 (40.78%) patients. Compared with patients without suicidal ideation, patients with suicidal ideation has significantly lower family incomes, total Reasons for Living Inventory (266.34 ± 17.64 vs 232.57 ± 13.52 , $P < 0.001$) and Family Support Scale score (45.52 ± 3.24 vs 23.79 ± 5.98 , $P < 0.001$), higher Beck Hopelessness Scale score (4.02 ± 0.99 vs 11.21 ± 3.53 , $P < 0.001$). No significant differences were noted between the 2 groups with regard to frailty were noted. The multivariable logistic regression analysis adjusting for patient's age, sex and disease duration suggested that family incomes, total Reasons for Living Inventory, and Beck Hopelessness Scale score were independent risk factors for suicidal ideation in patients with major depressive disorder.

Conclusion: Hopelessness, and lack of beliefs and family support were noted to be risk factors for suicidal ideation in patients with major depressive disorder. Interventions targeting these risk factors may hold promise to decrease suicidal ideation and reduce patient mortality.

Biography

Huaijin Long, from Chonggang General Hospital, focuses on identifying risk factors for suicidal ideation in patients with treatment-resistant major depressive disorder through a single-center prospective study, aiming to enhance clinical understanding and improve psychiatric care outcomes.