

UNIVERSITI TEKNOLOGI MARA

**SUICIDAL IDEATION AMONG
OUTPATIENTS WITH DEPRESSION
IN MENTAL HOSPITAL IN KABUL
AFGHANISTAN**

MAHJABIN SHAHID

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ABSTRACT

Introduction: Depression is a serious and common medical illness that affects the way of one's feeling, thinking and acting, negatively, and lead to a persistent feeling of sadness and losses of interest in activities once enjoyed as defined by American Psychiatric Association (APA, 2016). Depression could lead to a variety of physical and emotional problems and can decrease a person's ability to function at work and home (Parekh, 2017). Globally, depression is found to be the second-leading cause of disability with slightly more than 4 percent of the world's population diagnosed with (Dewey, 2013). *Methodology:* A quantitative cross-sectional design was conducted. The study involves 143 samples from outpatients with depression in mental hospitals of Kabul-Afghanistan. The severity of depression was assessed by BDI, the level of social support was assessed by MDSS, the level of suicidal ideation was assessed by BSIS, and the K10 was performed to assess the level of distress. The data collection duration was from 4/10/2017-8/10/2017. *Results:* The result of the study shows the high level of suicidal ideation 16.00(13.00-16.00) among outpatients with depression in mental hospitals of Kabul-Afghanistan. There was significant and negative association between the level of social support and level of income with suicidal ideation $p < 0.05$ and positive association between level of distress and SI $p < 0.05$. The main predictors of suicidal ideation were high level of distress and low level of social support among the study participants at $p < 0.05$. *Conclusion:* The study suggest a health multidisciplinary team lead by nurses can design programs that may evaluate and manage distress and provide support for depressed patients through controlling these two predictors and eventually reduce the level of suicidal ideation among depressed patients.

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