

Hopelessness and Concealment of Suicidal Ideation: A Potential Association Moderated by Connectedness



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Introduction

- According to the Three Step Theory of Suicide, suicide attempts are rooted in hopelessness, connectedness and capability (Klonsky & May, 2015).
- From this theory we see an association between hopelessness, connectedness and capability in those with suicidal ideation.
- This association suggests that there is more than one singular factor leading to someone's suicidal thoughts and actions.
- Further questions about what other associations between variables, like hopelessness and concealment of ideation, may lead to interventions so that people suffering with suicidal ideation can ask and receive help and do not have to suffer in silence.
- Some research has shown that self concealment of feelings was statistically significantly associated with higher levels of ideation (D'agata & Holden, 2018).
- We hypothesized that there would be an association between hopelessness and concealment of ideation with a third moderating variable, connectedness, affecting the association. The research from the Three Step Theory (Klonsky & May, 2015) and research about self concealment of feelings (D'agata & Holden, 2018) informed our decision making when we were creating our hypothesis.

Research Questions

- Are higher levels of hopelessness associated with individuals concealing suicidal ideation?
- Do levels of connectedness moderate the results?

Demographics

- 51.6% Male
- 47.4% Female
- 0.99% Other
- Median age = 29 (IQR 24-36)
- Ethnicity: 5.2 % African descent, 5.7% East Asian descent, 75.4% European descent, 1.2% Indian or South Asian descent, 4.9% Latin American or Hispanic descent, 0.69% Middle Eastern descent, 0.84% Native American descent, 4.5% Multiple Ethnicities, 1.5% No Answer.

Methods

Sample:

- 401 Participants, those who answered our dependent variable, concealment of ideation. They all reported a history of suicide ideation.
- For the dependent variable "Concealment of Ideation" participants responded: 14% "I had not hidden my desire to kill myself," 50.2% "I held back from telling people I wanted to kill myself," 35.2% "I had attempted to hide conceal or lie about wanting to kill myself."
- For the purpose of our study, we did not look at whether our participants had made a suicide attempt because we were strictly looking at hopelessness, concealment of ideation, and connectedness regardless of whether they had made an attempt.
- Data was collected via online surveys.
- The participants were recruited through online marketplaces.

Measures:

- Concealment of Ideation was measured using the Beck Scale for Suicide Ideation (BSSI).
- Hopelessness was measured using the Beck Hopelessness Scale (BHS) short version through self-reports.
- Connectedness was measured using the Interpersonal Needs Questionnaire: Ten Item Version (INQ-10).

Analytic Plan:

- An association between higher levels of hopelessness and higher levels of concealment of ideation was measured using a Pearson correlation test.
- We are interested whether different levels of connectedness moderate the relationship between hopelessness and concealment of ideation. This was measured using a multiple regression analysis.

Results

Bivariate:

- The Pearson Correlation test reveals that there is no significant association between hopelessness and concealment of ideation ($p = 0.58$ and $cor = 0.03$). The correlation showed us that high hopelessness is not positively associated with high concealment of ideation.

Hopelessness vs. Concealment of Ideation

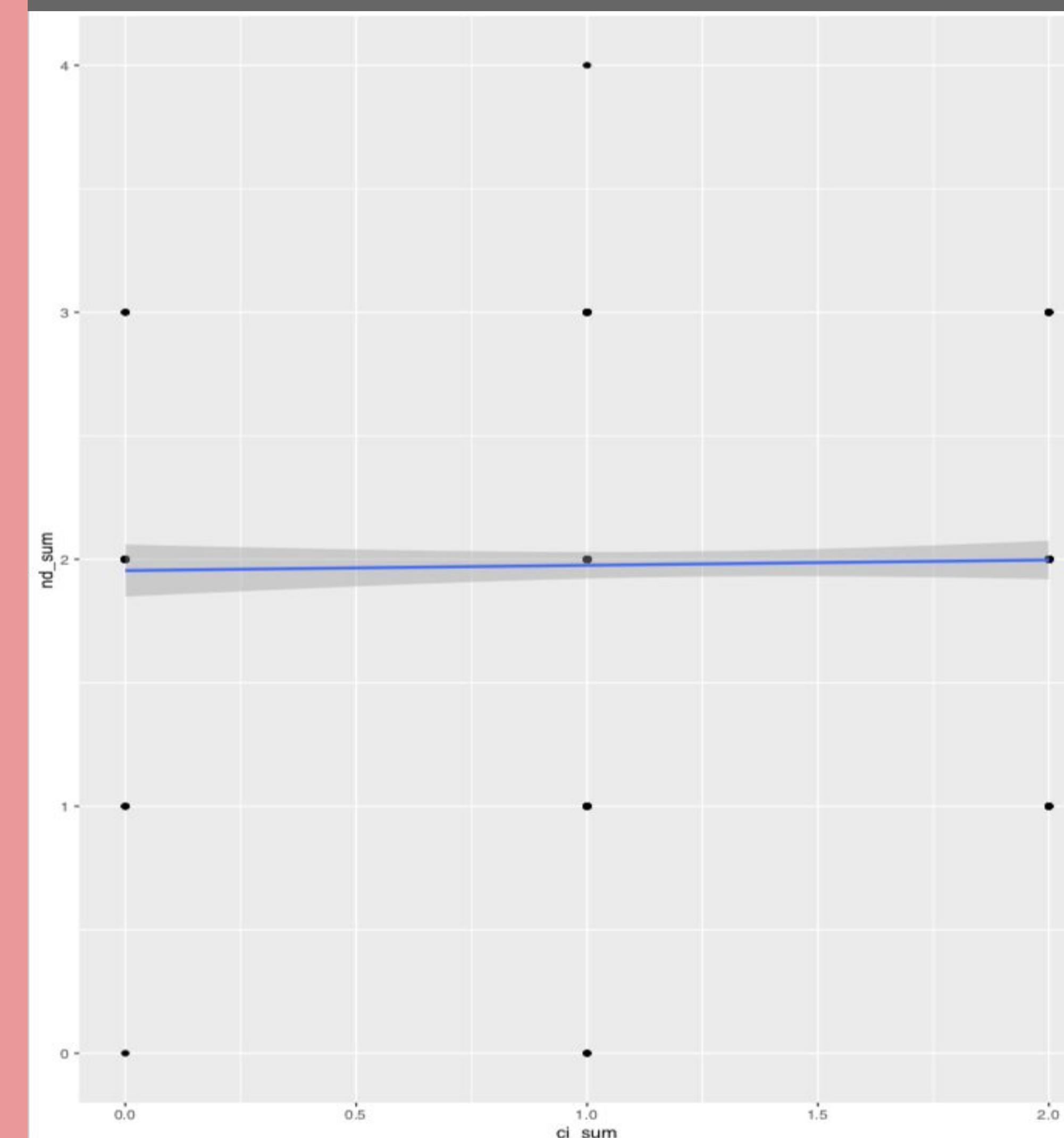


Figure 1.
This graph shows the correlation between hopelessness and concealment of ideation. There is no interaction happening.

Results Contd.

	ESTIMATE	STD. ERROR	T VALUE	PR(> t)
INTERCEPT	0.23	0.54	0.41	0.68
HOPELESSNESS	0.52	0.27	1.93	0.05
CONNECTEDNESS	0.04	0.02	1.86	0.06
INTERACTION	-0.02	0.01	-1.97	0.05

RESIDUAL STD. ERROR: 0.68 on 348 Degrees of Freedom (953 observations deleted due to missingness)
MULTIPLE R-SQUARED: 0.01 ADJUSTED R-SQUARED: 0.003
F-STATISTIC: 1.35 (348 DF) P-VALUE: 0.26

Multivariate:

- The multiple regression with an interaction term analysis revealed that our third variable belong_sum (connectedness) does not moderate the relationship between hopelessness and concealment of ideation (nd_sum and ei_sum, respectively).
- We can conclude from the very small R-squared result that there is not an interaction or moderation happening.

Discussion

- We did not find an association between high levels of hopelessness and high levels of concealment of ideation. We did not observe connectedness to have any effect on either hopelessness or concealment of ideation.
- Further research is necessary to see what variables do in fact affect concealment of ideation and levels of hopelessness. That research could help us to understand why people conceal their suicidal ideations, and hopefully assist in development in interventions to get people to open up about their internal struggles.
- Our research did not find anything statistically significant but, referring back to the introduction, the 3ST shows how capability is associated with suicide attempts. While our research did not specifically look at participants who had or had not attempted suicide the variable capability could be a potential moderator as it had an effect with hopelessness and connectedness in the 3ST study.

Limitations:

- There was no time frame that the data was collected within, so participants answered questions about hopelessness, concealment of ideation, and connectedness with their experiences, potentially, fresh in their minds, or far in the past. If we were able to collect the data again in the future, we could set up a time frame for participants. So that there was a baseline time frame for feelings of hopeless, concealment of ideation, and connectedness that all participants would answer.

Works Cited

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