Distress Tolerance in Suicidal Patients Hospitalized in Isfahan Medical Centers

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ABSTRACT

Introduction: Distress tolerance is the capacity of people to tolerate negative psychological or physical states. People with varying levels of distress tolerance show different responses to arousing situations. People with high distress tolerance can respond rationally in crisis situations. On the other hand, the low level of distress tolerance can lead to problems in managing negative emotions and the occurrence of impulsive responses such as aggression and suicide attempts. Therefore, this study aimed to investigate the level of tolerance of distress in patients attempting suicide.

Methods and Materials: The present study was a cross-sectional descriptive study. The statistical population comprised 70 suicidal patients who were hospitalized in medical centers in Isfahan City and were selected through convenience sampling. The demographic characteristics form and Simons and Gaher Distress Tolerance Scale were used to collect data. Data were analyzed using statistical methods and SPSS version 22 software.

Results: The average age of the patients was 32 years, and the majority were women. Also, 43% of participants were married and 57% were single. In addition, 44% were employed, and the rest were unemployed. Furthermore, 25% of the participants had below diploma education, 56% a diploma, and 19% a university education. The mean and standard deviation of distress tolerance in these patients were 26.14 and 6.43, respectively. According to the results, these patients had a low distress tolerance level.

Conclusion and Discussion: Based on our findings, we can conclude that the level of distress tolerance is associated with a person's likelihood of attempting suicide. Distress tolerance is a significant factor that can influence suicidal tendencies. Therefore, using methods to increase distress tolerance may reduce the tendency of people to commit suicide.

Keywords: Hospitals, Psychological distress, Suicide

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