Suicidal Ideation Among Medical Students in Urmia

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ABSTRACT

Introduction: Suicide, particularly among young adults, is one of the most pressing issues globally, with nearly 700,000 individuals dying bysuicide each year. A crucial strategy for preventing suicide and its repercussions is identifying individuals who experience suicidal ideation. Suicidal ideation often begins as a vague desire to end one's life and can serve as a precursor to actual suicide. Students, especially those in medical fields, are at a heightened risk for suicidal ideation due to the prolonged study periods, a heavy course load, and exposure to stressful situations in clinical and hospital settings. This study aimed to assess the prevalence of suicidal ideation among medical students of Urmia University of Medical Sciences in 2024.

Methods and Materials: In this descriptive-cross-sectional study, 311 students were randomly selected by stratified cluster sampling. Demographic information forms and the Beck Scale for Suicidal Ideation(BSSI) Questionnaire were provided to the students. The data of this research were analyzed using SPSS16 software.

Results: The prevalence of suicidal ideation among medical students was reported to be 17.7%. Specifically, 14.5% of the students experienced suicidal thoughts, while 3.2% were prepared to commit suicide. A significant correlation was found between age (p = 0.04) and living situation (p = 0.016) with suicidal ideation. However, no significant association was observed between gender (p = 0.577), marital status (p = 0.840), educational level (p = 0.355), being native or non-native (p = 0.834), and the number of shifts per month (p = 0.240) in relation to suicidal ideation.

Conclusion and Discussion: The current study shows that the prevalence of suicidal ideation among medical students is remarkable. The suicide of medical students can cause irreparable damage to the medical and educational systems of the country. Therefore, it is necessary to draw the attention of health policymakers to this issue and take necessary measures to prevent suicide among medical students.

Keywords: Iran, Medical students, Suicidal ideation, Suicide

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