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# Common Factors in Individuals Experiencing Suicidal Thoughts

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## BACKGROUND

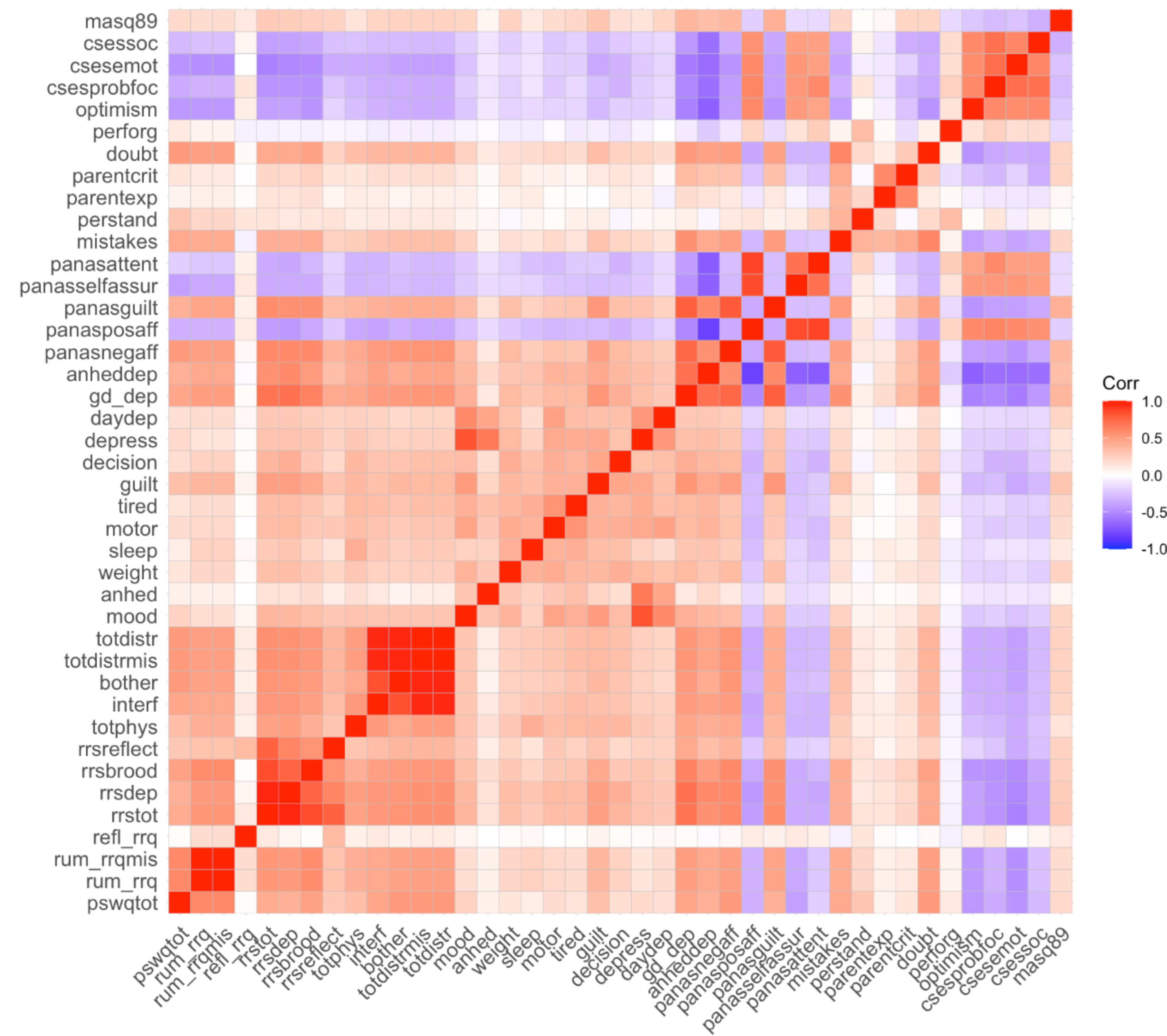
Suicide rates in youth increased during the COVID-19 pandemic (Bridge et al., 2023). Previous research highlighted risk factors for suicidal ideation including low social support, frequent punishment in childhood, and depressive, and/or anxious personality traits (Angst et al., 2014). Further, recent research suggests that LGBT+ adults have higher rates of suicidal thoughts than heterosexual adults (Kidd et al., 2024). Our research this summer was a preliminary step towards furthering our understanding of risk factors by identifying common factors reported by individuals who report suicidal thoughts.

## METHODS

Participants were 580 college students who completed measures on a secure website as part of a larger study. Measures included the Penn State Worry Questionnaire (PSWQ), the Mood and Anxiety Symptom Questionnaire (MASQ), the Generalized Anxiety Disorder Questionnaire (GADQ), and the Positive and Negative Affect Schedule (PANAS). A Spearman's ranked correlation was used to analyze the correlation of each scale with thoughts of death or suicide over the past two weeks, which was measured by a single item on the MASQ, rated from 0 (not at all) to 4 (extremely).

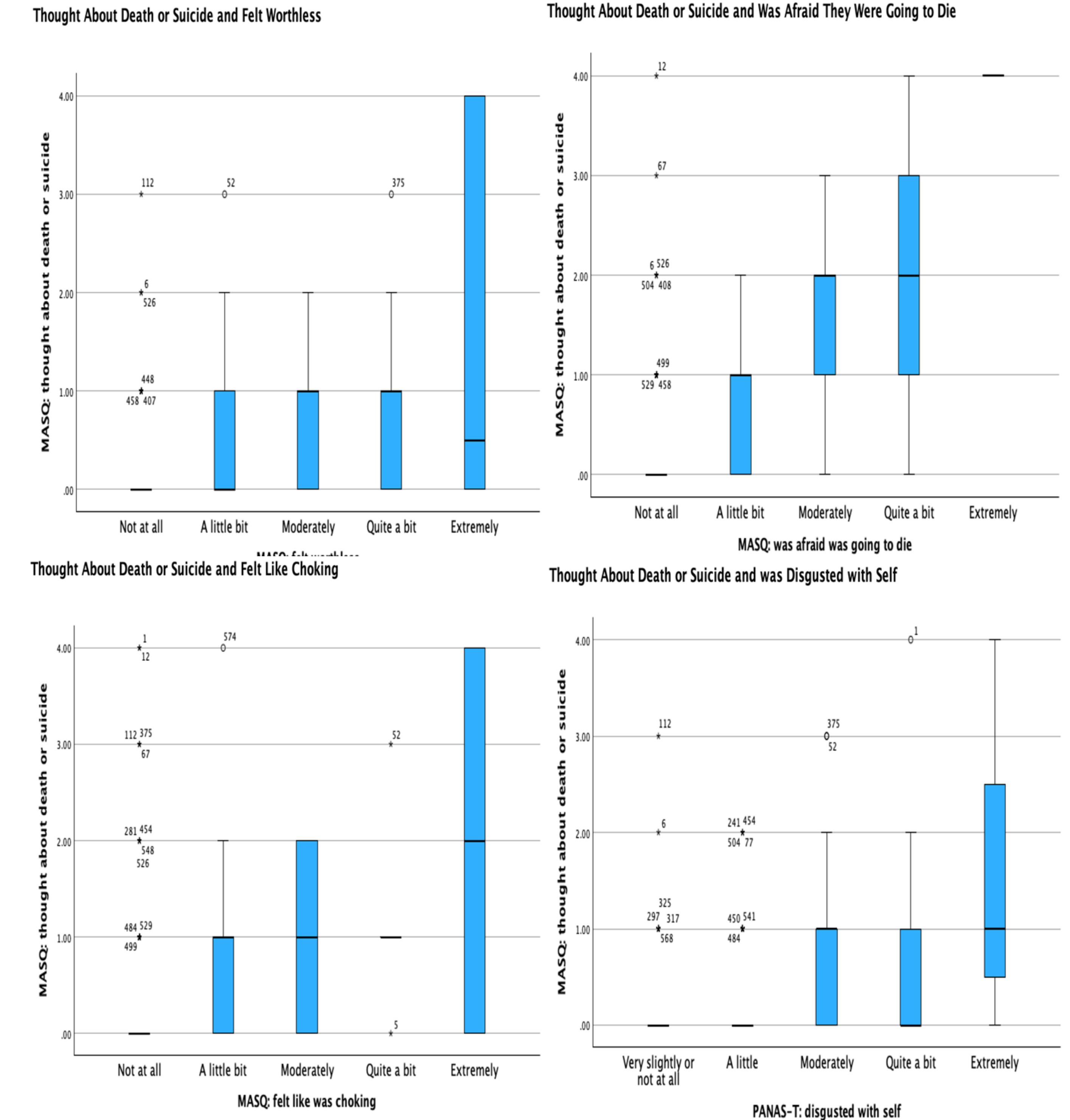
### Acknowledgments

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## RESULTS & FUTURE DIRECTIONS

The PANAS guilt subscale had the highest correlation with reported thoughts of suicide or death,  $r_s(581) = 0.41$ . Of the individual items, a fear of death or dying was highly correlated with thoughts of suicide,  $r_s(581) = 0.64$ , followed by disgust with self  $r_s(581) = 0.46$ , feeling worthless  $r_s(581) = 0.46$ , and feeling of choking  $r_s(581) = 0.45$ . We intend to continue studying the common factors of suicidal thoughts and behaviors. Our first step is to re-classify or use datasets which employ a binary YES/NO scale. We also intend to expand our efforts, using datasets with more comprehensive items and larger participant pools.



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