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Psychological Problems Of Adolescents With Suicidal Ideation And Social Work Intervention

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Abstract: By nature, adolescents are vulnerable to mental health problems due to the changes and transitions which characterizes this period of human life cycle. Although there are many factors associated with suicide attempts and suicidal ideation among adolescents, mental disorders are found to have a strong positive connection with it. The study was carried out with four subjects, who were between 17 to 19 years of age. To fulfill the objectives of the study, AB Single Subject design was used, consisting of five each repeated measurement during the baseline phase (A) and the intervention phase (B). A package of social work intervention strategies, consisting of individual counselling, psychoeducation, parental counselling and relaxation techniques were used with the aim to reduce both the intensity of psychological problems and suicidal ideation among the subjects.

The scores of both psychological problems and suicidal ideation was found to have reduced for all the four subjects from the pre to the post-intervention assessment phases. To find out the effectiveness of the social work intervention strategies in reducing the target problems statistically, the 2SD method was used. The social work intervention strategies adopted by the researcher were found to be statistically effective in reducing the psychological problems and suicidal ideation of the subjects. Both mental health and suicidal ideation among adolescents is a serious concern, for which, early detection and compassionate support is required. Although the study has certain methodological limitations, it highlights the need for integrating social work intervention research into social work practice.

Key Words: Psychological Problems, Mental Health, Suicide, Suicidal Ideation, Adolescents

I. INTRODUCTION

Suicide implies death brought on by self-inflicted harm with the intention to die as a result of the behaviour (SAMHSA, 2020). Suicide is defined as a fatal act of self-harm with some indication of an intended death (Turecki & Brent, 2016). A global cause of death and disability is suicidal behaviour (Begum, 2021). According to the World Health Organization (2021), globally, suicide is the fourth leading cause of death among 15-29-year-olds (WHO, 2021). The terrible loss of a young life to suicide affects families, friends and communities in a devastating way (Ruch & Bridge, 2022). And it is a major public health concern.

Suicidal ideation or thoughts is a crucial indicator of poor mental health. Positive and significant relationship has been found to exist between mental health and suicidal ideation among adolescents (Kaur & Kang, 2020) (MacDonald, Taylor, & Clarke, 2009) (Maibam & Gangte, 2023) (Tan, Yang, Chen, Zou, & Liu, 2017). Adolescents have the danger of engaging in self-destructive behaviours that could trigger suicidal ideation (Begum, 2021). Suicidal behaviour often consists of the steps of: suicidal ideation, suicide attempts and successfully committing suicide (Li, Bao, Li, & Wang, 2016). Suicidal ideation is a known precursor to suicide attempts, which can lead to death by suicide (Brown, Beack, Steer, & Grisham, 2000). Suicidal ideation and attempts are a significant risk factor for suicide deaths, but they can also have unfavourable consequences such as injury, hospitalization, loss of liberty, and financial burden (Klonsky, May, & Saffer, 2016).

Although there are many factors that contribute to suicidal thoughts and behaviours among adolescents, a strong association between suicide and mental health, most frequently, anxiety, depression, mood disorders, attention, behaviour disorders have been identified (Ghandour, et al., 2019) (Nock, et al., 2013). Mental health problems are known as a risk factor to suicidal behaviour among adolescents (Bridge, Goldstein, & Brent, 2006) (Smischney, Chrisler, & Villarruel, 2014). The most common mental health condition linked to adolescent suicide and suicidal tendencies is depression (Stein, Apter, Ratzoni, Har-Even, & Avidan, 1998) (Harrington, 2001) (Reyes, et al., 2017). Zong (2015), in his study with South Korean adolescents found that depression and suicide ideation are strongly related (Zong, 2015). Depression has been cited as among the causes of suicidal ideation in Norwegian adolescents (Strandheim, et al., 2014). Independent of other diagnoses, a diagnosis of depression was associated with a six-fold higher chance of suicidal ideation and attempts in a study comparing suicidal and non-suicidal behaviour in youth with mental health disorders (Nock, et al., 2013). Significant positive correlation also has been found to exist between suicidal ideation and stress among adolescents (Shaheen & Jahan, 2017). Histories of mental health or emotional problems and a diminished sense of belonging helps predict suicidal ideation among adolescents (Shimshock, Williams, & Sullivan, 2011). Depression before suicide is referred to as a “silent crisis” by Kroning and Kroning (2016) (Kroning & Kroning, 2016).

According to research, adolescents who engage in suicidal behaviours frequently exhibit aggressive and impulsive behaviour, lack effective coping and problem-solving skills, feel less supported by family and friends, and generally feel hopelessness (Philip & Emil, 2002) (Willis, Coombs, Cockerham, & Frison, 2002). When Kaltiala-Heino et al. (1999) examined the association between school bullying and suicidal thoughts, they came to the conclusion that both bullies and victims of bullying have an elevated risk of suicide (Kaltiala-Heino, Rimpela, Marttunen, Rimpela, & Rantanen, 1999). Adolescents who are not involved in the cycle of bullying have a lower rate of suicidal ideation (Hesapcioglu, Meraler, & Ercan, 2018). According to Goodwin and Marusic (2003), feelings of inferiority are linked to a much higher risk of having suicidal thoughts among adolescents (Goodwin & Marusic, 2003).

For adolescents, a stressful life event frequently precedes an attempt to suicide (Stein, Apter, Ratzoni, Har-Even, & Avidan, 1998). Although not the cause of suicide, these events may increase an adolescent’s vulnerability, add to their sense of helplessness and despair, or make them feel overwhelmed or act impulsively (Smischney, Chrisler, & Villarruel, 2014). Relationship breakups, parental divorce, a loved one’s death, academic failure, and physical/sexual child abuse are events that are frequently cited as having occurred before a suicide attempt (Kidd, et al., 2006) (Mahfoud, Afifi, Haddad, & Dejong, 2011) (Mazza, 2000). Although most adolescents encounter these circumstances at some point, research indicates that many of these detrimental life stressors when combined with a psychiatric disorder can significantly increase suicide risk and behaviours among them (Sofronoff, Dalgliesh, & Kosky, 2005).

II. RESEARCH METHODOLOGY

2.1 Objectives of the Study

1. To assess the psychological problems of adolescents living with suicidal ideation before and after the social work intervention strategies.
2. To find out the effectiveness of the social work interventions.

2.2 Study Design

The present study was carried out using the Basic Single-Subject Design, which is popularly known as the AB design. In such designs, the subject is repeatedly measured in relation to the specific outcome indicators of the target problem before and after the intervention is implemented to determine for any change in the target problem (Lal Das, 2013). The AB design comprises of a baseline phase (A) with repeated measurements before the intervention, which performs the same role as the control groups do in true experimental designs; and an intervention phase, identified as B which continues the same repeated measures after the intervention. In this research design, the effectiveness of the intervention is ascertained by comparing the baseline measurements and the measurements taken after the intervention (Rubin & Babbie, 2011).

2.3 Instruments

The psychological problems of the subjects were measured using the Depression, Anxiety and Stress Scale-42 items (DASS-42) developed by Lovibond and Lovibond (1995) which is a self-report scale designed to measure the negative emotional states of depression, anxiety and stress. It is a 4-point Likert scale ranging from 0 to 3 that indicates how much the statement applies to the person over the past week. There are 14 items each for each of the three sub-scales. The scoring for this scale is done as (Lovibond & Lovibond, 1995):

DASS-42 Scoring	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	28+	20+	34+

For measuring the suicide ideation, the Beck Scale for Suicide Ideation (BSSI) developed by Beck, Kovacs and Weissman (1988) was used. It is a 19-item self-report scale which is used to evaluate the presence and intensity of suicidal thoughts in a week before evaluation. It is 3-point Likert ordinal scale from 0 to 2 and the total scores are calculated by adding the scores of each of the 19 items, which can range from 0 to 38, with higher values indicating a greater risk for suicide. There is no categorization of the total scores (Esfahani, Hashemi, & Alavi, 2015).

2.4 About the Subjects

Four subjects participated in this study. They were of the age group or 17 to 19 years, residing in the state of Manipur. They were two males and two females. None of the subjects had any history of suicide attempt. And none of them were either having a current or past diagnosis of an organic mental disorder.

2.5 Statistical Analysis

The scores were presented and analyzed in the form of tabular and graphical representations. To find out the effectiveness of the social work intervention strategies in reducing the target problems, the 2SD method was used. In the 2SD method, the mean value of the pre-intervention scores and standard deviation value was calculated; after calculating the 2SD, the lower limit (Mean-2SD) and the upper limit (Mean+2SD) values of range were calculated. Since, it was expected that both the psychological problems and suicidal ideation of the subjects should reduce after the intervention, the lower limit values were considered. And out of the five post-intervention assessment scores, if the values of at least three scores were lesser than the lower limit value then, the interventions could be claimed to be effective in bringing changes in the target problem.

2.5 Limitations of the Study

The study being a single subject design study has methodological limitations with regard to generalizations. The study was conducted with four subjects and as such, the generalizability of the findings of this study to other populations may be limited.

III. ESTABLISHMENT OF THE BASELINE

To establish the baseline measurements, the instruments BSSI and DASS-42 were administered to all the four subjects, for five repeated times, with each measurement taken with an interval of one-week. The first baseline data was collected on 8th January 2023 and the fifth baseline measurement was taken on 5th February 2023. Table 1 shows the scores obtained by the subjects during the baseline phase.

Table 1: Pre-Intervention Assessment Scores of BSSI and DASS-42

Subjects	Observations	BSSI	DASS-42		
			Depression	Anxiety	Stress
Subject 1	First	29	29	26	30
	Second	27	31	25	27
	Third	29	33	20	29
	Fourth	29	35	20	29
	Fifth	30	37	21	31
Subject 2	First	30	34	17	29
	Second	30	32	15	29
	Third	30	34	18	29
	Fourth	33	36	19	31
	Fifth	33	35	18	29
Subject 3	First	28	41	29	36
	Second	27	37	24	31
	Third	33	36	26	33
	Fourth	31	40	25	33
	Fifth	35	38	26	34
Subject 4	First	28	34	27	34
	Second	29	34	25	36
	Third	33	35	26	36
	Fourth	31	38	27	36

	Fifth	34	37	26	37
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IV. INTERVENTIONS

To fulfill the objectives of this study, a package of social work intervention strategies was applied by the researcher, which were aimed to reduce the intensity of suicidal ideation and psychological problems among the subjects. The social work interventions were given at two different levels: individual and interpersonal levels. The social work intervention package consisted of individual counselling, psychoeducation, parental counselling and relaxation techniques. At the individual-level, individual counselling and relaxation techniques were given to the subjects. Parental counselling and psychoeducation for the parents was used as an interpersonal-level intervention. All the interventions were given for a period of one-and-a-half-month duration (from 12th February 2023 to 26th March 2023). Guided by the values, ethics and principles of social work, the researcher carried out the intervention strategies to develop a helping relationship with the subjects and their parents. Figure 1 demonstrates the social work interventions applied by the researcher.

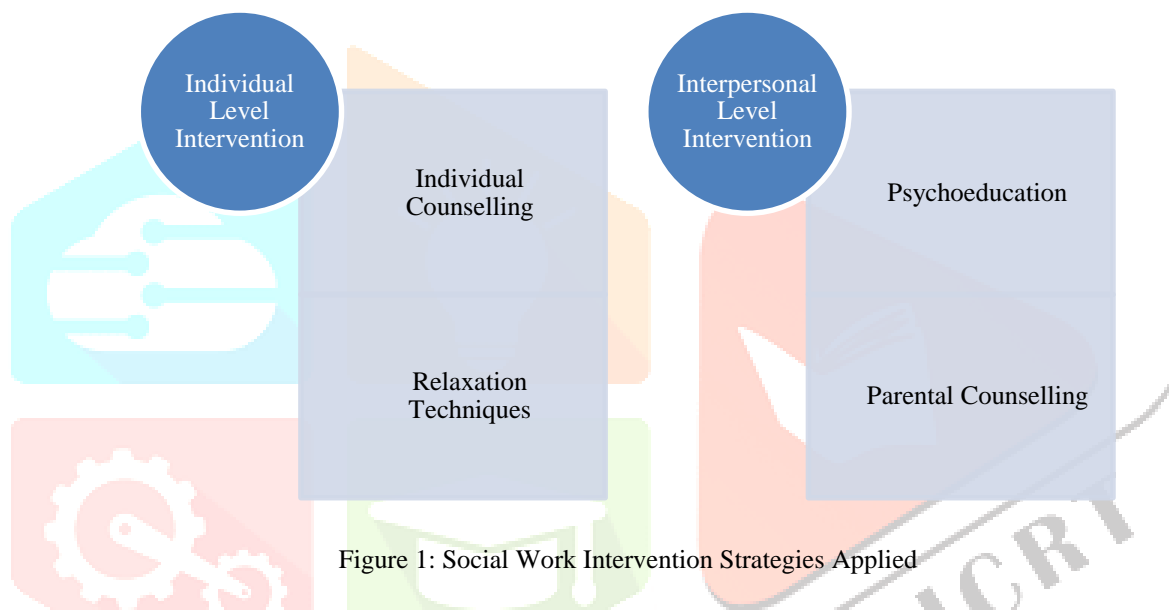


Figure 1: Social Work Intervention Strategies Applied

Each subject was given four sessions of individual counselling and each session lasted for 40 to 50 minutes. The face-to-face interactions were carried out with each individual subject with the purpose of knowing them and providing them with a sense of emotional support. Rapport building was already initiated by the researcher during the time of baseline data collection. Through the counselling sessions, the researcher demonstrated interests in the subjects, to know the details of their negative life experiences associated with suicidal ideation. Though showing warmth and courtesy, they were assured that their negative feelings were not wrong but has the potential to cause self-harm to themselves. They were allowed to ventilate their negative feelings and emotions, such as, guilt, fear, anger and sorrow; which consumes mental energy and leaves very little room for problem solving. The researcher provided them emotional support, making them feel hopeful, motivating and giving advices to them, and engaging them in reflective discussions to allow them to think through for finding constructive solutions to their problems. The individual counselling sessions also boosted the morale and confidence of the subjects to inculcate psychological skills to cope with their unpleasant emotions and thoughts, identify their personal purpose in life, act constructively on their problems, and appreciate meaningful aspects of life.

For adolescents who are at the risk of suicide, parents can play an important role in supporting them and enabling them to cope with their suicidal thoughts. Psychoeducation was provided to the parents of the subjects to impart them literacy on the psychological health status of their children, and offering them education on how they can lend a supporting role in enabling their children to change their negative suicidal thoughts and ideation into positive constructive ones. The parents were educated on the warning signs or symptoms

of suicidal behaviour, causes and effects of such behaviour and thoughts, and their role in changing such negative thoughts of their children. Two session each of psychoeducation was provided to each of the subject's parents.

Parental counselling was also used as a social work intervention strategy by the researcher. The parents were also made to understand the importance of having positive and healthy relationship with their children, so that their children can approach them during the times of their difficulties. Three sessions of parental counselling were provided to the parents of each subject. Through parental counselling, the parents were discussed about their significance in enabling their children towards positive thinking and constructive problem solving.

Relaxation techniques is a cluster of techniques to manage stress and help attain a peace of mind and therefore, a better quality of life. This technique was used by the researcher to help the subjects to strengthen their ability to face the realities surrounding their lives, by relaxing their body, which in turn, enables them to calm their mind and think positively. It enables in channelizing our energies in constructive ways. Relaxation techniques such as, deep breathing, listening to music, engaging in art, going for walk and meditation, were used by the researcher. Such techniques can prevent stress from spiraling out of control.

V. POST-INTERVENTION ASSESSMENT

Following an interval of one month after the completion of the intervention strategies, the researcher began with the post-intervention assessment. After the completion of all the social work intervention strategies, the BSSI and DASS-42 were administered again to the subjects, for five repeated times to obtain the post-intervention assessment scores, each measurement taken with a gap of a week. The first post-intervention assessment was collected on 1st May 2023 and the final post-intervention assessment was done on 29th May 2023. Table 2 shows the scores obtained by the subjects during the post-intervention phase.

Table 2: Post-Intervention Assessment Scores of BSSI and DASS-42

Subjects	Observations	BSSI	DASS-42		
			Depression	Anxiety	Stress
Subject 1	First	11	15	14	18
	Second	17	13	11	19
	Third	14	12	9	16
	Fourth	12	11	5	15
	Fifth	12	12	5	16
Subject 2	First	21	17	14	17
	Second	18	13	15	14
	Third	18	15	14	15
	Fourth	15	12	10	14
	Fifth	13	10	11	12
Subject 3	First	23	24	14	17
	Second	21	23	11	17
	Third	22	20	13	16
	Fourth	18	18	9	15
	Fifth	18	17	11	14
Subject 4	First	15	23	11	24
	Second	16	18	15	21

	Third	13	15	11	16
	Fourth	11	16	10	15
	Fifth	11	13	12	14

VI. RESULTS

The findings discussed are based on the pre and post-intervention assessment scores of each of the four subjects for BSSI and DASS-42 instruments. The table below gives the pre and post-intervention assessment scores of the subjects.

Table 3: Pre and Post-Intervention Assessment Scores

Subjects	Pre-Intervention Scores				Post-Intervention Scores			
	BSSI	Depression	Anxiety	Stress	BSSI	Depression	Anxiety	Stress
Subject 1	29	29	26	30	11	15	14	18
	27	31	25	27	17	13	11	19
	29	33	20	29	14	12	9	16
	29	35	20	29	12	11	5	15
	30	37	21	31	12	12	5	16
Subject 2	30	34	17	29	21	17	14	17
	30	32	15	29	18	13	15	14
	30	34	18	29	18	15	14	15
	33	36	19	31	15	12	10	14
	33	35	18	29	13	10	11	12
Subject 3	28	41	29	36	23	24	14	17
	27	37	24	31	21	23	11	17
	33	36	26	33	22	20	13	16
	31	40	25	34	18	18	9	15
	35	38	26	34	18	17	11	14
Subject 4	28	34	27	34	15	23	11	24
	29	34	25	36	16	18	15	21
	33	35	26	36	15	15	11	16
	31	38	27	36	16	16	10	15
	34	37	26	37	13	13	12	14

The data presented above in table 3 shows that there has been a decline in the scores of both BSSI and DASS-42 (Depression, Anxiety and Stress) for all the four subjects across the five pre-intervention and five post-intervention assessments.

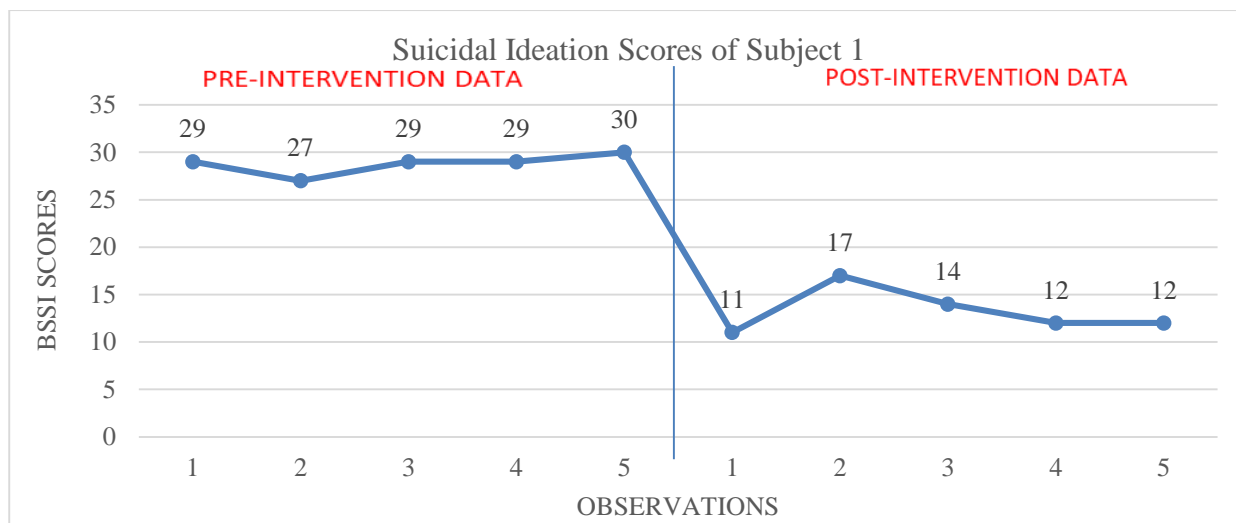


Figure 2: Pre and Post-Intervention Assessment Scores of BSSI of Subject 1

Figure 2 depicts the graphical representation of the pre and post-intervention assessment scores of suicidal ideation of subject 1. The mean of the pre-intervention scores was found to be 28.80 and the standard deviation was found to be 1.09. The 2SD was found to be 2.18 and range was found to be 30.98 to 26.62. Since it was expected that the scores of suicidal ideation should decrease after the intervention, the lower limit value was considered to check the effectiveness of the social work intervention strategies. It was found that all the post-intervention scores (11, 17, 14, 12 and 12) were lesser than the lower limit value, it can be claimed that social work interventions were effective in bringing statistically significant changes in suicidal ideation scores of subject 1.

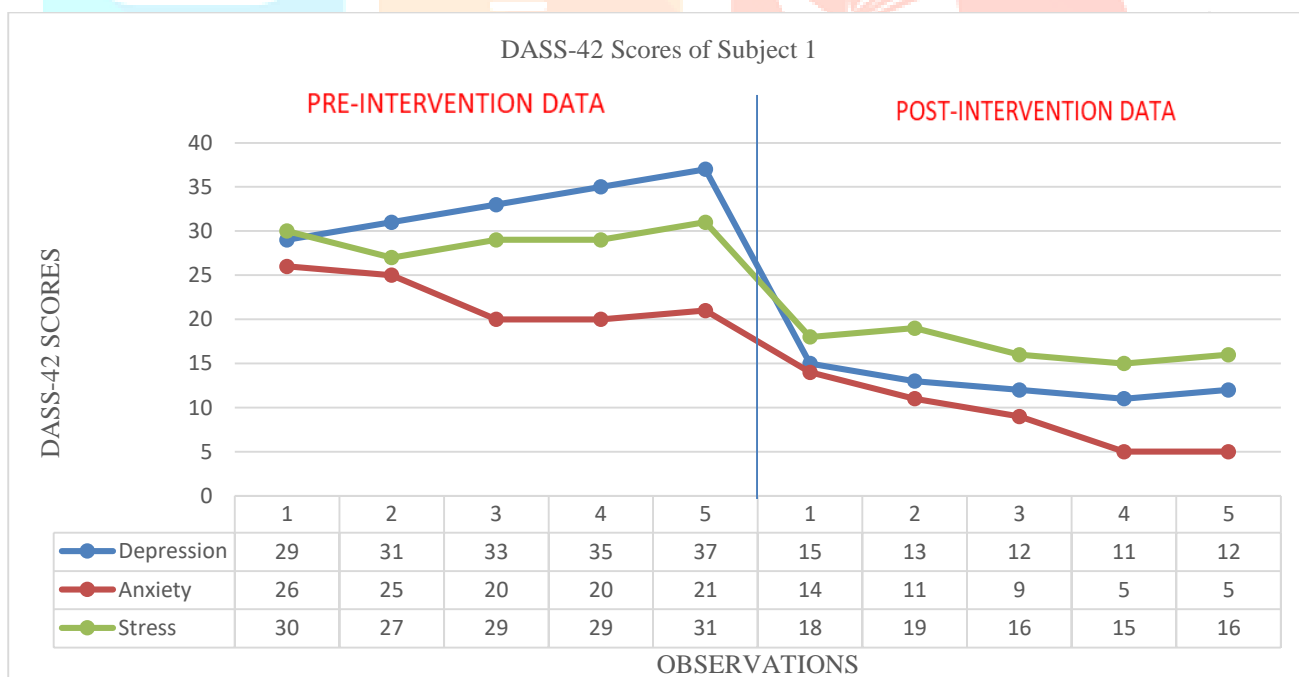


Figure 3: Pre and Post-Intervention Assessment Scores of Psychological Problems of Subject 1

The graph above shows a decline in all the three psychological problems: depression, anxiety and stress after the intervention. The table below gives an analysis of the effectiveness of the social work intervention strategies applied by the researcher to find out the statistical effectiveness in reducing the psychological problems of subject 1.

Table 4: Analysis of 2SD Method for Checking Effectiveness of Interventions on Reducing Psychological Problems of Subject 1

Findings	Psychological Problems		
	Depression	Anxiety	Stress
Pre-intervention Scores	29,31,33,35,37	26,25,20,20,21	30,27,29,29,31
Mean of Pre-intervention Scores	33	22.40	29.20
SD of Pre-intervention Scores	3.16	2.88	1.48
2SD of Pre-Intervention Scores	6.32	5.76	2.96
Range	39.32 to 26.68	28.16 to 16.64	32.16 to 26.24
Post-intervention Scores	15,13,12,11,12	14,11,9,4,5	18,19,16,15,16
Effectiveness	Effective	Effective	Effective

Since the psychological problems were expected to reduce after the intervention, the value of lower limit of the range was considered to check the statistical effectiveness of the intervention strategies. For all the three psychological problems, all the post-intervention scores were found to be lesser than the lower limit values. Thus, the intervention strategies applied by the researcher were found to be statistically effective in reducing the psychological problems of subject 1.

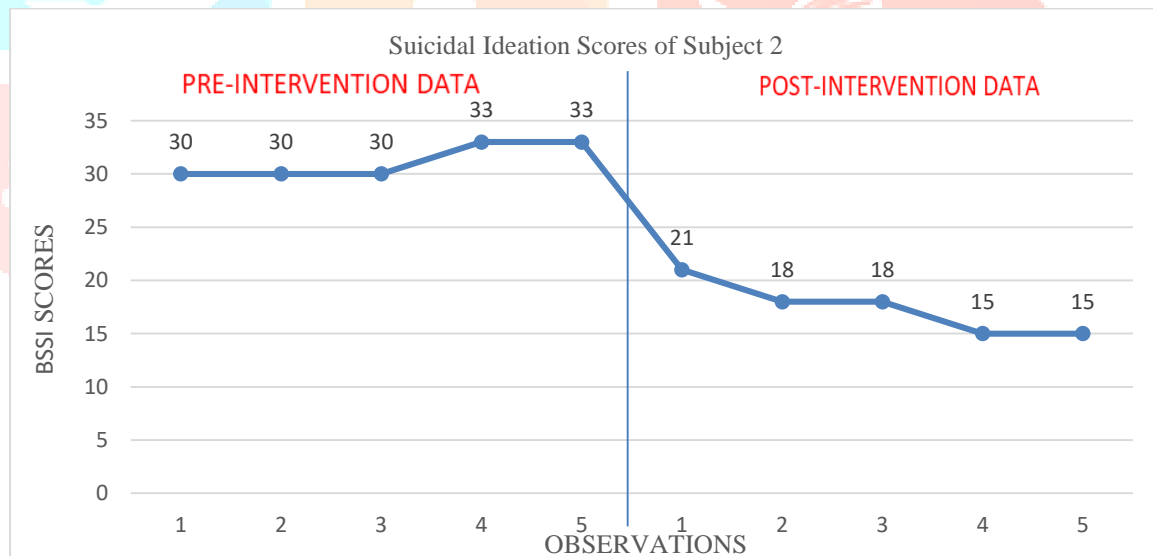


Figure 4: Pre and Post-Intervention Assessment Scores of BSSI of Subject 2

The graph shown above shows a decline in the scores of suicidal ideation of subject 2 from the pre-intervention phase to the post-intervention phase. The mean value of the pre-intervention scores of suicidal ideation was found to be 31.20 with the standard deviation of 1.64. The 2SD value was found to be 3.28 and the range was from 34.48 to 27.92. The value of the lower range to check the effectiveness of the social work intervention strategies, and since all the post-intervention scores of suicidal ideation were lesser than the lower limit value of the range, it has been proved that the intervention strategies used by the researcher were statistically effective in reducing the suicidal ideation of subject 2.

Table 5: Analysis of 2SD Method for Checking Effectiveness of Interventions on Reducing Psychological Problems of Subject 2

Findings	Psychological Problems		
	Depression	Anxiety	Stress
Pre-intervention Scores	34,32,34,36,35	17,15,18,19,18	29,29,29,31,29
Mean of Pre-intervention Scores	34.20	17.40	29.40
SD of Pre-intervention Scores	1.48	1.51	0.89
2SD of Pre-Intervention Scores	2.96	3.02	1.78
Range	37.16 to 31.24	20.42 to 14.38	31.18 to 27.62
Post-intervention Scores	17,13,15,12,10	14,15,14,10,11	17,14,15,14,12
Effectiveness	Effective	Effective	Effective

The social work intervention strategies used by the researcher were found to be statistically effective in reducing all the three psychological problems of subject 2, since all the post-intervention scores were found to be lesser than the lower limit values of the range of each of the three psychological problems.

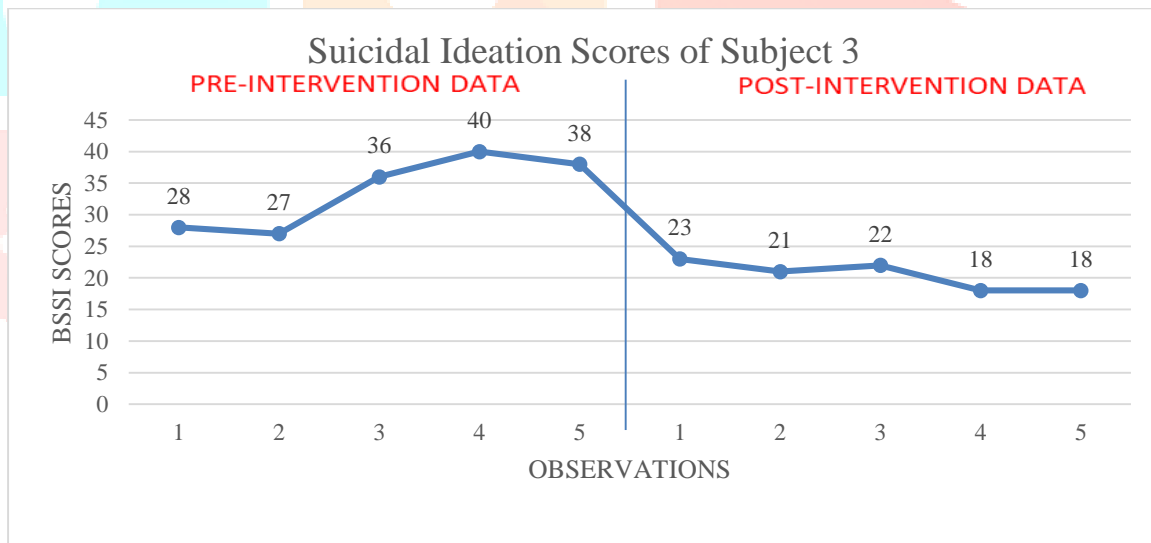


Figure 5: Pre and Post-Intervention Assessment Scores of Suicidal Ideation of Subject 3

Figure 4 shows a decline in the trend of suicidal ideation scores of subject 3 from the pre to the post-intervention assessment phase. The mean value of the pre-intervention scores was found to be 30.80 and the standard deviation 3.34. The calculated value of 2SD was 6.68 and the range was found to be 37.48 to 24.12. It was found that all the post-intervention scores were lesser than the lower limit value of the range and therefore, it can be concluded that the intervention strategies were effective in reducing the suicidal ideation of subject 3.

Table 6: Analysis of 2SD Method for Checking Effectiveness of Interventions on Reducing Psychological Problems of Subject 3

Findings	Psychological Problems		
	Depression	Anxiety	Stress
Pre-intervention Scores	41,37,36,40,38	29,24,26,25,26	36,31,33,34,34
Mean of Pre-intervention Scores	38.40	26.00	33.60
SD of Pre-intervention Scores	2.07	1.87	1.81
2SD of Pre-Intervention Scores	4.14	3.74	3.62
Range	42.54 to 34.26	29.74 to 22.26	37.22 to 29.98
Post-intervention Scores	24,23,20,18,17	14,11,13,9,11	17,17,16,15,14
Effectiveness	Effective	Effective	Effective

Since all the post-intervention scores were found to be lesser than the lower limit value of range of all the three psychological problems assessed by DASS-42, the social work interventions applied by the researcher were found to be effective in reducing the psychological problems of depression, anxiety and stress of subject 3.

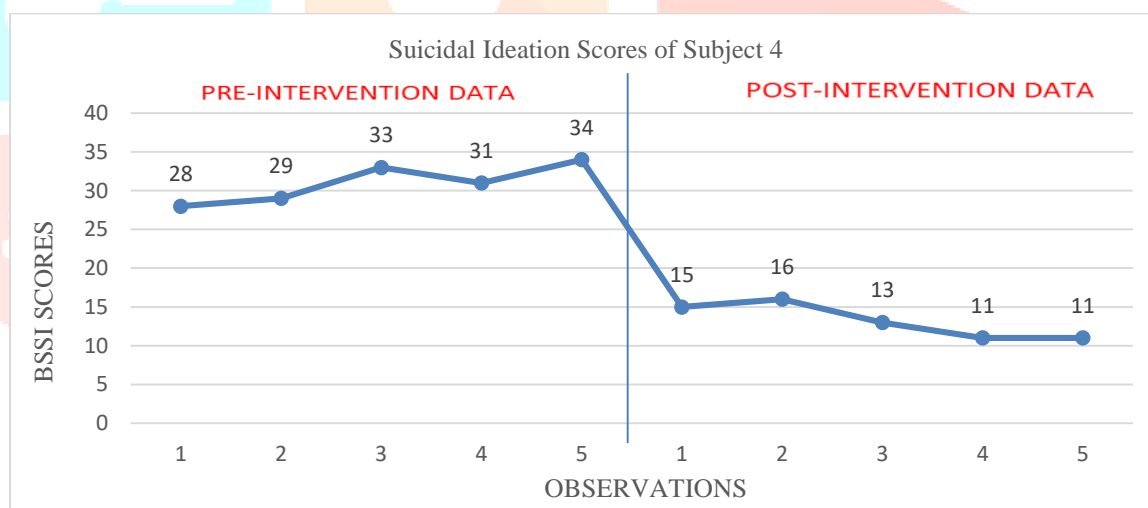


Figure 6: Pre and Post-Intervention Suicidal Ideation Assessment Scores of Subject 4

Figure 5 gives the graphical representation of the pre and post-intervention assessment scores of suicidal ideation of subject 4. The graph shows a decline in the scores from the pre to the post-intervention assessment. The mean of the pre-intervention assessment scores was 31 and the standard deviation was 2.54. The 2SD was calculated to be 5.08 and the range was found to be from 36.08 to 25.92. All the post-intervention assessment scores were found to be lesser than the lower limit value of range, and hence, it can be concluded that the interventions were statistically effective in reducing the suicidal ideation of subject 4.

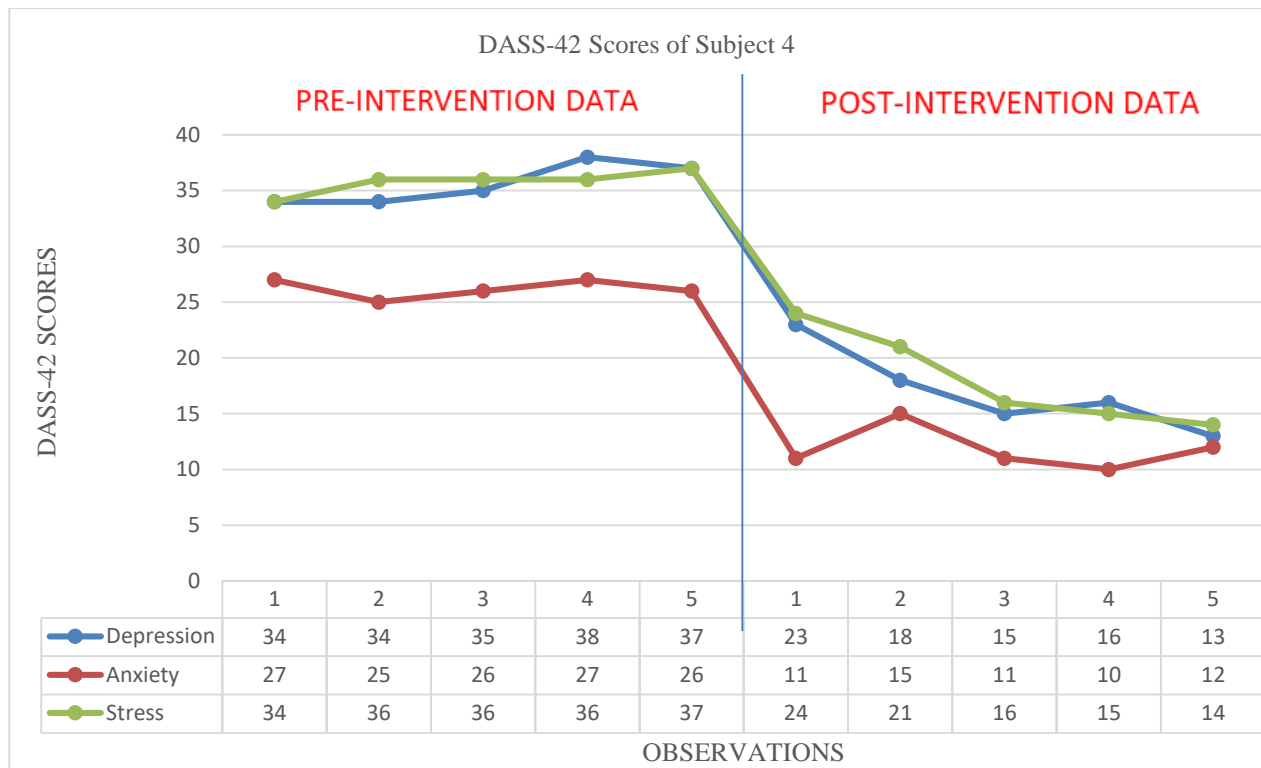


Figure 7: Pre and Post-Intervention Assessment Scores of Psychological Problems of Subject 4

From the graph above, we can see a declining trend in all the three psychological problems: depression, anxiety and stress after the intervention. The table below gives an analysis of the 2SD method to find out the statistical effectiveness of the social work intervention strategies applied by the researcher in reducing the psychological problems of subject 4.

Table 7: Analysis of 2SD Method for Checking Effectiveness of Interventions on Reducing Psychological Problems of Subject 4

Findings	Psychological Problems		
	Depression	Anxiety	Stress
Pre-intervention Scores	34,34,35,38,37	27,25,26,27,26	34,36,36,36,37
Mean of Pre-intervention Scores	35.60	26.20	35.80
SD of Pre-intervention Scores	1.81	0.83	1.09
2SD of Pre-Intervention Scores	3.62	1.66	2.18
Range	39.22 to 31.98	27.86 to 24.54	37.98 to 33.62
Post-intervention Scores	23,18,15,16,13	11,15,11,10,12	24,21,16,15,14
Effectiveness	Effective	Effective	Effective

Since all the post-intervention scores were found to be lesser than the lower limit value of range of all the three psychological problems, the social work interventions applied were found to be effective in reducing the psychological problems of depression, anxiety and stress of subject 4.

VII. DISCUSSIONS AND IMPLICATIONS FOR SOCIAL WORK PRACTICE

The statistically significant results of the interventions in bringing effective changes in the target problems of the subjects by reducing their intensity of psychological problems and suicidal ideation was proved by the 2SD method. The results of the study showed that the package of social work intervention strategies applied by the researcher was effective in alleviating the target problems. Through the use of the AB Single Subject design and the repeated number of measurements both during the baseline and intervention phase helped in ascertaining that the problems being experienced by the subjects are not due to chance or due to the effect of any extraneous factors. From the tabular and graphical representation of the pattern of data, it enabled in visualizing in the changes after the interventions. The results of the study also need to be considered in the context of several methodological limitations. Being a single subject design study, the study has limited generalizations. The generalizability of the findings to other populations may be limited. However, the study can be replicated using the same study design and intervention package with similar subjects.

Both mental health issues and suicide is a complex public health concern. Although there are no systematic patterns that can be used to predict suicide, a better understanding of the psychological, sociological and biological aspects that are connected to suicide may aid in the early detection of high-risk individuals and help them receive treatment. Psychotherapeutic and pharmacological treatment of mental disorders can often prevent suicidal behaviour. Healthcare systems and schools should work to identify adolescents who are at the risk of suicide and be prepared to provide them with timely and empathetic support once they have been identified. A holistic and comprehensive solution is essential.

Above all, the study also highlights that social work research lays a firm base for social work practice through ascertaining the visible changes brought by the social work interventions, and therefore, social work practice and research are complementary to one another.

VIII. FUNDING

No funding was received from any sources for carrying out this study.

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