



Will Culture Influence Coping Strategies, Psychological Well-being, and Suicidal Ideation? A Comparison between USA and Taiwanese College Students

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Significance

- ❖ Suicide is the second-leading cause of death among college students in the U.S. and is preventable.
- ❖ Approximately 1100 college students die by suicide each year in USA.



Significance (cont)

In Taiwan, youth suicide rate were 4.4 per 100,000 population in 1994 and increased to 6.21 per 100,000 population in 2004.

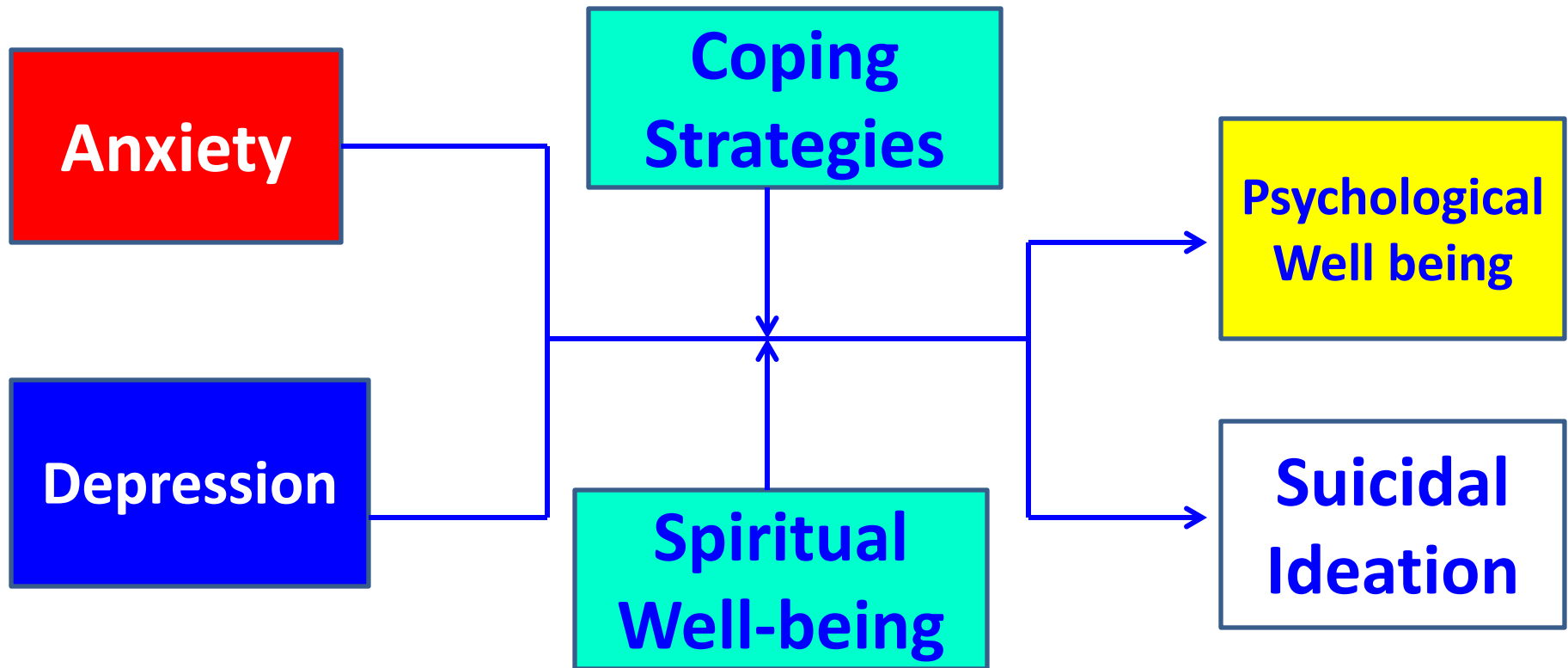


Purpose

The purpose of this study was to compare the differences between USA and Taiwanese college students' anxiety, depression, coping strategies, spiritual well-being, psychological well-being, and suicidal ideation.



Theoretical Framework





Method



- **Cross sectional, descriptive design**
- **Approval was obtained from the Institutional Research Board.**
- **Questionnaires collected by investigators.**
- **In USA, 46 USA college students were recruited; In Taiwan, 60 Taiwanese students were recruited.**
- **Data was analyzed by SPSS 16.0; Descriptive data analysis and t test was used**

Variables	Instruments	Items	Cronbach's Alpha	Range of Scores
Anxiety	Hamilton Anxiety Scale (Hamilton, 1969)	42	0.95	0-168
Depression	Zung Depression Scale (Zung, 1976)	20	0.76	20-80
Spiritual well-being	Jarel Spiritual Well-Being Scale (Hungelmann et al., 1996)	21	0.79	21-126
Coping Strategies	Coping Strategies Inventory Short Form (Addison et al., 2007)	16	0.71	16-80
Psychological well-being	Psychological Well-being Scale(Ryff, 1989)	18	0.79	18-108
Suicidal Ideation	Brief Screen for Adolesent Depression	7	0.72	0-7

Results

Variable	USA		Taiwanese		
Age	22.13 (<i>SD</i> = 3.05)		19.77(<i>SD</i> =3.27)		
Gender					
Male	50%		31.7%		
Female	50%		68.3%		
Variable	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>t</i>
<i>GPA</i>	3.22	0.47	2.94	0.61	2.68**
<i>Psychological Well-being</i>	84.22	10.57	79.23	9.68	2.50*
Autonomy	13.87	2.54	11.23	2.85	5.01***
Purpose in life	14.30	2.37	13.17	2.57	2.37*

* $p < .05$ ** $p < .01$ *** $p < .001$ (2-tailed)

Results

Variable	USA		Taiwanese		<i>t</i>
	<u><i>M</i></u>	<u><i>SD</i></u>	<u><i>M</i></u>	<u><i>SD</i></u>	
<u><i>Spiritual Well-being</i></u>	95.15	9.07	88.62	11.55	3.26***
Faith/Belief	27.93	4.42	23.78	4.67	4.67***
Life/Self responsibility	31.35	3.22	29.23	4.97	2.65**
<u><i>Anxiety</i></u>	5.13	10.54	32.25	20.94	-8.70***
<u><i>Depression</i></u>	32.37	5.11	40.38	6.70	-6.99***
<u><i>Suicidal Ideation</i></u>	0.48	0.96	1.93	1.82	-5.30***
<i>Reasons for Alcohol Use</i>	3.07	0.49	4.37	1.55	-6.11***

Ex. have you used alcohol because you were feeling...

1. Nervous or scared?

* $p < .05$ ** $p < .01$ *** $p < .001$ (2-tailed)

Results

Variable	USA		Taiwanese		<i>t</i>
<u>Coping Strategies</u>	<u><i>M</i></u>	<u><i>SD</i></u>	<u><i>M</i></u>	<u><i>SD</i></u>	
Problem-Focused Disengagement	15.04	2.26	13.82	2.35	2.72**
Ex. I make a plan and follow it.					
Emotion- Focused Engagement	11.72	2.37	12.75	2.64	-2.11*
Ex. I hope for a miracle.					
Emotion- Focused Disengagement	11.28	2.38	13.20	2.57	-3.97***
Ex. I tend to criticize myself.					

* $p < .05$ ** $p < .01$ *** $p < .001$ (2-tailed)

Results

Variable	USA		Taiwanese		<i>t</i>
<u>BSAD</u>	<u><i>n</i></u>	<u><i>%</i></u>	<u><i>n</i></u>	<u><i>%</i></u>	
0-2 (Normal)	44	95.7	37	61.7	-4.24***
3 (possible depression)	0	0	9	15	
4-7 (Should talk to a mental health professional)	2	4.3	14	23.3	
<u>Marriage</u>					
Single	37	80.4	60	100	3.13**
Married	7	15.2	0	0	
In the past year, there was a time have five or more alcoholic drinks in row	24	52.2	15	25	-2.91**

Variable	USA		Taiwanese		t
<u>Religion</u>	<u>n</u>	<u>%</u>	<u>n</u>	<u>%</u>	
Not Religious	4	8.7	32	53.3	5.23***
Believe in Jesus Christ	41	89.1	7	11.7	
Buddhist	0	0	10	16.7	
Taoism	0	0	8	13.3	
<u>Children</u>					
0	31	67.4	60	100	4.10***
1	11	23.9	0	0	
2	3	6.5	0	0	
3	1	2.2	0	0	
Income Less than \$1000 per month	25	54.3	59	98.3	2.16*

Conclusion



- There were significant differences of anxiety, depression, spiritual well-being, coping strategies, psychological well-being, and suicidal ideation between USA and Taiwanese college students.
- Taiwanese students had higher level of anxiety, depression, and suicidal ideation.
- USA students had higher level of spiritual well-being and psychological well-being.

Conclusion



- Compared with Taiwanese students' coping strategies, USA students had a higher score at problem-focused disengagement and lower scores at both emotion-focused engagement and emotion-focused disengagement.
- Because of the small sample size, there is a limitation in the generalizability.

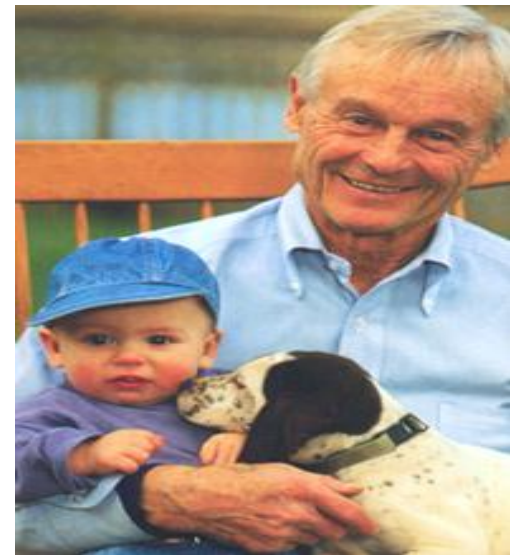
Conclusion



- **Psychological well-being is largely affected by anxiety and depression. It is important for nurses to recognize factors causing anxiety and depression to prevent suicidal ideation.**
- **Nurses must educate clients on how to manage and treat anxiety and depression through coping strategies.**
- **Spiritual interventions have been shown to assist students with dealing with the stressors of college.**

Implications

- Resources can be provided on how to achieve spiritual well-being.
- Further education should be provided for teachers as well as nurses to prevent suicidal ideation and recognize poor coping strategies among individual students.



Acknowledgement



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Thank You Very Much!

