

1991-2015 Longitudinal Prevalence Trends of Suicide Ideation among High School Students in the U.S.

Yu-Han Zheng BSN, RN, Yu-Ku Chen BSN, RN, Jiunn-Jye Sheu PhD, MCHES School of Population Health



Background

People who experience suicide ideation tend to have an increasing risk of committing suicide. Prior literature did not stratify suicide ideation trends by gender grade, or race/ethnicity at the same time. **The purpose of this study is to further identify the sex-grade-race/ethnicity specific risk groups** using nationally representative adolescent.

Methods

Every other year from 1991-2015, CDC's Youth Risk Behavior Survey has been administered to nationally representative students in grades 9-12. We created charts that showed YRBS data in suicide ideation. The charts were created to examine the similarities and differences in suicide ideation among high school students and was stratified by gender, 3 major races/ethnicities, and grade level.

Results

Females constantly have a distinct, higher suicide ideation proportion than males. In addition, in the recent 2 years females had prominent alarming increases in suicide ideation. Males' proportions were more stable compared to female's. African Americans generally had the lowest proportions of suicide ideation.

Figure 1. Grade-race/ethnicity-specific trend comparison across genders

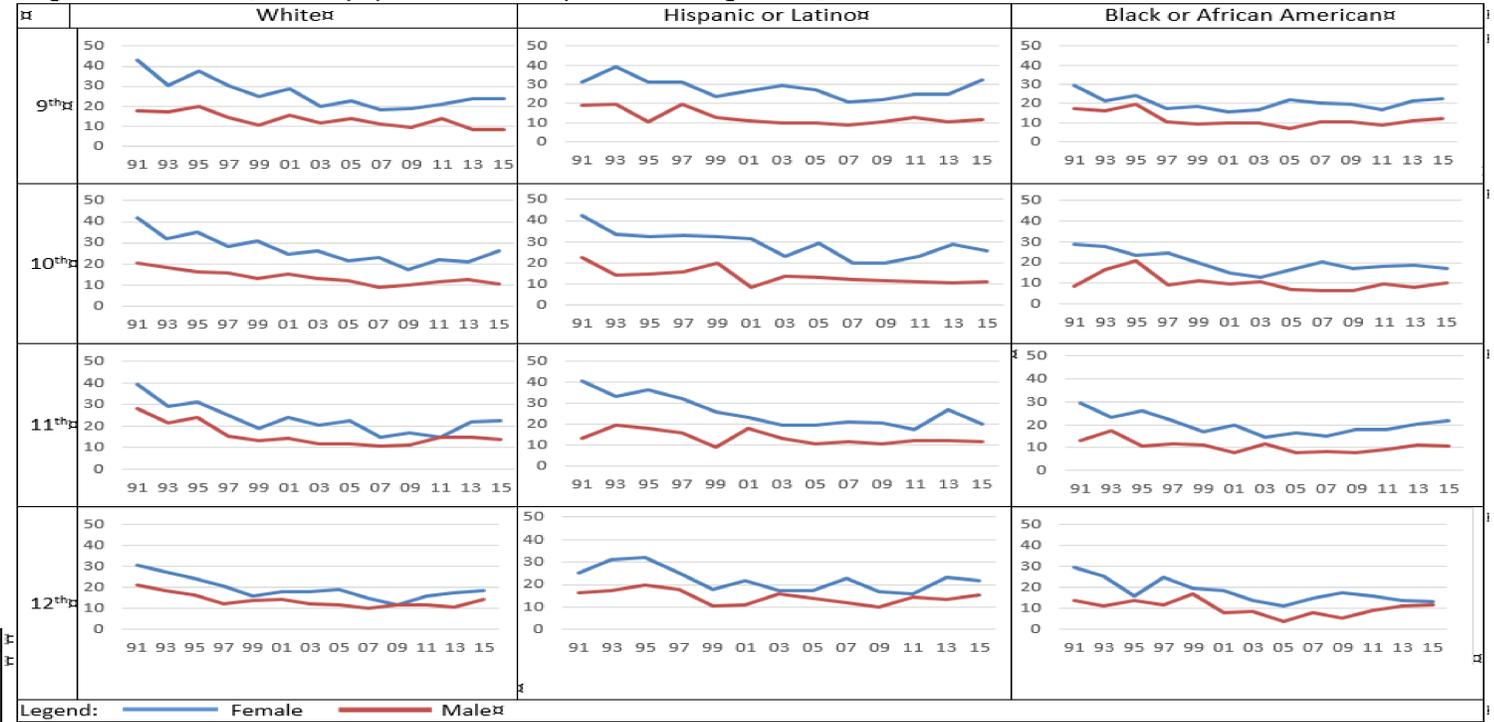


Figure 2. Sex-grade-specific trend comparison across races/ethnicities

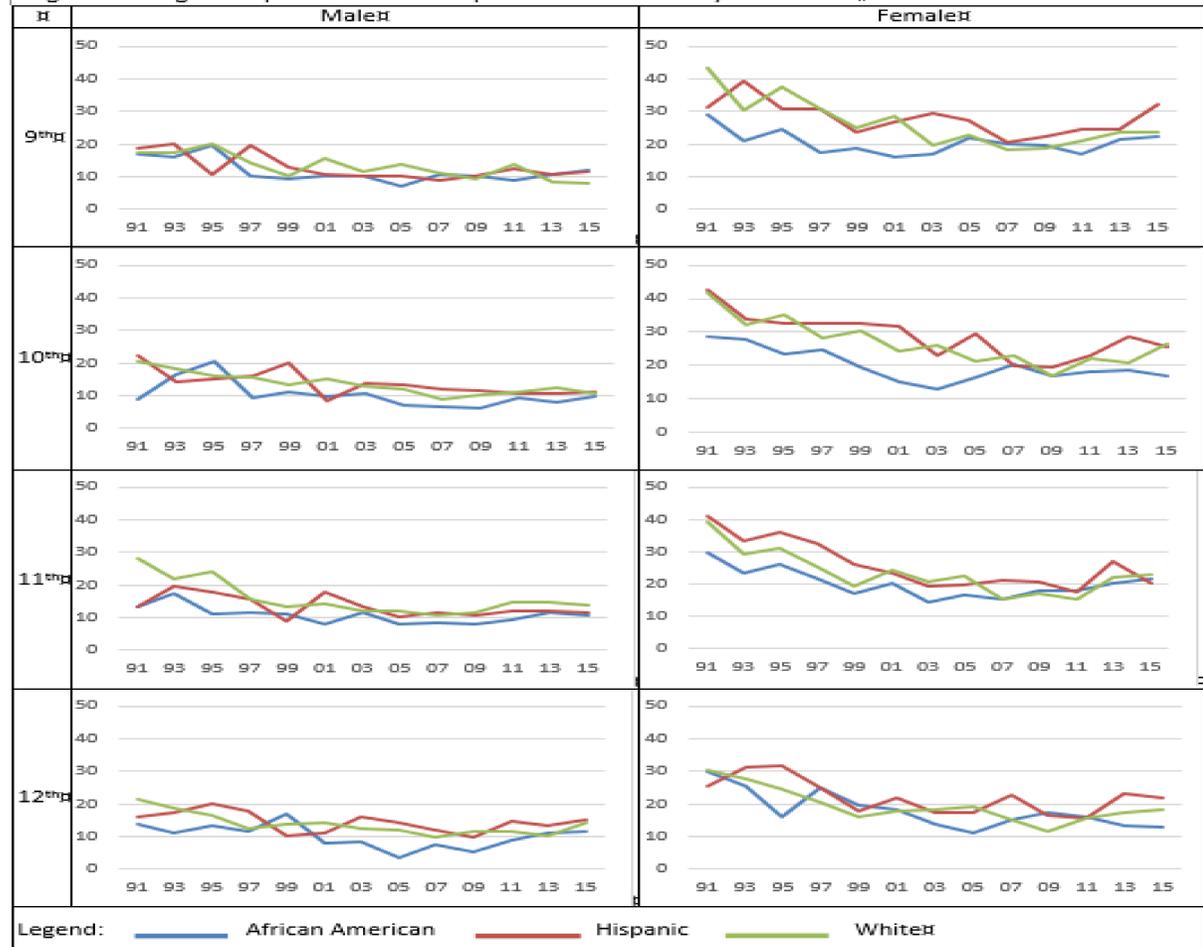
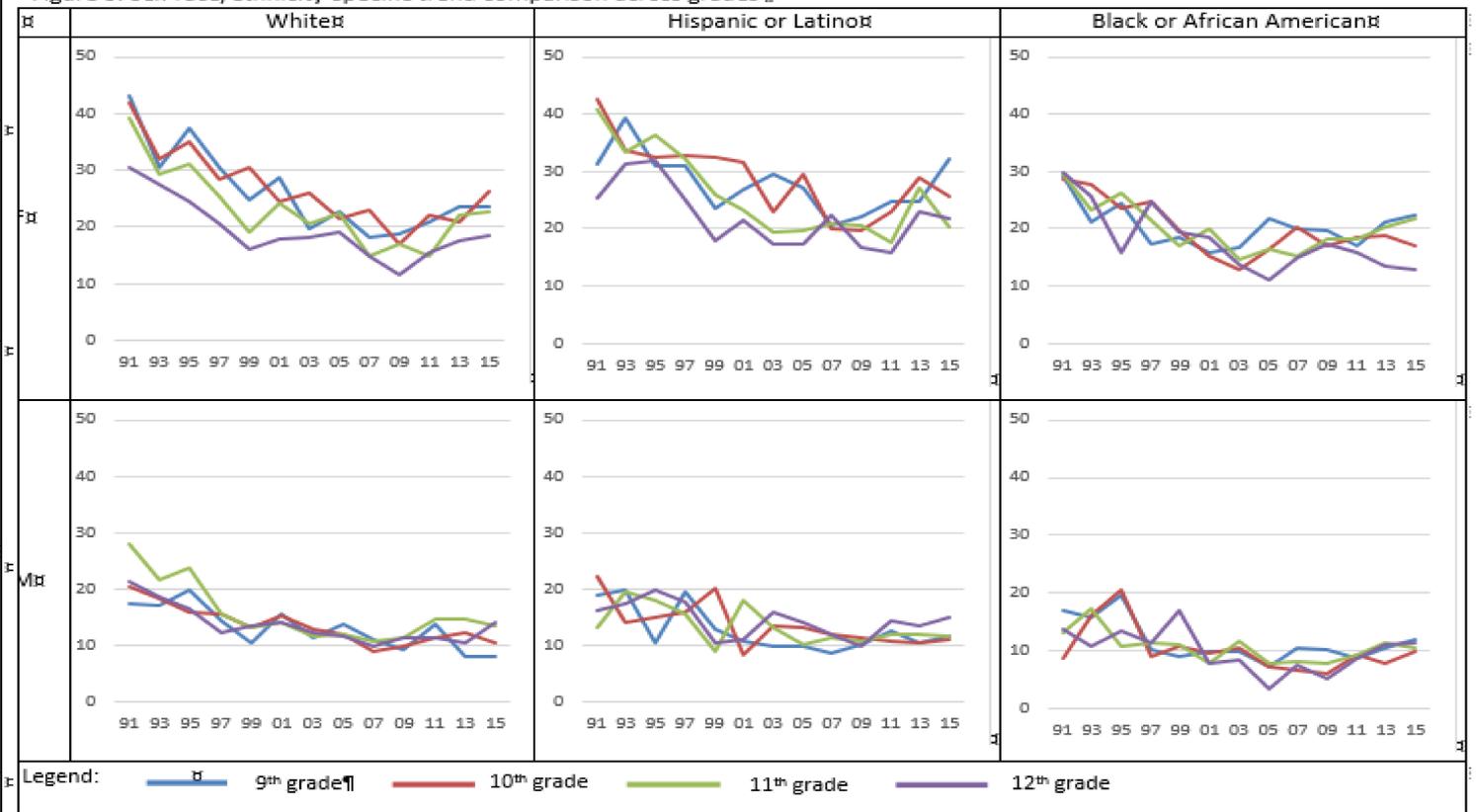


Figure 3. Sex-race/ethnicity-specific trend comparison across grades



Conclusion

The research showed that understanding the demographic characteristics of adolescents who have suicide ideation may help improve prevention and treatment of future and committed attempts. To prevent injuries incurred from suicide ideation, advanced psychiatric practice nurses are suggested to utilize effective assessment tools to identify high risk populations, primarily Hispanic and White female adolescents. Once identified, antidepressants and therapeutic groups are recommended. For more information: Yu-han.Zheng@rockets.utoledo.edu