



ORIGINAL ARTICLE

The correlation between emotional abuse and depression leading towards suicidal ideation among women.

Ayesha Tahir¹, Owais Kareem², Shiza Altaf³, Bushra Ijaz⁴, Sidra Farooq⁵, Muhammad Rizwan Mushtaq⁶

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ABSTRACT... Objective: To determine the correlation between depression, emotional abuse and their impact upon suicidal ideations among women. **Study Design:** Cross Sectional study descriptive study. **Setting:** Department of Psychiatry and Behavioural Science, Nishtar Medical University Multan. **Period:** 05-05-2022 to 05-10-2022. **Material & Methods:** 230 women were enrolled. Participants were screened by beck depression inventory (BDI), emotional abuse questionnaire (EBQ) and suicidal intention scale (BSI). The correlation between emotional abuse, depression and suicidal ideation were assessed by Pearson co relational coefficient. The impact of independent variables (i.e: emotional abuse, depression) upon dependent variable (i.e: suicidal ideation) was assessed through linear regression analysis. **Results:** A strong positive correlation between emotional abuse, depression ($r=0.611$) and between depression, suicidal ideation ($r=0.588$) was found. The linear regression analysis indicated that depression and emotional abuse have significantly related with suicidal ideation ($B=0.825$), ($B=0.152$) respectively. **Conclusion:** Depression and emotional abuse appeared to be significant factors contributing to suicidal ideation among women. Clinicians should anticipate emotional abuse and depression in women presented with suicidal ideation. Multi-dimensional approach may be needed for the evaluation and treatment of affected women.

Key words: Correlation, Depression, Emotional Abuse, Multan, Suicidal Intentions.

INTRODUCTION

Every year 703000 people take their own life by suicide, which is a tragedy that affects families, communities and even countries. Suicide can occur throughout the lifespan however the incidence of suicide is relatively high among 15-29 year old making it the fourth leading cause of death in adults.¹ Despite being a worldwide occurrence, a significant majority of global suicides, specifically 77%, took place in low and middle income countries during the year 2019.²

Suicidal ideations (SI) often called suicidal thoughts or ideas is a term used to describe a range of contemplations, wishes, and preoccupations with suicide.³ Having suicidal ideation is one of a significant risk factor for suicidal attempt.⁴ While males are at a higher risk of dying by suicide, females exhibit a significantly higher likelihood, approximately three to four

times more, of suicidal ideation.⁵ On the other hand, emotional abuse of women is a major public health concern and a violation of human rights. It indicates gender inequality and injustice within a society.⁶ About 1 in 3 women worldwide experience abuse, whether physical, emotional or sexual. Moreover emotional abuse is the strongest predictor for suicidal ideation among women.⁷ In addition to suicidal ideations, women subjected to emotional abuse are also at an increased risk of having depressive disorder, anxiety disorder and elicit substance use disorder.⁸ Despite the co-occurrence of emotional abuse, depression and suicidal ideation, no research has been conducted in South Punjab to highlight the substantial impact of emotional abuse and depression upon suicidal ideation among women. Furthermore, in our society, women are often unable to receive treatment for emotional abuse, depression and suicidal ideation, as

1. MCS (Psychology), M.Phil (Applied Psychology), Visiting Lecturer Psychology, Bahauddin Zakarya University, Multan.
2. MBBS, FCPS (Psychiatry), Assistant Professor Psychiatry and Behavioural Sciences, Quaid e Azam Medical College, Bahawalpur.
3. MBBS, House Officer, Quaid e Azam Medical College/ BVH, Bahawalpur.
4. MBBS, FCPS (Community Medicine), Assistant Professor Community Medicine, Nishtar Medical College, Multan.
5. BS (Applied Psychology), M.Phil (Applied Psychology), Phd Scholar Psychology, Bahauddin Zakarya University, Multan.
6. MBBS, FCPS, Senior Registrar Psychiatry and Behavioural Sciences, Nishtar Medical University and Hospital, Multan.

Correspondence Address:
Dr. Owais Kareem
Department of Psychiatry and Behavioural Sciences,
Quaid e Azam Medical College, Bahawalpur.
owaiskareem@hotmail.com

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mental health is not considered a health matter within the cultural realm of Pakistan.^{9,10} Therefore this study aims to investigate whether there is a significant correlation between emotional abuse, depression and suicidal ideation and whether emotional abuse and depression can contribute to suicidal ideation. The results of the study will inform mental health professionals as well as the policy makers for appropriate collaborative multi dimensional treatment for affected women.

MATERIAL & METHODS

After approval from the ethics review committee, this study was conducted at the Outpatient unit, Department of Psychiatry, Nishtar Hospital Multan. The Duration of the Study was six months from 05-05-2022 to 05-10-2022. By taking $p=30.5\%$, $q=1-p$, $d=8\%$ and confidence level = 95%, the sample size was calculated as $n=230$ women. Probability consecutive technique was used for data collection. Informed consent and confidentiality of participants were ensured. Baseline demographic information of patients was recorded on specified performa. At first the clinical screening of the participants was conducted to assess the presence or absent of depression by using Beck Depression Inventory (BDI).¹¹ The participants who had depression were assessed for emotional abuse and suicidal ideation by using Beck Scale for Suicide Ideation (BSI) and Emotional Abuse Questionnaire (EAQ).^{12,13,14}

Data Analysis

Data was analyzed using SPSS.ver.23. The mean and standard deviation (St.D) of study variables were calculated. Pearson's correlation coefficient was employed to determine correlation between emotional abuse, depression and suicidal ideation. Whereas, linier regression analysis assessed the impact of independent variables (i.e: emotional abuse, depression) upon dependent variable (i.e: suicidal ideation). P-value ($P \leq 0.05$) was considered statistically significant.

RESULTS

Our study comprised of 230 women meeting inclusion criteria. Study participants mean scores of emotional abuse, depression and suicidal ideation were (104.96 ± 13.69) , (48.62 ± 6.130) ,

(24.85 ± 4.629) respectively. (Table-I)

Scales Scoring	Mean (Std. Deviation)
Beck Depression Inventory	48.62 \pm 6.130
Beck Suicidal Intention	24.85 \pm 4.629
Emotional Abuse Questionnaire	104.96 \pm 13.69

Table-I. Descriptive statistics of depression, suicidal intension and emotional abuse questionnaire scoring

The correlation coefficient between emotional abuse and depression was 0.611. This indicates a moderately strong positive correlation between emotional abuse and depression. It suggests that as levels of emotional abuse increase the levels of depression would also increase. Likewise as the levels of emotional abuse decrease the levels of depression would also decrease. The correlation coefficient between depression and suicidal ideation was 0.588. This indicates a moderately strong positive correlation between depression and suicidal ideation. It suggests that as levels of depression increase the levels of suicidal ideation would also increase. Conversely, as levels of depression decrease, levels of suicidal ideation would decrease as well. The co relation coefficient between emotional abuse and suicidal ideation was 0.450. This also indicates a moderate positive correlation between emotional abuse and suicidal ideation. It suggests that as levels of emotional abuse increase, levels of suicidal ideation tend to increase. Conversely, as levels of emotional abuse decrease, levels of suicidal ideation tend to decrease. (Table-II)

Variables	1	2	3
Depression	1	.611**	.588**
Suicidal Ideation	----	1	.450**
Emotional Abuse	----	----	1
Mean	48.62	24.85	104.96
St. D	6.130	4.629	13.69

**Table-II. Correlation between emotional abuse, depression and suicidal ideation
n=230. $p < 0.01$ **, $p < 0.05$ ***

The linier regression analysis shows that the depression has a significant impact on the suicidal ideation. Specifically, for each one-unit increase in the depression score, the suicidal intent is expected to increase by 0.825 units. The strong t-value and low p-value indicate that this

correlation is unlikely to have occurred by chance and suggests that the impact of the BDI variable on the constant is statistically significant. (Table-III)

The linier regression analysis shows that the emotional abuse has a significant impact on the suicidal intent. Specifically, for each one-unit

increase in the emotional abuse, the suicidal intent is expected to increase by 0.152 units. The strong t-value and low p-value indicate that this correlation is unlikely to have occurred by chance and suggests that the impact of the emotional abuse on suicidal intent is statistically significant. (Table-IV)

Variable	B	Std. E	β	T	P
Constant (suicidal ideation)	28.22	1.87		15.03	0.000
Depression	.825	.075	.610	10.92	0.000

Table-III. Linier regression analysis regarding association of depression on suicidal ideation
 $R^2 = 0.372$, Adjusted- $R^2 = 0.368$, (F(119.44))

Variable	B	Std. E	beta	T	P
Constant(suicidal ideation)	8.50	2.194		3.877	0.000
Emotional Abuse	.152	.021	.458	7.329	0.000

Table-IV. Linier regression analysis regarding association of emotional abuse on suicidal ideation
 $R^2 = 0.210$, Adjusted- $R^2 = 0.206$, (F(53.71))

DISCUSSION

The study was conducted to determine the correlation between depression, emotional abuse and suicidal ideation and to analyze the impact of emotional abuse and depression upon suicidal ideation among women.

The findings of this study demonstrate a noteworthy association between emotional abuse and both depression and suicidal ideation. The results indicate that as emotional abuse increases, the likelihood of experiencing depression and having thoughts of suicide also increases.

Likewise, the outcomes of this study revealed that emotional abuse and depression have separate and distinct effects on suicidal ideation. The analysis indicated that emotional abuse and depression independently contribute to an elevated risk of suicidal ideation, particularly among women.

Findings of this study are in line with another study conducted by Kim et al, which reported a significant positive correlation between suicidal ideation and depression. Furthermore, another study conducted by Antai D et al. found compelling evidence of a positive correlation between economic, physical, or emotional abuse and both suicidal ideation and attempts. The study

concluded that instances of economic, physical, or emotional abuse are associated with suicidal ideation and engaging in suicide attempts.^{14,15}

Likewise, our obtained results, which indicated that emotional abuse could amplify suicidal ideation among women, are consistent with the findings of M. Abdelghani et al. Their study revealed that psychological abuse and financial exploitation emerged as the most influential factors in predicting psychological distress and suicide attempts.¹⁶

Our findings demonstrated that depression plays a significant role in elevating the probability of suicidal ideation among women is supported by the study conducted by Kim S et al. Their findings indicated that chronic depression not only predicted the initial levels of suicidal ideation but also predicted the trajectory of suicidal ideation over a period of time.¹⁷

CONCLUSION

Our study revealed a notable influence of emotional abuse and depression on suicidal ideation among women. Therefore, healthcare providers should address depression and emotional abuse when encountering women who present with suicidal ideation. Comprehensive assessment and treatment approaches that






encompass emotional abuse, depression, and suicidal ideation should be considered in the management of affected women.

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AUTHORSHIP AND CONTRIBUTION DECLARATION

No.	Author(s) Full Name	Contribution to the paper	Author(s) Signature
1	Ayesha Tahir	Study conceptm Study design, Data collection, Data interpretation, drafting.	
2	Owais Kareem	Data analysis, Data interpretation.	
3	Shiza Altaf	Questionnaire designing, data input, Study design.	
4	Bushra Ijaz	Literature search, data collection, drafting, critical revision.	
5	Sidra Farooq	Literature search, data collection, drafting.	
6	M. Rizwan Mushtaq	Literature search, data collection, drafting, revision.	