



Patients with Depression's Relationship with Suicidal Ideation, Ruminating, and Depressive Symptoms

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INTRODUCTION

Recent research in mental health has focused on the connection between depression and suicidal ideation. This study sought to determine the predictors of suicidal ideation as well as the relationship between demographic variables, depressive symptoms, ruminating, and suicidal ideation in depression patients. Design of the study A cross-sectional study with 95 depressed people recruited intentionally from Tzu Chi Hospital's psychiatric ward. Demographic information, the Beck Depression Inventory-II, the Ruminative Response Scale, and the Beck Scale for Suicide Ideation were all included in the questionnaire. For the purpose of data analysis, the stepwise regression test, the Pearson product difference correlation, and the independent sample t-test were utilized.

DESCRIPTION

Rumination reflection was negatively correlated with age ($r=0.41$, $p=0.01$), age at diagnosis ($r=0.34$, $p=0.01$), and sleep duration ($r=0.25$, $p=0.05$). Rumination had a positive correlation with depressive symptoms ($r=0.72$, $p=0.01$), while suicide ideation had a positive correlation with rumination ($r=0.57$, $p=0.01$). The effective explanatory power of depression symptoms and ruminative thoughts was 60%. The reflection subscale of rumination thinking and suicide ideation was more severe in patients with depression who were younger or who were diagnosed at a younger age. Based on our findings, mental health professionals should be aware of ruminative thinking and its impact on suicidal ideation, particularly in younger patients.

Obesity can be diagnosed in a variety of ways, and tools like an MRI and DEXA are necessary for an accurate diagnosis. These technologies are severely limited in both time and space, though. There has been study into ways to diagnose obesity

purely based on a person's weight, height, and waist circumference. The structure of the body and the distribution of its muscles, however, are not discussed in this research. If obesity is misdiagnosed, body mismanagement may take place, leading to conditions like metabolic syndrome and sarcopenic obesity. As a result, scientists have investigated quick and precise methods for diagnosing obesity. Methods like BMI and WHtR have been developed as a result of these investigations.

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CONCLUSION

The connection between rumination and suicidal ideation was clarified, rumination's predictive value for suicidal ideation was demonstrated, and a new perspective on rumination was offered. Additionally, the present findings will assist medical teams in addressing the negative effects of ruminating on patients in clinical practice. Medical professionals should pay close attention to the rumination and suicidal ideas of depressed patients, especially those who are younger and have poor sleep hygiene. Negative thoughts can be effectively mitigated in young depressed patients by focusing on the self-focus aspect of rumination and reducing feelings of self-blame and self-isolation through talking and activities. Suicidal ideation is linked to ruminating. As a result, depression patients who are having suicidal thoughts should be given suicide assessments and reflection questionnaires.

Received:	31-August-2022	Manuscript No:	IPDDOA-22-14673
Editor assigned:	02-September-2022	PreQC No:	IPDDOA-22-14673 (PQ)
Reviewed:	16-September-2022	QC No:	IPDDOA-22-14673
Revised:	21-September-2022	Manuscript No:	IPDDOA-22-14673 (R)
Published:	28-September-2022	DOI:	10.36648/2472-5048.7.5.29

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Citation Xie B (2022) Patients with Depression's Relationship with Suicidal Ideation, Ruminating, and Depressive Symptoms. Dual Diagn Open Acc. 7:29.

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