

Systematic Review

The relationship between suicide and hopelessness in young adults aged 18-30: A systematic review

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Abstract

Objectives: This review presents a number of studies that assessed the concept of hopelessness in individuals aged 18 to 30 with a history of suicidal ideation and suicide attempt.

Methods: The Turkish Citation Index, TR Index, Turkish Psychiatric Index, Wiley Online Library, PubMed, and Science Direct databases were reviewed between January and February 2021, and 18 qualitative and quantitative studies published between 2016 and 2020 were selected. The 27-item Preferred Reporting Items for Systematic Reviews and Meta-Analyses Checklist was used to evaluate the reporting characteristics.

Results: The findings of 18 articles were reviewed and presented. The search revealed no studies examining suicide and hopelessness in Türkiye. In all, 12 of the studies were descriptive, 2 were randomized controlled studies, 2 were retrospective studies, 1 was a cohort study, 1 was an experimental study, and 1 was a cross-sectional observational study. The data indicated that a greater level of hopelessness was associated with suicidal thoughts and behaviors.

Conclusion: Hopelessness is an important predictor of suicide. Greater knowledge and awareness of the complex risk factors for suicide can be used to provide the appropriate early treatment to promote hope, provide coping skills, and prevent suicidal behavior. Additional studies examining the important suicide risk factor of hopelessness in Türkiye are needed.

Keywords: Hopelessness; suicide; young adult.

What is presently known on this subject?

- Suicide is a growing problem worldwide, and it is a leading cause of death among young people. Hopelessness is an important risk factor for suicidal ideation and suicidal behavior.

What does this article add to the existing knowledge?

- This systematic review highlights many important variables that psychiatric caregivers should be aware of in order to provide appropriate care to adequately address suicidal ideation. Hopelessness is a potentially critical warning sign that can be treated successfully.

What are the implications for practice?

- Hopelessness is an often unseen and untreated preliminary symptom of suicidal ideation. Early intervention and therapy can reduce suicidal thoughts and behavior. Accurate prediction and effective treatment can prevent suicidal acts and save lives.

Suicide, the intentional termination of one's own life, is a significant public health concern worldwide. The contributing factors can be complex; however, it often stems from a deep feeling of hopelessness and the inability to believe that there are any solutions to the problems the individual faces. The evaluation of suicidal behavior includes 3 aspects: suicidal ideation, which refers to thoughts related to a wish to end one's life; suicidal planning, a specific method to perform the act; and a suicide attempt, or the enactment of a plan. These are distinguished from a completed suicide.^[1] Completed suicides are suicide attempts that result in death.^[2] Suicidal thoughts and statements that indicate the desire to die can have fatal con-

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sequences, but when indications of an intent to self-harm with the intent to die are recognized early, treatment can be beneficial and provide the means to recover and live a rewarding life.

According to World Health Organization (WHO) data, approximately 800,000 people die as a result of suicide every year around the world and many more attempt suicide. An individual loses their life to suicide approximately every 40 seconds. While worldwide suicide mortality rates vary by age, suicide continues to be a leading cause of death in individuals between the ages of 15 and 30.^[3,4] Suicidal ideation is a precursor to the stage of enacting plans. Hopelessness is often a preliminary sign,^[5] followed by suicidal thoughts and detailed suicide plans, and finally, a suicide attempt. The risk of death increases with the severity of suicidal intent and suicide attempts.^[5,6]

Suicide is a preventable cause of death, and determining the risks and signs of suicidal ideation can help to save lives. Suicide is a complex phenomenon influenced by a variety of psychological, social, biological, cultural, and environmental factors. These can include contributing circumstances, such as exposure to childhood neglect or abuse; other forms of violence or disruption, such as natural disaster or conflict conditions and forced migration; personal family difficulties or losses; chronic illness; poor personal skills related to self-efficacy and optimism; as well as difficult access to health services and other opportunities, easy access to suicide tools, content encouraging suicide on social media, and stigmatization of psychiatric issues.^[4] Numerous cultural, legal, religious, and historical differences can contribute to the risk, incidence, and the collection of accurate data.^[7]

A previous suicide attempt is the greatest indicator of risk.^[8,9] Psychiatric disorders, such as major depressive disorder, anxiety disorder, or post-traumatic stress disorder, and substance use disorders, in addition to genetic and biological factors are important individual risk factors for hopelessness and suicidal behavior.^[4,10,11] A suicide attempt is generally viewed by the individual as a way out of a situation in which they feel helpless and without hope. Within the framework of cognitive theory, suicidal behaviors have been closely associated with hopelessness and cognitive distortions; hopelessness increases the risk of suicide.^[12] Although it is not considered a risk factor in isolation, hopelessness can be a significant contributing variable for suicide.^[13] The aim of this study was to review studies of the concept of hopelessness, an important risk factor for suicide in individuals between the ages of 18 and 30.

Study Questions

1. Does hopelessness have an effect on suicidal ideation?
2. Does hopelessness have an effect on suicidal behavior?

Materials and Method

Study Design

This systematic review was based on a literary scan of The Turkish Citation Index, TR Index, Turkish Psychiatric Index,

Wiley Online Library, PubMed, and Science Direct databases. Experimental and qualitative studies published between 2016 and 2020 were evaluated. The keywords “hopelessness” and “suicide” were used to screen the PubMed, Science Direct, and Wiley databases, and the Turkish translation of the terms was used for the Turkish Citation Index, Turkish Psychiatric Index, and the TR Index. Articles with the appropriate titles/abstracts were collected for further examination. The final selection was conducted on February 25, 2021.

Inclusion Criteria

- Publication date of 2016-2020
- Study of individuals aged 18-30
- Study of individuals without mental illness
- Study of individuals without chronic disease
- Publication in Turkish or English
- Full-text availability

Study Selection Criteria

The following criteria were used to select studies for this review:

- (1) Study group: Young adults between the ages of 18-30
- (2) Intervention: Suicidal ideation and attempts
- (3) Comparison: The relationship between suicide and hopelessness
- (4) Conclusions: High level of hopelessness increases suicidal ideation and attempts
- (5) Study design: Qualitative and quantitative studies.

Study Sample

The search yielded articles in the PubMed, Science Direct, and Wiley databases. Of the 303 articles accessed in PubMed, 6 met the inclusion criteria and were included in the study. Of 654 articles from the ScienceDirect database that were examined, only 1 met the inclusion criteria. The Wiley database search provided 319 articles and 11 were found to meet the study criteria. There were no articles in The Turkish Citation Index, TR Index, or the Turkish Psychiatric Index that met the criteria. The studies included in the research represented research conducted in the USA (11), Spain (2), Canada (2), Morocco (1), China (1), and England (1). The language of all of the studies was English.

Data Analysis

The studies were independently examined by 3 researchers to ensure that all of the relevant criteria were included. The researchers created a data collection table that included the author, publication year, country, objective, design and sample, measurement tools, methodology, and results. The 27-item Preferred Reporting Items for Systematic Reviews and Meta-Analyses Checklist was used to evaluate the study characteristics.

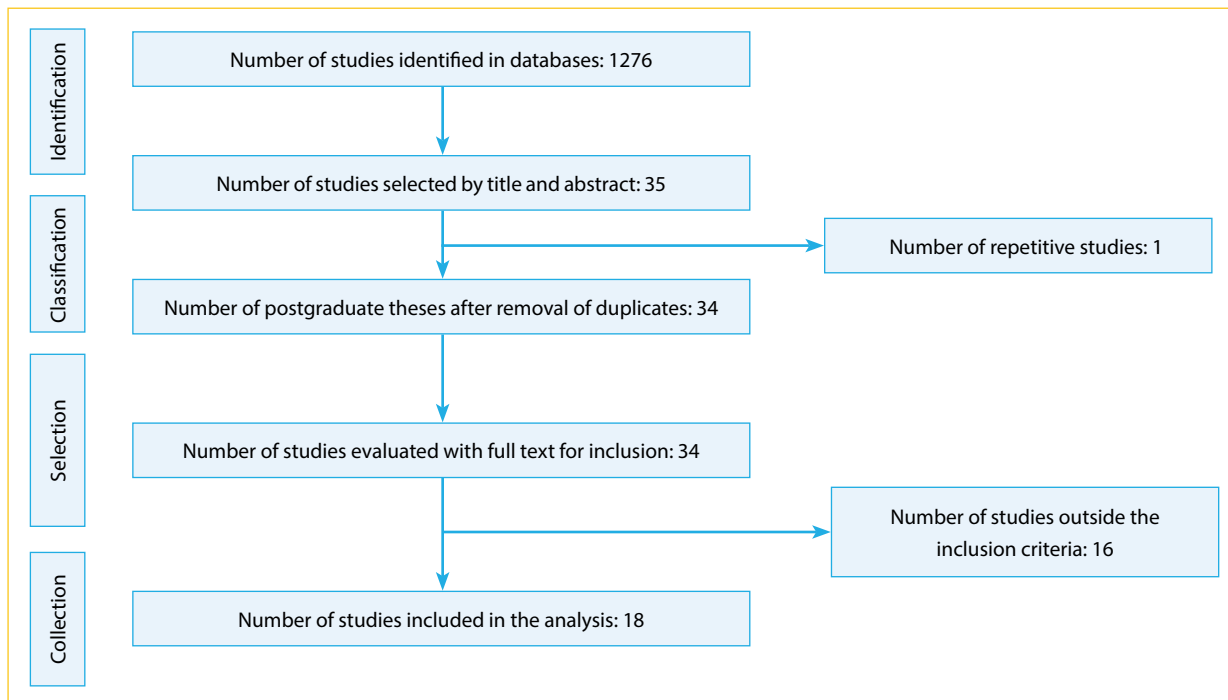


Figure 1. Study selection and inclusion process.

Results

The 18 studies included in this systematic review are listed and described in Table 1. In all, 12 of the studies were descriptive, 2 were randomized controlled studies, 2 were retrospective studies, 1 was a cohort study, 1 was an experimental study, and 1 was a cross-sectional observational study. A total of 43,737 individuals aged 18 to 30 participated in the 18 studies that examined the effect of hopelessness on suicidal thoughts and suicide attempts. The questionnaire forms developed by researchers and the scales used were examined and validated. The methods and the results reported are given in Table 1.

Kwok and Gu^[14] observed that childhood neglect could be a trigger for depressive symptoms, reduced hope, and suicidal thoughts. Lamis et al.^[15] noted that weak social support and alcohol abuse contributed to intense hopelessness and suicidal thoughts. Wagshul^[16] examined the impact of the locus of hope and commented on the value of efforts to elevate externally located hope to deter suicidal activity. Chang^[17] also concluded that hope had a mediating role in the association between hopelessness and suicide risk in college students. Burr et al.^[18] reported that the type of hopelessness, as a state or trait characteristic, had an influence on suicidal ideation and attempt. Lambert et al.^[19] found that hopelessness was associated with suicide attempts. Wolford-Clevenger et al.^[20] revealed that the relationship between the perception of being a burden, hopelessness, and a sense of belonging was a significant predictor of suicidal ideation. Landrault et al.^[21] also pointed out a significant relationship between suicidal behavior, depression, hopelessness, and stress.

Horwitz et al.^[22] conducted a prospective study of adolescents

at increased risk of suicide and the follow-up results of 2 to 4 years indicated that a low anticipation of positive events, depression, and the level of hopelessness contributed to suicidal behavior. Gattamorta et al.^[23] found that feeling hopeless was significantly associated with suicidal ideation, planning, and attempts. Steeg et al.^[24] also reported a relationship between suicide risk and the level of hopelessness. In a longitudinal study conducted by Roeder and Cole,^[25] the responses of the participants were evaluated twice at 4-month intervals, and hopelessness was found to be a predictor of suicidal ideation. In a study that followed up on young adults who had been treated in the emergency department, King et al.^[26] also found that hopelessness was a suicide risk factor and observed that social connectedness served as a protective factor against a suicide attempt.

Mehlum et al.^[27] and Yang et al.^[28] found in randomized controlled studies that individuals who received dialectical behavior therapy expressed less hopelessness and suicidal ideation when compared with control groups. Dhingra et al.^[29] found in their experimental study that individuals with positive, hopeful thoughts had a high level of commitment to life, which was noted to be a protective factor against suicidal ideation. Miranda-Mendizabal et al.,^[30] in a cross-sectional and observational study, emphasized that suicidal thoughts were greater in individuals who had been exposed to physical abuse in childhood, had experienced parental death, and felt a sense of hopelessness.

Discussion

Individuals who express feelings of hopelessness or have sui-

Table 1. Characteristics and methods of publications included in the study

Author, year of publication, country	Objective	Design and sample	Method	Measurement tools	Conclusion
Kwok and Gu (2018) China	To examine whether childhood neglect, depressive symptoms, or hopelessness was positively associated with adolescent suicidal ideation	Descriptive study: 10-18 age group (n=910)	Scales were administered to adolescent students of 8 schools	Child Abuse and Trauma Scale, Hospital Anxiety and Depression Scale, Children's Hope Scale, Chinese Suicidal Ideation subscale	Childhood neglect was associated with increased suicidal thoughts, but these thoughts and depressive symptoms were moderated by a sense of hope.
Lamis et al. (2016) USA	To investigate the effect of depressive symptoms, hopelessness, social support, and alcohol use on suicidal ideation among university students	Descriptive study: 18-26 age group (n=2034)	Scales were administered to college students	Rutgers Alcohol Problems Index, Multidimensional Scale of Perceived Social Support, Beck Hopelessness Scale, Beck Depression Inventory-II, Modified Scale for Suicide Ideation	Social support moderated the relationship between depressive symptoms and hopelessness in predicting suicidal thoughts.
Wagshul (2018) USA	To investigate the effects of hope and hopelessness on suicidal ideation	Descriptive study: Age ≥18 years (n=193)	National online survey	The Locus of Hope Scale, Trait Hope Scale, Interpersonal Needs Questionnaire, Acquired Capability for Suicide Scale-Fearlessness about Death, Depression Anxiety Stress Scales-21	Individual internal locus of hope was associated with reduced suicidal ideation, and hopelessness increased suicidal ideation.
Chang (2017) USA	To investigate whether hopelessness and dispositional hope predict suicidal ideation	Descriptive study: 18-30 age group (n=395)	College students in a psychology course completed the scales for partial fulfillment of course requirements	Hope Scale, Beck Hopelessness Scale, Frequency of Suicidal Ideation Inventory	A high level of hopelessness was associated with greater suicidal ideation.
Horwitz et al. (2017) USA	To investigate individuals' positive and negative expectations as predictors of future depression, suicidal ideation, and suicidal behavior	Prospective study: 14-19 age group (n=59)	Adolescents treated in an emergency department were followed up for suicide risk and ideation for 3 years	Reynold's Adolescent Depression Scale-2:Short Form, Patient Health Questionnaire-9, Suicidal Ideation Questionnaire-Junior, Columbia-Suicide Severity Rating Scale, Beck Hopelessness Scale	Factors such as depression and hopelessness were associated with suicidal ideation and suicidal behavior.
Burr et al. (2018) USA	To investigate the relationship between state and trait hopelessness and suicidal ideation and attempt	Descriptive study: Mean age of 19.83 years (n=1192)	Online survey	State-Trait Hopelessness Scale, Psychiatric Symptom Frequency Scale	A significant correlation was seen between suicidal ideation and attempt and hopelessness.

Table 1. Characteristics and methods of publications included in the study (continue)

Author, year of publication, country	Objective	Design and sample	Method	Measurement tools	Conclusion
Steeg et al. 2016 United Kingdom	To examine the effect of hopelessness on subsequent self-harm	Prospective cohort study: Individuals who had an index event of self-harm were followed up for 1 year (n=19,479)	Study data were collected using a yes/no classification form, hazard ratios were calculated	Form prepared by the researchers	Hopelessness was associated with greater impact of risk factors for subsequent adverse outcomes.
Roeder and Cole (2019) USA	To examine the factors of hopelessness, thwarted belonging, and perceived burdensomeness as predictors of suicidal ideation	Longitudinal research: High school and university students (n=192, 142, respectively)	Participants were evaluated twice at 4-month intervals	Beck Hopelessness Scale, Interpersonal Needs Questionnaire, Suicidal Ideation Questionnaire-Jr.	Each cognitive risk factor predicted future suicidal ideation in both groups, however, none emerged as uniquely predictive of suicide ideation.
Gattamorta, Salerno, & Castro. (2019) USA	To examine impact of minority identities related to race/ethnicity, sexual identity, and gender on health-risk behaviors	Retrospective study: High school students (n=12,983)	Chi-squared and hierarchical logistic regression models to assess group differences, including mental health and suicide, use of alcohol, tobacco, and illicit substances, sexual risk and protective factors, and school and physical and/or sexual violence	Data from the 2015 wave of the Youth Risk Behavioral Surveillance System	Those with multiple minority identities often had poorer outcomes, including suicide.
King et al. (2019) USA	To identify predictors of suicide attempts within 3 months of an emergency department visit	Follow-up study of adolescent emergency room patients: age range 12-17 (n=2104, 63.1% female and 36.9% male)	Subset of participants followed up for 3 months by telephone	Adapted Columbia-Suicide Severity Rating Scale	Hopelessness was reported by 35.6% of 104 with suicidal attempts/thoughts and 10.5% of 2000 without suicide attempts/thoughts.
Montemarano, Troister, Lambert, & Holden. (2018) Canada	To examine psychological pain and suicidal ideation in undergraduate students with a high risk of suicide	Semi-experimental study, 4-year follow-up design (n=82, 88% female)	Baseline evaluation with online follow-up	Beck-Depression Inventory-II, Beck Hopelessness Scale, Psychache Scale, Beck Scale for Suicide Ideation	Both at baseline and 4 years, psychache was the significant predictor of suicidal ideation, rather than depression or hopelessness.
Mehlum et al. (2019) USA	To examine the effects of dialectical behavior therapy vs. enhanced usual care for suicidal and self-harming adolescents	3-year follow-up study to randomized controlled trial (n=77)	Interview and self-report data of self-harm incidents, suicidal ideation, depressive symptoms, and hopelessness	Suicidal Ideation Questionnaire, Mood and Feelings Questionnaire, Montgomery-Asberg Depression Rating Scale, Beck Hopelessness Scale	Dialectical behavior therapy reduced hopelessness and led to lower self-harm frequency in 70.8% of participants.
Lambert et al. 2020 Canada	To examine the effect of psychological pain as a predictor of self-reported suicide attempts among students starting university	Descriptive study: (n=516, 82% female)	Online questionnaire administered twice	Beck-Depression Inventory-II, Beck Hopelessness Scale, Psychache Scale, and Beck Scale for Suicide Ideation	Changes in the levels of hopelessness, psychache, and depression were predictive.

Table 1. Characteristics and methods of publications included in the study (continue)

Author, year of publication, country	Objective	Design and sample	Method	Measurement tools	Conclusion
Dhingra, Klonsky, & Tapola (2018) USA	To examine the Three-Step Theory of progression from suicidal thoughts to attempt	Experimental study of university students (n=665, 475 female and 190 male)	Empirical test of the Three-Step Theory	Self-Injurious Thoughts and Behaviours Interview, Beck Scale for Suicide Ideation, Scale of Psychache, Beck Hopelessness Scale, Interpersonal Needs Questionnaire, and Suicide Capability Scale	The theory was largely confirmed. Connectedness was a protective factor against suicidal thoughts in those with high levels of pain and hopelessness.
Yang et al. (2020) Spain	To examine the effect of dialectical behavior therapy group skills training based on Zhong-Yong thinking on young Chinese adults in reducing suicide risk vs. supportive group therapy	Randomized control study of suicidal patients (n=97)	12-week program using Zhong-Yong thinking training based on dialectical behavior therapy (n=33), supportive group therapy (n=32), and wait-list group (n=32) with follow-up	The Suicidal Behaviors Questionnaire revised, Beck Hopelessness Scale, The Psychache Scale, Symptom Checklist-90-Revised Outcome measures were assessed at pre- and post-treatment and 6-month follow-up.	Compared with supportive group therapy, Zhong-Yong thinking-based dialectical behavior therapy demonstrated comparable short-term and 6-month efficacy in reducing suicidal risk.
Wolford-Clevenger et al. (2019) USA	To test the theory of interpersonal-psychological suicide to explain the proximal causes of suicidal ideation and behaviors	Descriptive study: (n=206; 150 female, 56 male)	Data were collected from university students with a history of suicidal ideation	Interpersonal Needs Questionnaire, Beck Hopelessness Scale, Acquired Capability for Suicide Scale, Hopelessness Depression Symptom Questionnaire-Suicidality subscale, Columbia-Suicide Severity Rating Scale, Child and Adolescent Services Assessment, Paykel Suicide Scale, and Profile of Mood States, Short Form	The three-fold interaction between perceived burden, hopelessness, and sense of belonging was significant in predicting active suicidal ideation.
Landrault et al. (2020) Morocco	To compare the ability of 2 contemporary theories of suicidal behavior—the interpersonal and escape theories of suicide—to predict suicidal ideation	Descriptive study of a predominantly Muslim cohort of students of mean age 21 from elite schools (n=306)	Students completed a questionnaire assessing feelings of failure and escape motivation, perceived burdensomeness, thwarted belongingness, suicide ideation. Control variables were assessed.	Interpersonal Needs Questionnaire, Defeat Scale, Beck-Depression Inventory II, Beck Hopelessness Scale, and Perceived Stress Scale	A combination of interpersonal and escape theories of suicide could help better explain suicidal ideation among college students.

Table 1. Characteristics and methods of publications included in the study (continue)

Author, year of publication, country	Objective	Design and sample	Method	Measurement tools	Conclusion
Miranda-Mendizabal et al. (2019) Spain	To evaluate gender differences in risk/protective factors and suicidal thoughts and behaviors among Spanish university students	Cross-sectional and observational study. (n=2105; age range: 18-24 years.)	Data from baseline online survey of UNIVERSAL project, a multicenter, observational study of first-year Spanish university students	Interviews were conducted to determine suicidal thoughts and behaviors (the Self-Injurious Thoughts and Behaviors Interview) and a questionnaire inspired by the Columbia-Suicide Severity Rating Scale, Adverse Childhood Experience Scale, Bully Survey, Beck Hopelessness Scale, Psychological Sense of School Membership Scale, and Childhood Trauma Questionnaire	Mood disorder was a common risk factor of suicidal ideation for both genders, while important gender-differences were observed regarding the other factors. The protective effect of support from family and peers/others was observed only among females.

cidal thoughts and suicidal plans are more likely to demonstrate suicidal behavior.^[31-33] When the concept of hopelessness has been examined within the framework of cognitive theory, it has been recognized that individuals who attempt suicide generally experience significant feeling of helplessness and hopelessness, and suicide is seen as a solution to the dilemma. Many studies in the literature have noted a relationship between suicide and hopelessness.^[34-36]

Ozcan et al.^[37] examined suicide cases in Türkiye that occurred between 2002 and 2015 and noted that the majority of those who died as a result of suicide were in the group aged 15 to 19 years. During adolescence, young people experience many changes and transitions, and without adequate coping mechanisms and support, various struggles with identity and circumstances can lead to significant mental health difficulties. Conditions that may contribute to a vulnerability to suicidal ideation may include substance abuse, a loss and the mourning process, post-traumatic stress disorder, lack of self-confidence, feeling depressed as a result of conflicts in interpersonal relationships, or increased feelings of hopelessness.^[38] Gattamorta^[23] reported that factors such as a sense of hopelessness, as well as gender, age, and ethnicity/sexual minority status were associated with suicidal ideation and attempt. Bostwick et al.^[39] found that young adults with a minority sexual identity were at greater risk of feeling sad and exhibiting suicidal behavior than their heterosexual peers, though risk varied based on sex and race/ethnicity. Trimble and Chandran,^[40] in their study examining risk behavior in high school students, found that 35.8% reported feeling sad,

18.2% had seriously thought about suicide, 15.2% had made plans for a suicide attempt, and 7.3% had attempted suicide in the previous 12 months.

The period of transition to adulthood is complicated and emotional. Without adequate support, difficulty navigating numerous challenges and various risk factors can lead to significant symptoms of mental health distress. Depressive moods may lead to hopelessness and suicidal ideation. A history of suicide in the family has been noted as a risk factor for suicide, as well as peer bullying.^[41,42] Reports published in 2015 by the American Foundation for Suicide Prevention and the US Centers for Disease Prevention and Control have examined suicide risk factors and prevention.^[43,44] Impacts of bullying activity, as a perpetrator or a victim, were examined by Borowsky et al.,^[45] who observed that 22% of young people who had bullied, 29% of victims, and 38% of young people who had been involved as both bully and victim had reported suicidal thoughts or attempts.

Ribeiro et al.^[32] found that depressive symptoms and hopelessness were among the most important risk factors for suicide. The experience of neglect or abuse in childhood is a significant source of depressive symptoms and may lead to a sense of hopelessness or suicidal thoughts.^[30,46,47] A study of adolescents showed that a history of abuse was positively correlated with a suicide attempt.^[48] Hopelessness was also noted in a systematic review examining significant risk factors for suicide in individuals with depression.^[49] Miranda-Mendizabal et al.^[30] assessed gender differences in risk factors, protective factors, and suicidal behavior among university

students and observed that hopelessness was a greater risk factor in men compared than women. Ibrahim et al.^[50] found that the level of suicidal ideation was higher in young adult male participants compared with young females, and that while age was the predictor of suicidal ideation in the males, in the females, depression and loss of motivation, components of hopelessness, were predictors of suicidal ideation. Support from others was associated with lower risk among females.

Several studies have shown that hopelessness can lead to suicidal ideation and that hopelessness can be a predictor of suicidal thoughts and attempts.^[16–18,24–26] Factors such as depression, stress, and hopelessness have been associated with suicidal ideation and behavior.^[21,22] Psychological pain has also been reported to be a risk factor for suicidal thoughts and attempts.^[19,29,31] A perception of being a burden and a lack of a sense of belonging have been observed to be predictors of suicidal ideation.^[20] Further investigation of the role of perceived burdensomeness and thwarted belongingness has revealed that the relationship between changes in depression and hopelessness on suicide risk was fully mediated by changes in perceived burdensomeness; however, changes in the sense of belonging did not mediate these relationships.^[51] The influences are multifaceted and further examination is warranted, but many studies have found similar results.^[52–54]

Lamis et al.^[15] also noted the importance of social support. Temporary experiences of loneliness, difficulty, or a perceived lack of support can create a vulnerability for suicidal ideation. Social support moderated the relationship between depressive symptoms and hopelessness in predicting suicidal thoughts among young people. Another study also examined the association between loneliness and suicidal thoughts and it was observed that the prevalence of suicidal ideation and self-injury increased with the degree of loneliness.^[55] Studies assessing the long-term impact of support and therapy have indicated that adequate assistance can reduce the level of hopelessness in young people, reduce the risk of suicide and the frequency of suicide attempts.^[27,28,44] The 3-month results of a cognitive-behavioral family intervention program for young people who had attempted suicide revealed improvements on measures of suicidal behavior, hopelessness, youth and parent depression, and youth social adjustment.^[56] Beck notably was an early researcher to recognize a connection between suicide and depression as well as helplessness and hopelessness in depression.^[57]

The topic is complex, and while the literature is largely consistent, it remains as yet incomplete. Some risk factors are well known, such as a history of neglect or abuse, lack of social support, substance abuse, perceived burdensomeness, and a lack of a sense of belonging. Unaddressed, these and other variables can lead to dangerous levels of hopelessness, depression, and thoughts of suicide.

Conclusion

The literature clearly indicates that worldwide, suicide is a growing problem. Hopelessness, depression, and suicidal thoughts and action can be driven by many factors, including neglect and abuse, the death of parents, being a member of a minority group, inadequate coping skills for daily stressors, psychological pain, perceived burdensomeness, and not having sufficient psychosocial support. The research also indicates that the identification of risk factors and appropriate therapy with long-term follow-up can help to reduce the frequency of suicidal ideation and mortality. This article is submitted with the intent to contribute to the field by raising awareness that the feeling of hopelessness can be a predictor of suicidal thoughts in young adults, one of the groups considered to be at high risk group for suicide. Mental health and psychiatry professionals should be aware of suicidal risk factors, such as hopelessness, and include appropriate therapy as part of interventions supported by evidence-based practices.

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