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## Identifying risk of impulsive suicidal ideation among young adults: A cognitive based behavioral therapy approach

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Worldwide, suicide is the third-leading cause of death for young people ages 15 to 24 according to the U.S. Center for Disease Control and Prevention. Among youths 12 to 16 year of age, up to 10% of boys and 20% of girls have considered suicide. Suicide is multi-causal, but there are always many biological, psychological, psychiatric, historical, social and cultural factors involved in its development. Mental illness stressors like interpersonal losses, family violence, sexual orientation confusion, physical and sexual abuse and being the victim of bullying, self-destructive behaviors increased with age more frequent among boys. Girls were more likely to experience internalizing (emotional) psychiatric symptoms attempt suicide much earlier than boys, and this disparity is especially prominent between the ages of 13 and 17. The teen years are an anxious and unsettling period as boys and girls face the difficulties of transition into adulthood. It is a period in life that is often confusing, leaving teens feeling isolated from family or peers. Girls generally attempt suicide more often than boys, but boys are about 4 times more likely to die from the suicide attempt. More obvious signs that an adolescent may be suicidal include low self-esteem and self-deprecating remarks. Hopelessness is the most important spiritual risk factor. The Beck Hopelessness and Depression Scale is a tool for easy application in general practice neither parents nor teachers are able to recognize and handle, and provides useful advice for prevention. The ability to correctly identify risk factors as well as knowledge of specific tools useful for identifying such factors can help to significantly improve the early diagnostics and therapeutic interventions in children and adolescents.

### Biography

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