

INSTITUCIÓN UNIVERSITARIA POLITÉCNICO GRANCOLOMBIANO
FACULTAD DE SOCIEDAD, CULTURA Y CREATIVIDAD
ESCUELA DE PSICOLOGÍA, TALENTO HUMANO Y SOCIEDAD
GRUPO DE INVESTIGACIÓN DE CIUDADANIAS, ACCIÓN SOCIAL Y
DESARROLLO
LINEA DE INVESTIGACIÓN SALUD Y CONTEXTOS SOCIALES

FACTORES PSICOSOCIALES DE LA IDEACIÓN SUICIDA EN ESTUDIANTES
UNIVERSITARIOS. UNA REVISIÓN LITERARIA
INFORME FINAL DE INVESTIGACIÓN COMO REQUISITO PARCIAL PARA
OPTAR AL TÍTULO DE PSICÓLOGA

PRESENTA:

YESENIA JARAMILLO PÉREZ COD.100215319

ASESOR:

YURY ESTEFANIA PERDOMO JURADO. MGS.

BOGOTÁ, JUNIO 2022 - JULIO DE 2023.

Resumen

Introducción: el suicidio cobra la vida de aproximadamente 700 mil personas cada año. Se estima que la frecuencia de los intentos de suicidio es 20 veces mayor que la de los suicidios consumados. Este fenómeno es la cuarta causa de muerte entre los jóvenes de 15 a 29 años, edad en la que se inicia la formación profesional y en el que se enfrentan nuevos desafíos que pueden abrumar su capacidad de respuesta y empeorar los problemas de salud mental. El **objetivo** de esta investigación es identificar las variables psicosociales asociadas a la ideación suicida entre estudiantes universitarios reportados en la literatura entre 2020 y 2022. **Método:** Se realizó una revisión sistemática de 43 artículos recuperados de la base de datos Scopus, que analizaran la ideación suicida en estudiantes universitarios entre los años 2020 a 2022, publicados en el idioma inglés o español que permitieran un acceso a texto completo. La extracción de datos se realizó a través de una matriz analítica por categorías. **Resultados:** El análisis de los artículos permitió identificar el método cuantitativo, el diseño experimental, la medición transversal y el alcance correlacional como la metodología más utilizada para estudiar la ideación suicida. El análisis permitió identificar una serie de factores personales e interpersonales de riesgo y de protección relacionados con la ideación suicida. **Conclusiones:** los factores de riesgo personales asociados a la ideación suicida en estudiantes universitarios son la depresión, la ansiedad, el estrés vital, padecer algún trastorno mental y emocional y mantener un estilo de vida sedentario. Los factores de riesgo interpersonales fueron el aislamiento social, los estilos de crianza y el afecto negativo. Un buen estilo de vida, la estabilidad emocional y la mentalidad de crecimiento se encontraron como factores de protección personales, mientras que el apoyo social de amigos y familiares en línea o fuera de línea, la calidad del vínculo parental y la religiosidad se encontraron como factores interpersonales protectores de la ideación suicida.

Palabras clave: Estudiante universitario, ideación suicida, revisión sistemática

Referencias bibliográficas

- Ahorsu, D. K., Pramukti, I., Strong, C., Wang, H.-W., Griffiths, M. D., Lin, C.-Y., & Ko, N.-Y. (2021). COVID-19-Related Variables and Its Association with Anxiety and Suicidal Ideation: Differences Between International and Local University Students in Taiwan. *Psychology Research and Behavior Management, Volume 14*, 1857–1866. <https://doi.org/10.2147/prbm.s333226>
- Aizpurua, E., Caravaca-Sánchez, F., & Taliaferro, L. A. (2021). Suicidality Among College Students in Spain: Prevalence and Associations With Substance Use, Social Support, and Resilience. *Death Studies*, 1–6. <https://doi.org/10.1080/07481187.2021.1888823>
- Almoammar, S., Alqarni, K. A., Alnazeh, A. A., Alshahrani, R. M., Sundram, F., Alyami, M., & Alyami, H. (2021). Depression and suicidal ideation among dental students of Southern Saudi Arabia: A cross sectional study. *Journal of Dental Education*. <https://doi.org/10.1002/jdd.12763>
- Auerbach, R. P., Alonso, J., Axinn, W. G., Cuijpers, P., Ebert, D. D., Green, J. G., Hwang, I., Kessler, R. C., Liu, H., Mortier, P., Nock, M. K., Pinder-Amaker, S., Sampson, N. A., Aguilar-Gaxiola, S., Al-Hamzawi, A., Andrade, L. H., Benjet, C., Caldas-de-Almeida, J. M., Demyttenaere, K., ... Bruffaerts, R. (2016). Mental disorders among college students in the World Health Organization World Mental Health Surveys. *Psychological Medicine*, 46(14), 2955–2970. <https://doi.org/10.1017/s0033291716001665>
- Barrera-Herrera, A., & San Martín, Y. (2021). Prevalencia de Sintomatología de Salud Mental y Hábitos de Salud en una Muestra de Universitarios Chilenos. *Psyke (Santiago)*, 30(1). <https://doi.org/10.7764/psykhe.2019.21813>
- Boone, S., Schuler, K. R., Basu, N., & Smith, P. N. (2021). College extracurricular involvement as a suicide prevention and wellness promotion strategy: Exploring the roles of social support and meaning. *Journal of American College Health*, 1–18. <https://doi.org/10.1080/07448481.2021.1904952>
- Burlaka, V., Hong, J. S., Serdiuk, O., Krupelnytska, L., Paschenko, S., Darvishov, N., & Churakova, I. (2020). Suicidal Behaviors Among Ukrainian College Students: the

- Role of Substance Use, Religion, and Depression. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-020-00333-w>
- Cabello-López, J. B. (2021). Lectura crítica de la evidencia clínica. Elsevier Health Sciences.
- Clark D, Beck A, Alford B. (1999) Scientific foundation of cognitive theory and therapy of depression. New York: Jhon Wiley and Sons.
- Domínguez-González, A. D., Guzmán-Valdivia, G., Ángeles-Téllez, F. S., Manjarrez-Ángeles, M. A., & Secín-Diep, R. (2022). Depression and suicidal ideation in Mexican medical students during COVID-19 outbreak. A longitudinal study. *Heliyon*, 8(2), Artículo e08851. <https://doi.org/10.1016/j.heliyon.2022.e08851>
- Durkheim, E. (2011). El suicidio. Buenos Aires, Argentina: Fontamara.
- Fekih-Romdhane, F., Amri, A., & Cheour, M. (2021). Suicidal ideation, suicide literacy and stigma, disclosure expectations and attitudes toward help-seeking among university students: The impact of schizotypal personality traits. *Early Intervention in Psychiatry*. <https://doi.org/10.1111/eip.13211>
- Freeman, A., & Reinecke, M. A. (1995). *Cognitive therapy* (pp. 309-332). New York: Guilford Press.
- Gelezelyte, O., Kazlauskas, E., Brailovskaia, J., Margraf, J., & Truskauskaite-Kuneviciene, I. (2021). Suicidal ideation in university students in Lithuania amid the COVID-19 pandemic: A prospective study with pre-pandemic measures. *Death Studies*, 46(10), 2395–2403. <https://doi.org/10.1080/07481187.2021.1947417>
- Gunn, J. F., & Goldstein, S. E. (2020b). Exploring the Association Between Bullying Victimization and Suicidal Thoughts Through Theoretical Frameworks of Suicide. *International Journal of Bullying Prevention*. <https://doi.org/10.1007/s42380-020-00078-z>
- Hong, SH, Jung, SN and No, UK (2016). A meta-analysis on the relationship between suicidal ideation and adolescent risk factors. *Korean Journal of Youth Studies*, 23(5), 153–179. <https://doi.org/10.21509/kjys.2016.05.23.5.153>

- Hong, Y. & Park, J. (2015). The effects of job search stress and social support on suicidal ideation in college students who had ever thought about committing suicide. *Youth Counseling Research*, 23(2), 189–210.
<https://doi.org/10.35151/kyci.2015.23.2.009>
- Instituto Nacional de Medicina Legal y Ciencias Forenses (2022). Forensis
https://www.medicinalegal.gov.co/documents/20143/878249/Forensis_2021.pdf
- Instituto Nacional de Medicina Legal y Ciencias Forenses (2023). Boletín estadístico mensual.
- Jeong, JR, Kim, EY, Choi, SA, Lee, YJ, and Kim, JK (2015). The relationship between the stress of college life and suicide Ideation: mediating effects of perfectionist preoccupation with mistakes, social support, and depression. *Korean Journal of Counseling and Psychotherapy*, 27(2), 325–349.
<http://dx.doi.org/10.14400/JDC.2015.13.11.291>
- Joiner, Th. E., Brown, J. S. & Wingate, L. R. (2005). The Psychology and Neurobiology of Suicidal Behavior. *Annual Review of Psychology*, 56, 287-314. <https://doi.org/10.1146/annurev.psych.56.091103.070320>
- Kelliher Rabon, J., Sirois, F. M., & Hirsch, J. K. (2017). Self-compassion and suicidal behavior in college students: Serial indirect effects via depression and wellness behaviors. *Journal of American College Health*, 66(2), 114–122. <https://doi.org/10.1080/07448481.2017.1382498>
- Khaleghi, M., Leahy, R. L., Akbari, E., Nasab, N. S., & Bastami, M. (2021). Emotional Schemas Contribute to Suicide Behavior and Self-Harm: Toward Finding Suicidal Emotional Schemas (SEs). *International Journal of Cognitive Therapy*, 14(3), 485–496. <https://doi.org/10.1007/s41811-021-00115-9>
- Kirlic, N., Akeman, E., DeVille, D. C., Yeh, H.-W., Cosgrove, K. T., McDermott, T. J., Touthang, J., Clausen, A., Paulus, M. P., & Aupperle, R. L. (2021). A machine learning analysis of risk and protective factors of suicidal thoughts and behaviors in college students. *Journal of American College Health*, 1–10. <https://doi.org/10.1080/07448481.2021.1947841>
- Kresovich, A. (2020). The Influence of Pop Songs Referencing Anxiety, Depression, and Suicidal Ideation on College Students' Mental Health Empathy, Stigma, and

- Behavioral Intentions. *Health Communication*, 1–11. <https://doi.org/10.1080/10410236.2020.1859724>
- Leaune, E., Vieux, M., Marchal, M., Combes, C., Crandall, S., Haesebaert, J., & Poulet, E. (2021). Self-reported mental health symptoms, quality of life and coping strategies in French health sciences students during the early stage of the COVID-19 pandemic: an online survey. *L'Encéphale*. <https://doi.org/10.1016/j.encep.2021.09.002>
- Lew, B., Osmanb, A., Yiu Huen., J. M., Sin Siau, C., Abu, M., xianjia , C., . . . Man Leung, Á. N. (2020). Meaning in life as a protective factor against suicidal tendencies in Chinese University students, *Elsevier*, 108-117. <https://doi.org/10.1186/s12888-020-02485-4>
- Litman, R. (1967). Sigmund Freud and Suicide. En: Shneidman, E. S. eds. *Essays in Self-Destruction*. New York: Science House.
- Liu, Y., Yang, Y., Jia, X., Wang, C., Mo, J., Jiang, Z., & Lin, L. (2020). The role of hopelessness and gratitude in the association between brooding and Chinese college students' suicidal ideation: a moderated mediation model. *Psychology, Health & Medicine*, 1–7. <https://doi.org/10.1080/13548506.2020.1800053>
- Ma, H.-X., Zhao, J., Lin, I.-A., Zhang, X.-J., Li, Z.-J., Wang, C.-Y., Zhou, F.-C., & Verma, S. (2021). Differential contributions between objective and subjective psychosis-like experiences to suicidal ideation in college students. *Early Intervention in Psychiatry*, 1–9. <https://doi.org/10.1111/eip.13259>
- Mamun, M.A., Rayhan, I., Akter, K., Griffiths M.D. (2022). Prevalence and Predisposing Factors of Suicidal Ideation Among the University Students in Bangladesh: A Single-Site Survey. *Int J Ment Health Addiction* <https://doi.org/10.1007/s11469-020-00403-z>
- Menninger, K. (1972). *El hombre contra sí mismo*. Barcelona: Ed. Península, 1972; 9-363
- Moher, D., Shamseer, L., Clarke, M., Ghersi, D., Liberati, A., . . . Stewart, L. A. (2015). Preferred reporting items for systematic review and meta-analysis protocols (PRISMA-P) *statement*. *Systematic Reviews*, 4(1) <https://doi.org/10.1186/2046-4053-4-1>

- Mortier, P., Alonso, J., Auerbach, R. P., Bantjes, J., Benjet, C., Bruffaerts, R., Cuijpers, P., Ebert, D. D., Green, J. G., Hasking, P., Karyotaki, E., Kiekens, G., Mak, A., Nock, M. K., O'Neill, S., Pinder-Amaker, S., Sampson, N. A., Stein, D. J., Vilagut, G., ... Vives, M. (2021). Childhood adversities and suicidal thoughts and behaviors among first-year college students: results from the WMH-ICS initiative. *Social Psychiatry and Psychiatric Epidemiology*. <https://doi.org/10.1007/s00127-021-02151-4>
- Naito, Y., Enomoto, N., Kamenno, Y., Yamasue, H., Suda, T., & Hotta, Y. (2021). Kessler Psychological Distress (K6) Questionnaire Scores Can Predict Autistic Traits and the Current and Prospective Suicidal Ideation in Medical University Students: A Prospective Study. *Sage Open*, <https://doi.org/10.1177/2158244021994590>
- Ooi, M. Y., Rabbani, M., Yahya, A. N., & Siau, C. S. (2021). The Relationship Between Religious Orientation, Coping Strategies and Suicidal Behaviour. *OMEGA - Journal of Death and Dying*, 003022282110058. <https://doi.org/10.1177/00302228211005864>
- Organización Mundial de la Salud [OMS] (2021). Una de cada 100 muertes es por suicidio. <https://www.who.int/es/news/item/17-06-2021-one-in-100-deaths-is-by-suicide>
- Organización Panamericana de la Salud [OPS] (2016). Prevención de la conducta suicida. Washington, D. C. <https://iris.paho.org/bitstream/handle/10665.2/31167/9789275319192-spa.pdf>
- Organización Panamericana de la Salud [OPS], 2022. Mortalidad por suicidio en la Región de las Américas. Informe regional 2015-2019. Disponible en: <https://doi.org/10.37774/9789275324769>.
- Organización Panamericana de la Salud [OPS], 2023. Una nueva agenda para la salud mental en las Américas. Informe de la Comisión de Alto Nivel sobre Salud Mental y COVID-19 de la Organización Panamericana de la Salud. Disponible en: <https://doi.org/10.37774/9789275327265>
- Perdomo Jurado, Y. E., Caro Delgado, Á. G., Jiménez Giraldo, D., Cárdenas López, J. A., & Venegas Morales, L. (2023). Ideación suicida en estudiantes universitarios.

- Un análisis bibliométrico de la producción científica mundial de 1973 a 2021. *Gaceta Médica de Caracas*, 131. <https://doi.org/10.47307/gmc.2023.131.1.20>
- Pérez-Rojas, A. E., Choi, N.-Y., Yang, M., Bartholomew, T. T., & Pérez, G. M. (2021). Suicidal Ideation Among International Students: The Role of Cultural, Academic, and Interpersonal Factors. *The Counseling Psychologist*, 49(5), 673–700. <https://doi.org/10.1177/00110000211002458>
- Poorolajal, J., Ghaleiha, A., Darvishi, N., Daryaei, S., & Panahi, S. (2017). The prevalence of psychiatric distress and associated risk factors among college students using GHQ-28 Questionnaire. *Iranian Journal of Public Health*, 46(7), 957–963.
- Rajendran, V. G., Jayalalitha, S., & Adalarasu, K. (2021). EEG Based Evaluation of Examination Stress and Test Anxiety Among College Students. *IRBM*. <https://doi.org/10.1016/j.irbm.2021.06.011>
- Robillard, C. L., Turner, B. J., & Helps, C. E. (2021b). Testing a diathesis-stress model during the transition to university: Associations between self-criticism, stress, and internalizing problems. *Journal of American College Health*, 1–11. <https://doi.org/10.1080/07448481.2021.1947837>
- Schwartz, J., & Ginder, W. (2021). NCHA variable combination as a method to undertake LGBTQ + student subpopulation analyses. *Journal of American College Health*, 1–12. <https://doi.org/10.1080/07448481.2021.1950730>
- Servaty-Seib, H. L., Williams, P., & Liew, C. H. (2021). Interpersonal and intrapersonal predictors of suicidal thoughts and actions in first-year college students. *Journal of American College Health*, 1–24. <https://doi.org/10.1080/07448481.2021.1904950>
- Song, H.S., Bae, S.M. (2022) The Moderating Effects of the Facets of Mindfulness on the Relationship between Daily Life Stress and Suicidal Ideation among Korean College Students. *Int J Ment Health Addiction* **20**, 136–151 <https://doi.org/10.1007/s11469-020-00345-6>
- Tasnim, R., Islam, M. S., Sujana, M. S. H., Sikder, M. T., & Potenza, M. N. (2020). Suicidal ideation among Bangladeshi university students early during the COVID-

- 19 pandemic: Prevalence estimates and correlates. *Children and youth services review*, 119, 105703. <https://doi.org/10.1016/j.chilyouth.2020.105703>
- Tugnoli, S., Casetta, I., Caracciolo, S., & Salviato, J. (2022). Parental bonding, depression, and suicidal ideation in medical students. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.877306>
- Van Orden, K., Witte, T., Cukrowics, K., Baithwaite, S., Selby, E. y Joiner, T. (2010). The interpersonal theory of suicide. *Psychol Rev.*, 117, pp. 575-600. <https://doi.org/10.1037/a0018697>
- Veronese, G., Diab, M., Abu Jamei, Y., Saleh, S., & Kagee, A. (2021). Risk and protection of suicidal behavior among Palestinian University Students in the Gaza Strip: An exploratory study in a context of military violence. *International Journal of Mental Health*, 1–18. <https://doi.org/10.1080/00207411.2021.1911381>
- Vidal-Arenas, V., Bravo, A. J., Ortet-Walker, J., Ortet, G., Mezquita, L., Ibáñez, M. I., & Cross-cultural Addictions Study Team. (2022). Neuroticism, rumination, depression and suicidal ideation: A moderated serial mediation model across four countries. *International Journal of Clinical and Health Psychology*, 22(3), 100325. <https://doi.org/10.1016/j.ijchp.2022.100325>
- Wan, S. Y., Prihadi, K. D., & Satrio, P. (2022). Students' societal mattering as a protective factor against depression and suicidal thoughts. *International Journal of Public Health Science (IJPHS)*, 11(3), 1067. <https://doi.org/10.11591/ijphs.v11i3.21490>
- Wang, M. C., Wong, Y. J., Nyutu, P. N., & Fu, C. C. (2020). Suicidality Protective Factors Among Black College Students: Which Cultural and Personal Resources Matter?. *Journal of Multicultural Counseling and Development*, 48(4), 257-270. <https://doi.org/10.1002/jmcd.12198>
- Wongpakaran, N.; Oon-Arom, A.; Karawekpanyawong, N.; Lohanan, T.; Leesawat, T.; Wongpakaran, T Borderline Personality Symptoms (2021). What Not to Be Overlooked When Approaching Suicidal Ideation among University Students . <https://doi.org/10.3390/healthcare9101399>
- Wu, R., Zhong, S.-Y., Wang, G.-H., Wu, M.-Y., Xu, J.-F., Zhu, H., Liu, L.-L., Su, W.-J., Cao, Z.-Y., & Jiang, C.-L. (2021a). The Effect of Brief Mindfulness Meditation

- on Suicidal Ideation, Stress and Sleep Quality. *Archives of Suicide Research*, 1–16. <https://doi.org/10.1080/13811118.2021.1982800>
- Xin M, Petrovic J, Zhang L and Yang X (2022) Relationships between negative life events and suicidal ideation among youth in China: The direct and moderating effects of offline and online social support from gender perspective. *Front. Psychol.* <https://doi.org/10.3389/fpsyg.2022.998535>
- Yang, Y., Liu, Y., Jiang, Z., Mo, J., Wang, C., Yang, Y., Jia, X., & Lin, L. (2020). Negative affect and life satisfaction mediate the association between negative life events and suicidal ideation in college students. *Psychology, Health & Medicine*, 1–9. <https://doi.org/10.1080/13548506.2020.1861637>
- Yeung, T. S., Hyun, S., Zhang, E., Wong, F., Stevens, C., Liu, C. H., & Chen, J. A. (2021). Prevalence and correlates of mental health symptoms and disorders among US international college students. *Journal of American College Health*, 1–7. <https://doi.org/10.1080/07448481.2020.1865980>
- You S, Kwon M, Kim EK. (2022) Perfectionism, life stress, and suicidal ideation among college students: A protective role of self-compassion. *Journal of Experimental Psychopathology*. <https://doi.org/10.1177/20438087221103350>
- Zhao, C., Ding, N., Yang, X., Xu, H., Lai, X., Tu, X., Lv, Y., Xu, D., & Zhang, G. (2021). Longitudinal Effects of Stressful Life Events on Problematic Smartphone Use and the Mediating Roles of Mental Health Problems in Chinese Undergraduate Students. *Frontiers in Public Health*, 9. <https://doi.org/10.3389/fpubh.2021.752210>
- Zhou, S. J., Wang, L. L., Qi, M., Yang, X. J., Gao, L., Zhang, S. Y., ... & Chen, J. X. (2021). Depression, anxiety, and suicidal ideation in Chinese university students during the COVID-19 pandemic. *Frontiers in psychology*, 12, 669833. <https://doi.org/10.3389/fpsyg.2021.669833>
- Zhou, X., Zhou, A. Q., & Sun, X. (2021). Prevalence of common mental concerns and service utilization among international students studying in the U.S. *Counselling Psychology Quarterly*, 1–21. <https://doi.org/10.1080/09515070.2021.1875400>