



# Suicidal Behavior and help-seeking in College Student

— Traditional Versus Online Help seeking

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## INTRODUCTION

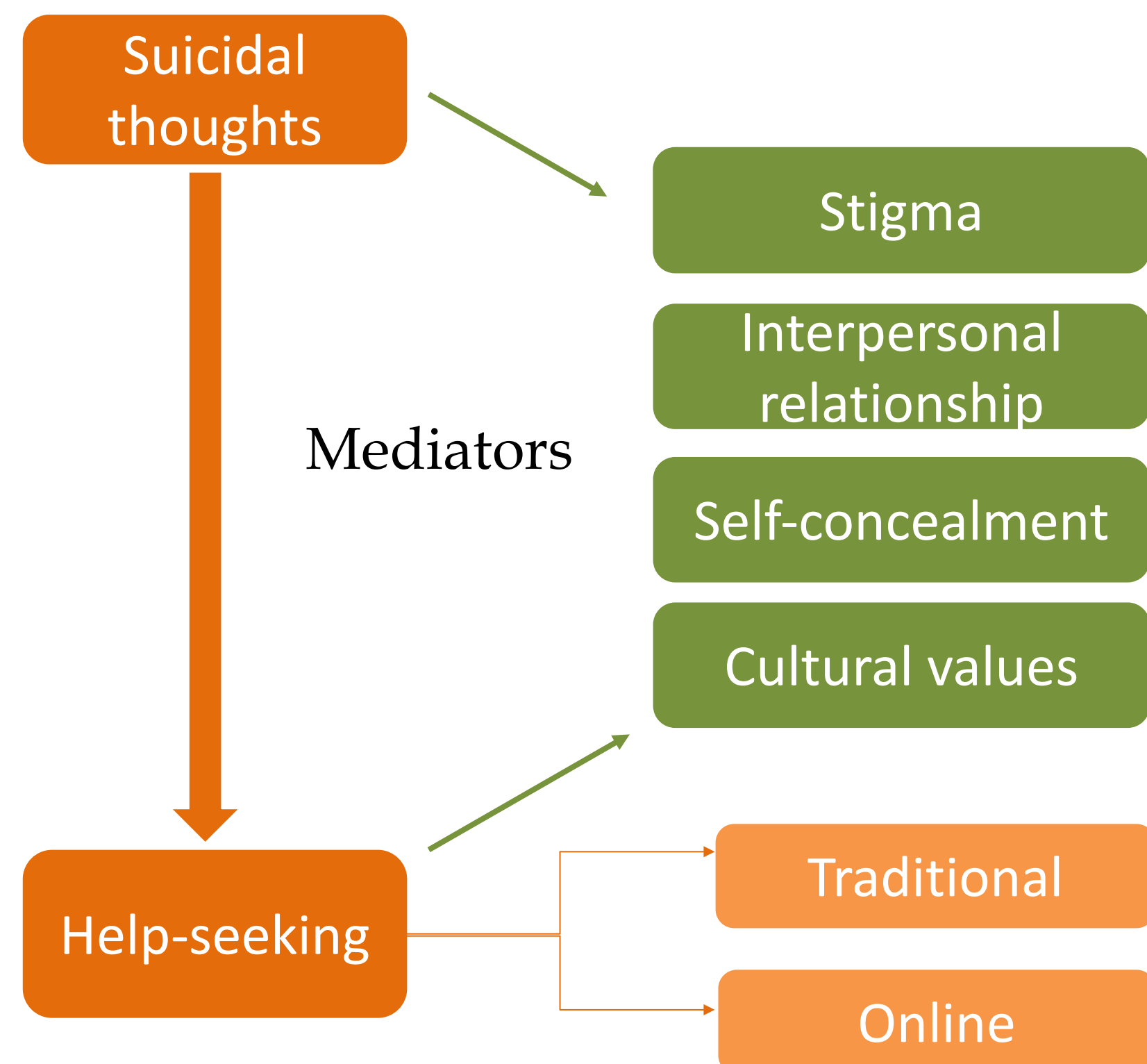
- In the U.S., suicide is the **2nd** leading cause of death among adults aged **18 to 25** (CDC, 2014).
- Among full-time college students aged 18-22, 7.1% men and 8.7% women have seriously thought about suicide. (HHS, 2013)
- Most of the suicidal individuals do **not** seek out treatments.
- Young people tend to seek informal help before they turn to formal sources (Rickwood, 1995).
- Individuals with high suicide ideation prefer seeking online help compare to face-to-face help (Wilks et al., 2017).
- We do not know what factors are associated with individual's preferences toward different forms of help.
- Aim to study what characteristics in one's suicidality is associated with help-seeking preference, and test **potential mediators** between suicidality and help-seeking.

## METHOD

Table 1. Participant characteristics

Characteristic (N = 779)	# (%)
% Female	496 (64%)
% Hispanic or Latino	46 (5.75%)
Race	
White	211 (26.4%)
Black	18 (2.31%)
Asian	548 (68.5%)
Other	23 (2.88%)

Table 2. Measures



## RESULTS

Table 3. Correlation table (N=793)

	BSI Total	IIP Total	Self-concealment	Stigma	Collectivism	Total help-seeking
IIP Total	0.381**					
Self-concealment	0.401**	0.451**				
Stigma	0.357**	0.325**	0.299**			
Collectivism	-0.196**	-0.148**	-.010	-0.133**		
Total help-seeking	-0.191**	-0.052	-0.112**	0.001	0.140**	
Online/total help-seeking	0.289**	0.180**	0.271**	0.131**	-.190**	-0.172**

Table 4. Measures grouped by BSI

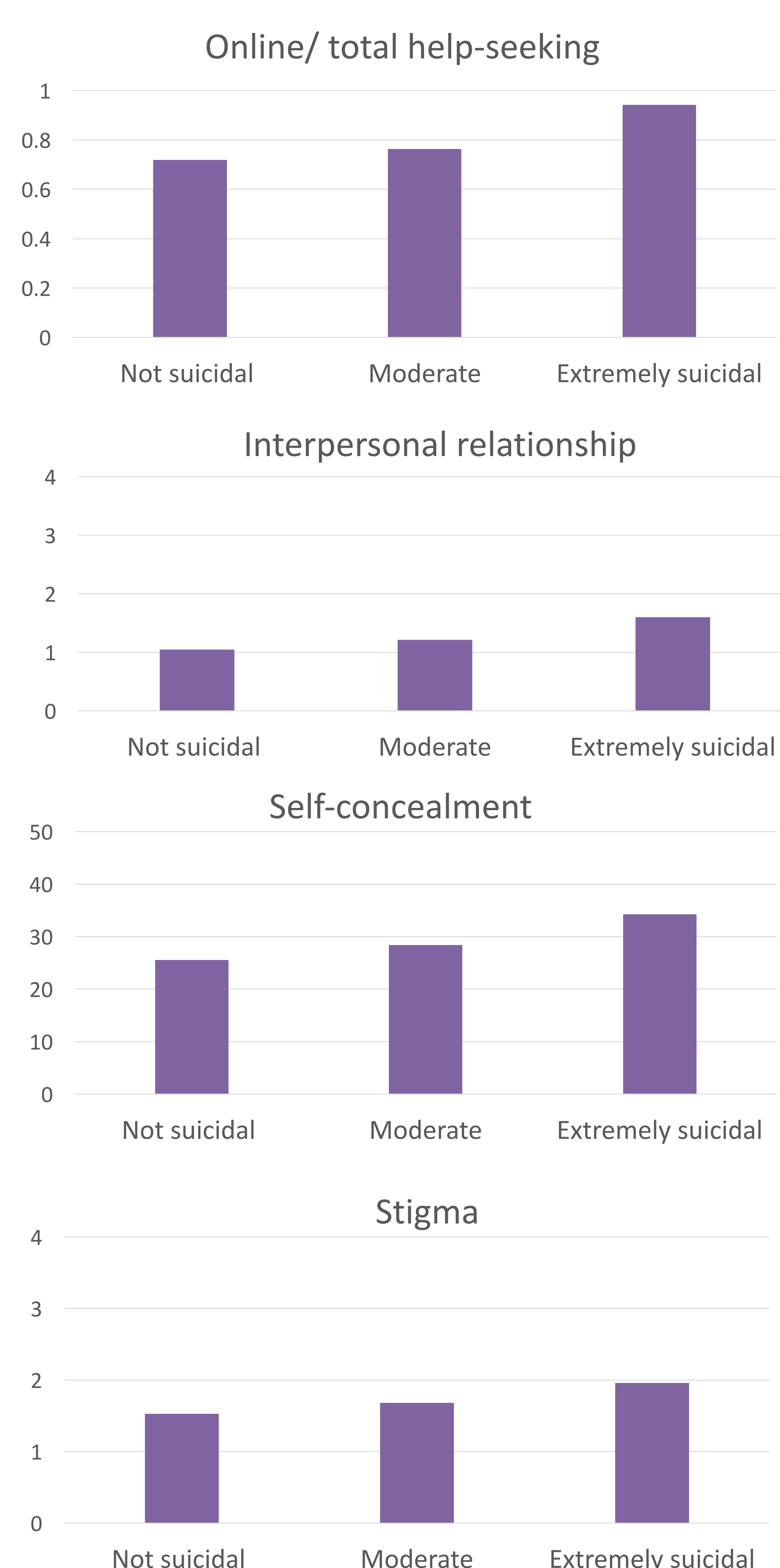
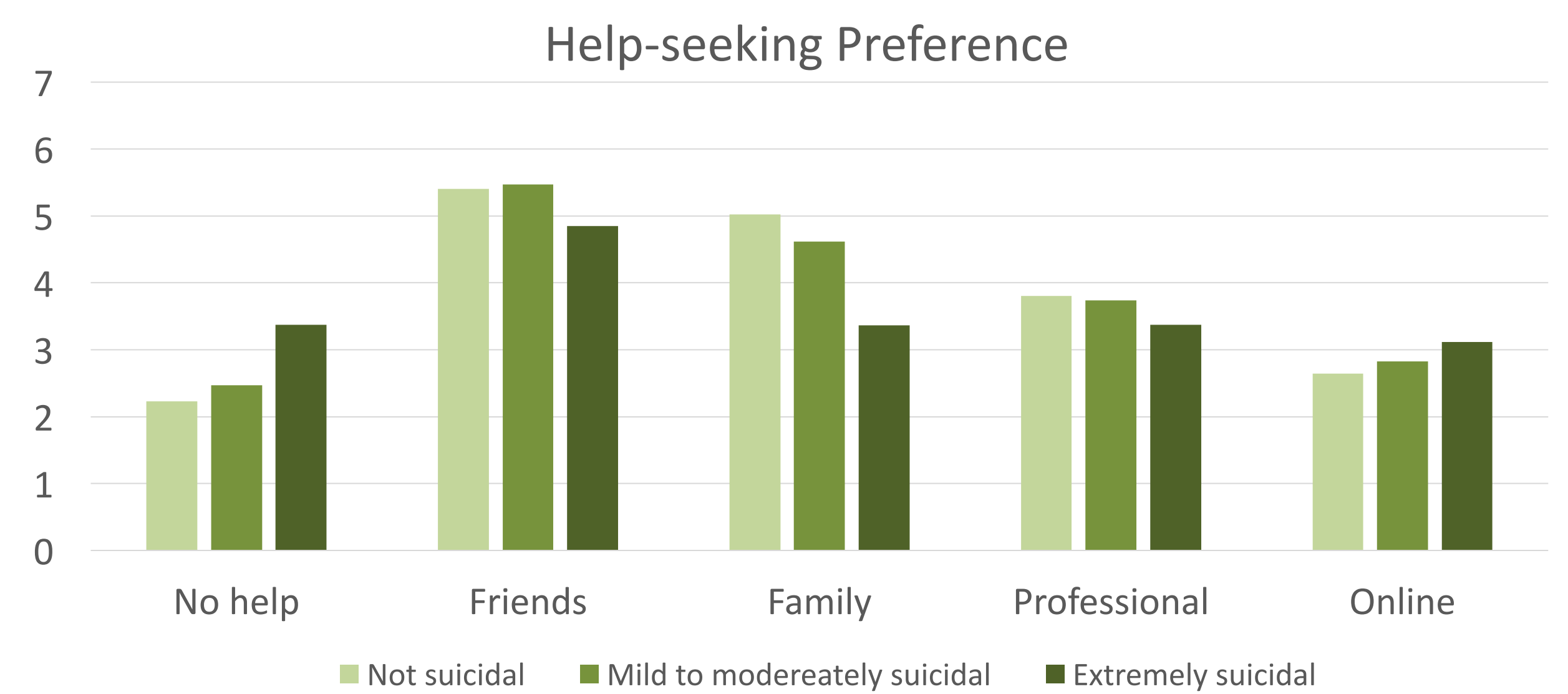


Table 5. BSI and Help Preference



- The sample had high levels of suicidal ideation relative to the U.S. population of this age group (7.4%).
- 29.4% of the subjects are extremely suicidal (BSI > 9, n = 233).
  - 19.8% of the subjects thought about suicide when they try to escape from problems; and 12.2% became suicidal when they want to call attention to their problem.
  - 5.3% have moderate to strong desire to make a suicide attempt.
- 8.6% of the students prefer not seeking help in any form.
  - Likelihood of not seeking help increases as subjects become more suicidal (table 5).
- Seeking help from family and friends decreases and seeking help online become more preferable as subjects become more suicidal (table 5).
- Those who are highly suicidal prefer online help or no help at all rather than in person help of any kind.
- Individuals who are more suicidal also have higher level of:
  - Preference of online help over other forms of help
  - Interpersonal problems
  - Self-concealment
  - Stigma

## DISCUSSION

- As indicated in other research, suicidal individuals are more likely to prefer online help than face-to-face help.
- Collectivism, Self-concealment, and interpersonal problems partially mediated the relationship between suicidal ideation and help-seeking; albeit the effect was not very strong.

## LIMITATIONS & IMPLICATIONS

### Limitations

- Limited to college student sample
- Self-report
- Voluntary response bias
- Seasonal effect (highly replicated suicide peak in springtime)

### Implications / Future directions

- Replicate study with non-college student sample
- Look at race and gender as moderators
- Treatments that target suicide should go to where suicidal college students are seeking out help
  - Developed more online interventions targeting highly suicidal individuals, since online help is more preferred

