

18<sup>th</sup> International Conference on **Pediatrics Health**

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**Promoting mental health of youths: An approach to the prevention of suicidal risk**

**Introduction:** The promotion of mental health of young people is one of the key fundamentals facing the world in the third millennium. Abrupt environmental changes that experience in everyday life put youths faced with situations of hostility and uncertainty, often creating mental disorders especially depression and suicide. Therefore, reflected the importance of the early detection of mental problems of young people in school context for future universities function as prime locations for culture and education aimed at social maturation of young, boosting the social adjustment individual and your own socialization. The scientific evidence and the worldwide health agencies warn of the vital need to promote the mental health of adolescents and young adult.

**Objectives:** In this context, the authors developed a study whose aim is to evaluate the level of suicidal risk and depression of young students from 12 to 18 years of the Autonomous Region of Madeira (RAM), Portugal. In the same way intends to select intervention strategies for mental health promotion and prevention in young people, on the basis of the data obtained.

**Methodology:** It is a cross-sectional study, descriptive, analytical and inferential study a representative sample (n = 1557) and stratified, probabilistic of both sexes by municipality of RAM, who attend normal schooling (elective year 2014-2015), with a sampling error of 1.2%. The selected measuring instruments were the Stork Suicidal Risk Scale and the Zung Depression Scale.

**Results:** The average age of young people is 15.2 years, 55.2% female. Most shows no depression (81.5%), or suicidal risk (67.7%). However as regards depression noted that 18.5% have depressive mood (18.2%) and major depression (0.3%). As for the risk suicidal 16.8% of young people should be the subject of concern, as 10.1% reveal weak risk, 4.0% showed important suicidal risk and 2.7% suicidal risk is extremely important.

Table 1-characteristics of the sample in terms of suicidal risk and depression.

Variable	n	%
<b>Rank of suicidal risk</b>		
"Normal" State	1054	67.7
Intermediate state or doubtful	341	15.5
Weak risk	158	10.1
Suicidal risk important	62	4.0
Suicidal risk is extremely important	42	2.7
t = 51.49; M2 = 48.00; s = 27.29; tau = 2.00; tau2 = 140.00; p = 0.000		
<b>Level of depression</b>		
"Normal" State	1270	81.5
Dysthymia	283	18.2
Major depression	4	0.3

There is an association between depression and suicidal risk (p = 0.000) and between the two gender disorders (both p = 0.000) and age group (respectively p = 0.043 and p = 0.000), being the highest values of 15 to 18 years.

Table 2 – correlation between the suicidal risk and the depression

Variable	Depression		
	n	r	p
Suicidal risk	1557	+0.67	0.000

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According to increase schooling increases the risk of suicide and depression, as well as on the basis of the number of Deprecations. The marital status of the parent's influence on depression and suicidal risk ( $p = 0.001$ ;  $p = 0.003$ ), being most evident in young people whose parents are not married. The fact that the youth they deal with disease ( $p = 0.000$ ;  $p = 0.038$ ), alcohol consumption ( $p = 0.000$  and  $p = 0.003$ ) and socializing with colleagues ( $p = 0.000$ ;  $p = 0.000$ ) influences significantly the two mental illnesses. The taking drugs only influences the risk suicidal ( $p = 0.000$ ) and not practice sports only contributes to the risk of depression ( $p = 0.000$ ). The data found in this study corroborate with most of the surveys consulted, which implies an urgent need for more studies and in older adolescents who enter higher education or who begin to work.

**Conclusions:** These results are a contribution on the scarce existing statistics in this field of action, depression and risk of suicide. In universities, is relevant and a priority to create a strategy that encompasses training programs of coping strategies and coaching, aimed at reducing the stigma about mental health, in order to facilitate applications for aid in situations of upheaval and rethink the true meaning that life holds for each and your community. In the future Study the risk and suicidal depression is a challenge for future research in college students by comparing Portugal and Brazil to develop strategic programs for the promotion of mental health of young people and implementation of social and educational policies to prevent these mental disorders.

**Recent Publications**

1. Esposito, C.L., & Clum, G.A. (2002). Psychiatric symptoms and their relationship to suicidal ideation in a high-risk adolescent community sample. *Journal of American Academic Child and Adolescent Psychiatry*, 41(1), 44-51.
2. Marcus, M., Yasamy, T. M., Ommeren, M., Chisholm, D. & Saxe, S. (2012). Depression: A Global Public Health Concern. WHO: *Department of Mental Health and Substance Abuse*.
3. Stadelmann, S., Perren, S., Groeben, M. & Klitzing, K. (2010). Parental Separation and Children's Behavioral/Emotional Problems: The Impact of Parental Representations and Family Conflict. *Family Process*, 49(1), 92 - 108.
4. Tuisku, V. et al. (2014). Depressed adolescents as young adults – Predictors of suicide attempt and non-suicidal self-injury during 8-year follow-up. *Journal of Affective Disorders*, 152-154, 313–319.
5. World Health Organization (2013). *Mental health action plan 2013-2020*. Geneva: WHO.
6. World Health Organization (2014). *Health for the World's Adolescents: a second chance in the second decade*. Geneva: Department of Child and Adolescent Health Development
7. World Health Organization (2014). The World Health Organization's Report on Suicide. A Fundamental Step in Worldwide Suicide Prevention. *Crisis*, 35(5). 289-291.
8. World Health Organization (2014). Preventing suicide: a global imperative. Geneva: WHO.

**Biography**

Dr. Helena completed her PhD in Psychological intervention at University of Extremadura, Badajoz, Spain in 2002 and in 2005 she completed her next PhD in Health Sciences, Equivalence given Ministry of Education, Portugal. Finally in 2017, she completed her Post Doctorate in Public Health at University of Fortaleza, Brazil. She was appointed as a Director of the Master's Degree in Gerontology from the University of Madeira from 2009-2015. Simultaneously, she was also a Member of the General Council of the University of Madeira from 2009-2017. She was also a Member of Academic Committee of the Senate of the University of Madeira from 2010-2014. She was awarded the best poster award twice for her intellectual abstract presentation skills. She had also done a peer reviewing for the Journal of School of Nursing of the University of S. Paulo (REEUSP); Referência, Coimbra and MedCrave, An Online Publishing. Currently, she is the Coordinator Professor at the School of Health (ESS) - UNIVERSITY of MADEIRA (UMa) and also the Investigator FCT in the Health Sciences Research Unit: Nursing UICISA: E, Coimbra and CINTESIS collaborator.

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