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MOTIVATIONS, THOUGHTS, AND FEELINGS ASSOCIATED WITH THE SUICIDAL IDEATION AMONG BRAZILIAN ADOLESCENTS: QUALITATIVE EVIDENCE SYNTHESIS

Objectives

This study's objective was to describe the aspects related to the motivations, thoughts, and suicidal ideation experiences among Brazilian adolescents.

Method

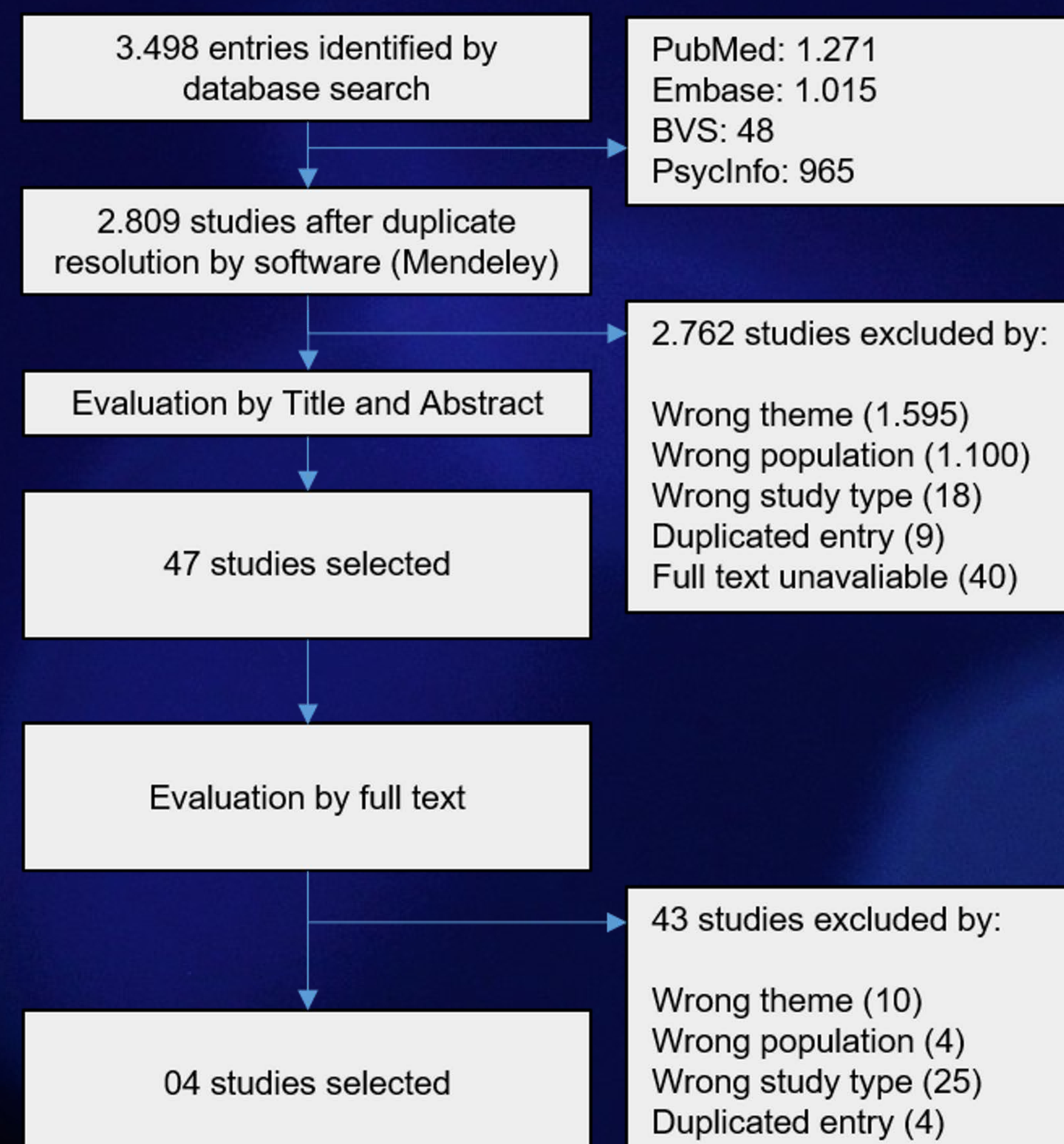
A RAPID SYNTHESIS OF QUALITATIVE EVIDENCE WAS PERFORMED. The search was performed in MEDLINE databases (by PubMed), EMBASE (by Elsevier), LILACS (by VHL), PsycINFO, and Google Scholar. The main descriptors used were "suicidal ideation", "adolescent" and "Brazil". Studies that addressed suicidal ideation in Brazilian adolescents, irrespective of language or publication date were included. To measure research quality, the Critical Appraisal Skills Programme (CASP)² checklist instrument was used. Two independent researchers selected articles and divergences were resolved by consensus. **OF 3.496 IDENTIFIED ARTICLES, FOUR STUDIES WERE INCLUDED** after initial screening and full reading.

Identification

Triage

Eligibility

Inclusion



Studies	Motivations	Thoughts	Feelings
S ¹³	The "unrequited love", frailty of family bonds, the scarce demonstration of affection, the absense of respect between family members, the lack of appreciation of the adolescent person, of his body and aesthetic.	"everything I need my aunt gives me, financialy, school, and what lacks the most is affection"; "I thought no one wanted to see me";	Feeling of loneliness, rejection, failure, despair in face of suffering (urge to interrupt suffering more than dying), helplessness and frustration.
S ²⁴	Depressive state	"I watched all that 'Reasons Why' tv series and identified a lot with the female character (...) When she is surrounded by friends, but nobody sees her (...) Everyone say that you are young and beautiful and have a future ahead of you (...) Do I want a future?"; "Sometimes I walk by myself in the streets, its where i can think in what I really want to do (...), looking for courage". "(...) I can't express my feelings, i'm not affectionate, I don't show affection (...) I'm more racional, I avoid contact with people (...)" "I'm very sad, (...) I think about killing myself, already know how (...), I would use a knife and dig it in my leg (...), but I think a lot about my mother (...)."	Sadness, feelings of hopelessness, loneliness, anguish, feeling of failure and despair.
S ³⁵	Conflicts in family life, family skirmishes, frailty of family bonds, being in a sickness process, depressive state.	"It didn't have more motives for me to go on. I wanted to end that suffering. And didn't want to suffer. I felt hated by everyone. Thought nobody liked me. It seemed nothing I did was good. I felt useless"; "But sometimes I arrive at the conclusion that I don't wanted to be in this world. What I wanted was to vanish, to evaporate.	Sadness, anger, insecurity, loneliness, helplessness, hopelessness towards the future, depressed mood, irritability, felling of abandon and uselessness.
S ⁴⁶	Lack of love, lack of affection, search for relief, an "end" to the suffering	Represented the suicidal ideation as an attitude of "despair", na act of "weakness" in face of some "problem".	Absence of love, psychic suffering state, hopelessness, loneliness

Results

The main motivations for suicidal ideation were **FRAGILE BONDS, DEPRESSION AND LACK OF AFFECTION**. The predominant feelings were **LONELINESS, SADNESS, HELPLESSNESS AND HOPELESSNESS**. Thoughts related to the **BELIEF THAT ONE IS ALONE IN THE WORLD** and to **NOT SEEING A SOLUTION TO ONE'S SUFFERINGS AND CONFLICTS** have been reported as related.

Discussion

Suicidal ideation may be an important phenomenon among Brazilian adolescents, requiring society's attention, especially by academics and the government, **TO EXPAND THE BASE OF QUALITATIVE EVIDENCE** and discussion of **PREVENTIVE PUBLIC POLICIES FOR SUICIDE**.

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