Factors Associated with Suicidal Ideation in Teenagers Multiple Correspondence Analysis

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Abstract

Suicidal ideation in adolescents constitutes a significant public health problem, associated with emotional, behavioral, and psychological well-being factors. The WHO states that it is the third leading cause of death worldwide among adolescents and young people aged 15-29 years (WHO, 2025). It is necessary to identify the variables linked to this phenomenon to design and strengthen prevention strategies in educational contexts. A cross-sectional and ex post facto study was carried out with the participation of 190 high school students who answered the Beck Anxiety Inventory, the Beck Depression Inventory, the Roberts Suicidal Ideation Scale, the Epworth Sleepiness Scale and the Psychological Well-Being Scale for Adolescents (BIEPS-J). A multiple correspondence analysis (MCA) and a multiple linear regression model were applied. The MCA revealed four distinct profiles: (1) no suicidal risk, mild anxiety and depression, mild sleepiness, and average psychological well-being; (2) severe anxiety, moderate or severe depression and sleepiness; (3) minimal anxiety, absent or minimal depression, and normal sleepiness; and (4) with suicidal risk, moderate anxiety, severe depression, and low psychological well-being. These findings contribute to the growing body of evidence highlighting the severity of suicidal ideation among adolescents, while also offering novel insights that may inform the development of targeted interventions. The findings suggest specific interventions according to the profile to which students belong and a focus on depressive symptoms.