

Development of suicide prevention program for AYA generation focusing on social isolation and loneliness among college students and perinatal women.

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Summary :

During this research period, the focus was primarily on developing a suicide prevention program for college students, which involved 1) examining factors related to social isolation and loneliness among college students, and 2) constructing a preventative approach for suicide prevention among college students. In Study 1), to identify factors related to social isolation and loneliness, the relationship between daily conversations and feelings of loneliness among college students was examined using web survey data from 173 first-year medical students. The analysis revealed that 4.6% (8 students) were at risk of suicide, and logistic regression analysis confirmed that feelings of loneliness were significantly associated with suicide risk. It was found that the amount and frequency of conversations, as well as the frequency of conversations with peers of the same academic year, were related to feelings of loneliness. In Study 2), we introduced a system providing an online mental health service by BANSO-CO Inc, in addition to the existing support center (Health Management Center), from December 15, 2023, to March 15, 2024. To verify its usefulness, 36 second-year medical students were surveyed to examine the usage rate after the introduction and changes in mental health status and feelings of loneliness before and after the system was implemented. As a result, out of the 27 students who registered for the research LINE account, 1 person (3.7%) used the LINE and online mental health services during the system implementation period. Moreover, according to the survey of all LINE account registrants, there were no significant changes in mental health status or feelings of loneliness before the system introduction (22 respondents), during the introduction period (12 respondents), and after the introduction (7 respondents). However, there was a trend toward improvement in mental well-being (WHO-5). Given the limited number of respondents, it will be necessary to increase the number of subjects in future studies.