

The relationship between perfectionism, positive and negative affection and suicidal ideation in students with obsessive tendencies

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Abstract

Background & Aim: Since suicidal ideation is a common problem in people with obsessive-compulsive tendencies, investigation of its components is of particular importance. Therefore, the aim of the present study was to investigate the relationship between perfectionism, positive and negative affection and suicidal ideation in people with obsessive tendencies.

Method: This is a cross-sectional study with a descriptive-correlational method in which 142 out of 410 students from Tabriz University with obsession score higher than the cut-off point were selected through convenience sampling. In order to collect data, Hill perfectionism scale, Positive and Negative Affection Schedule (PANAS), Maudsley Obsessive-Compulsive Inventory (MOCI) and Beck Scale for Suicide Ideation (BSS) were used. The data were analyzed using Pearson product-moment correlation test and simultaneous multiple regression by SPSS 21.

Results: There were a significantly positive relationship between perfectionism and suicidal ideation ($r=0.46$; $P<0.01$). Also suicidal ideation had a negative relationship with positive affection ($r=0.47$; $P<0.05$) and a positive relationship with negative affection ($r=0.61$; $P<0.01$). Among perfectionism subscales, seeking for confirmation, rumination and striving for being excellent (with regression coefficients of $\beta= 0.2$, $\beta= 0.22$, $\beta= 0.17$ respectively) could predict suicidal ideation among the subjects ($P<0.01$).

Conclusion: Based on the findings, variables including seeking for confirmation, striving for being excellent, rumination and negative affection are the main determinants of suicidal ideation in people with obsessive tendencies.

Key words: Obsessive-Compulsive Disorder- Suicidal Ideation – perfectionism - Positive and Negative Affection, students