A BIBLIOMETRIC ANALYSIS ON SUICIDE PREVENTION AND RESILIENCE AMONG YOUTH: MAPPING THE THIRTY YEARS OF RESEARCH

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Abstract

This study aims to examine the current state of the literature on suicide prevention and resilience among youth through bibliometric analysis. Studies published in the Web of Science (WoS) database between 1993 and 2023 were selected as the sample to meet this purpose. VOSViewer software and the default interface of WoS were utilized to analyze the results. According to the results of the analysis, a total of 451 studies were found. Most of the studies were research articles, followed by reviews and conference abstracts. The annual number of publications followed a 4-fold increase in 30 years, and the average number of citations per article was 18.01, while 139 studies were not cited at all. The majority of the studies belonged to the fields of psychology and psychiatry and were conducted and published in developed countries and in English. Suicide and Life-Threatening Behavior was found to be the journal in which the most studies on the subject area were published. The United States of America was found to be the country where the majority of the studies were conducted and the country most open to collaboration. The most frequently used keywords in the studies were suicide, suicide prevention, youth, prevention, and mental health. In conclusion, the issue of suicide prevention and psychological resilience in young people is an emerging research area that attracts the attention of researchers, and studies in this field should be encouraged, especially in developing and underdeveloped countries.

Keywords: suicide, suicide prevention, youth, resilience, mental health.

GENÇLERDE İNTİHARI ÖNLEME VE PSİKOLOJİK SAĞLAMLIK ÜZERİNE BİR BİBLİYOMETRİK ANALİZ: 30 YILLIK ARAŞTIRMANIN HARİTALANDIRILMASI

Özet

Bu çalışmanın amacı, gençler arasında intiharı önleme ve psikolojik sağlamlık ile ilgili literatürün mevcut durumunu bibliyometrik analiz yöntemiyle incelemektir. Bu kapsamda, Web of Science (WoS) veri tabanında 1993-2023 yılları arasında yayınlanan çalışmalar örneklem olarak seçilmiştir. Sonuçların analizinde VOSViewer yazılımı ve WoS'un varsayılan arayüzü kullanılmıştır. Analiz sonuçlarına göre toplamda 451 çalışmaya ulaşılmıştır. Çalışmaların

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çoğunu araştırma makaleleri oluştururken, bunları derleme ve konferans özetleri takip etmiştir. Yıllık yayın sayısı belirlenen 30 yılda 4 kat artış göstermiş ve makale başına ortalama atıf sayısı 18,01 olarak bulunmuş olup 139 çalışma ise hiç atıf almamıştır. Çalışmaların büyük çoğunluğu psikoloji ve psikiyatri alanlarına ait olup, gelişmiş ülkelerde ve İngilizce olarak yayımlanmıştır. Konu alanına yönelik çalışmaların en fazla yayınlanmış olduğu dergi Suicide and Life-Threatening Behavior olarak belirlenmiştir. Çalışmaların büyük çoğunluğunun yapıldığı ve iş birliğine en açık ülke Amerika Birleşik Devletleri olarak belirlenmiştir. Yapılan çalışmalarda en sık kullanılan anahtar kelimeler intihar (suicide), intiharı önleme (suicide prevention), genç (youth), önleme (prevention) ve ruh sağlığı (mental health) olarak belirlenmiştir. Sonuç olarak, gençlerde intiharı önleme ve psikolojik sağlamlık konusunun git gide gelişen ve araştırmacılar tarafından ilgi çeken bir araştırma alanı olduğu tespit edilmiş olup bu alanda yapılan çalışmaların özellikle gelişmekte olan ve az gelişmiş ülkelerde teşvik edilmesi gerektiği düşünülmektedir. Bu araştırmadan elde edilen bulguların gençlerde intiharı önleme ve psikolojik sağlamlık konusuyla ilgilenen araştırmacılara yol göstereceğine inanılmaktadır.

Anahtar kelimeler: intihar, intiharı önleme, gençlik, psikolojik sağlamlık, ruh sağlığı.

INTRODUCTION

Suicide is an umbrella term for a wide range of behaviors, including ideas, attempts, and completed suicides. It has widely been accepted that suicide is a global health problem leading to an annual one million casualties (World Health Organization [WHO], 2021), and the numbers are suggested to be underestimated due to stigma, underreporting, and misclassification related to the nature of the death (Katz et al., 2016). When trends in suicidality are investigated based on different developmental periods, it appears to be a more serious problem among youth, as periods of young and emerging adulthood (i.e., ages between 15 and 29) represent one of the most fragile periods, and suicide is ranked among top three causes of death during those periods (Glenn et al., 2020).

Particular risk factors, including the presence of major/clinical depression or past suicide attempts, have consistently been found to be associated with completed suicides across divergent samples (Bernal et al., 2007). However, although the efforts in identifying risk factors have undergone a substantial increase over the years, the effectiveness of the efforts seems to be falling short of the mark as the suicide rates still seem to be increasing (Stone et al., 2017). The WHO called nations to acknowledge suicide prevention as a crucial public health concern and aimed to reduce worldwide suicide rates by 10% by 2020 (WHO, 2023).

Fortunately, suicide is a preventable cause of premature deaths with timely, appropriate, evidence-based, and low-cost interventions (WHO, 2023). It is suggested that suicide prevention entails joint effort, and interventions should be provided by multiple stakeholders in multiple domains, potentially paving the way for multilevel interventions (Gunnell et al., 2017). Across the literature, the most prolific methods of preventing suicide were found to be increasing the number of suicide awareness programs, restricting lethal means such as guns, providing evidence-based treatments, and conducting effective follow-up protocols (Zalsman et al., 2016; Florentine & Crane, 2010).

Over the years, a substantial effort has been investigated in science, both in terms of human and economic resources. Therefore, it is crucial to evaluate the results of such investments. The aim of scientific mapping is to quantitatively analyze existing research to provide a more thorough descriptive understanding of a particular topic. It allows the revealing of information in areas such as trends and rates in annual publications, the most prolific and influential scholars, the most relevant journals, the most cited articles, the most

used keywords, country and scientific field information regarding the published works, and so on (Zhang et al., 2020).

It was argued that there is a scarcity of bibliometric analyses in suicide research (Astraud, 2021). One reason why bibliometric research might be needed in suicide research is related to its convenience for identifying research trends, pointing out the gaps, and providing insight for future research. The primary objective of this study is to explore trends in the number of annual publications on suicide prevention and resilience among youth over a 30-year period. Along with that, the distributions with regards to the type of publications, research areas, country, field, journal, and citation information were also aimed to be explored. This study aims to contribute to the existing literature on suicidality as the aim is to evaluate scientific productivity related to protective and resilience factors among youth. It is believed that the results will be of interest to researchers, practitioners, and institutions.

METHOD

The present study aims to offer a bibliometric analysis of literature on suicide prevention and resilience among youth in journals indexed in Web of Science (WoS), as it is a widely utilized database by scholars. Based on the suggestions of Zupic and Carter (2015), a five-order stage, which consists of designing the study, collecting data, analyzing data, visualization, and interpretation, was followed. The search was conducted by using the algorithm: suicid* AND (youth OR young* OR emerging adult*) AND (protect* OR prevent* OR resilien*) on 3ʳᵈ January, 2024.

After the extraction, the information regarding author, country, research area, year of publication, keywords, journal information, and institutional affiliation was listed. The advanced search option was used, and the documents published between the years 1993 and 2023 were searched. The "title," "abstract," and "keywords" were applied as the preferred method of inquiry as the use of "topic" would be overly inclusive as it covers the terms within the title, abstract, or keywords. To crosscheck this decision, the analysis was conducted by utilizing "topic," and the first 100 randomly selected articles were visually inspected. It was revealed that using "topic" as the main source of inquiry would yield broad results, such as the inclusion of articles in which resilience or protective factors were only mentioned in the abstract without mentioning them in detail for the rest of the article. In a similar vein, the inclusion of "title", "abstract," and "keywords" resulted in another overinclusion, such as involving the articles where protective factors and/or resilience were only mentioned as a suggestion at the end of the abstract without touching upon

those concepts in the main text. To overcome this limitation, the algorithm was applied only to the "title," and visual inspection of the articles selected was in line with the purpose of the current study.

RESULTS

Global Findings

Overall, 451 studies on suicide prevention and resilience that met the search criteria were extracted. Among all, research articles (60.09%, n = 273) consisted the majority of the studies published, followed by meeting abstract (15.29%, n = 69), editorial material (8.65%, n = 39), review article (8.43%, n = 38), letter (3.77%, n = 17), proceeding paper (2.44%, n = 11), early access (2%, n = 9), correction (1.33%, n = 6), book chapters, (0.89%, n = 4), news item (0.67%, n = 3) and book review (0.44%, n = 2).

Although bearing slight fluctuations, most of the studies were published after 2010 (n = 349, 77.38%), and the number of publications has exponentially increased over the 30 years and has reached its peak in 2022. A similar but less floating pattern can be mentioned for the number of citations. In 1993, three articles were published, vs. 34 in 2023. The rate of exponential growth was calculated to be 18.87%. The number of studies covering suicide prevention and resilience followed a sharp increase from 2018 to 2019. The results regarding the number of citations and publications by year are presented in Figure 1.
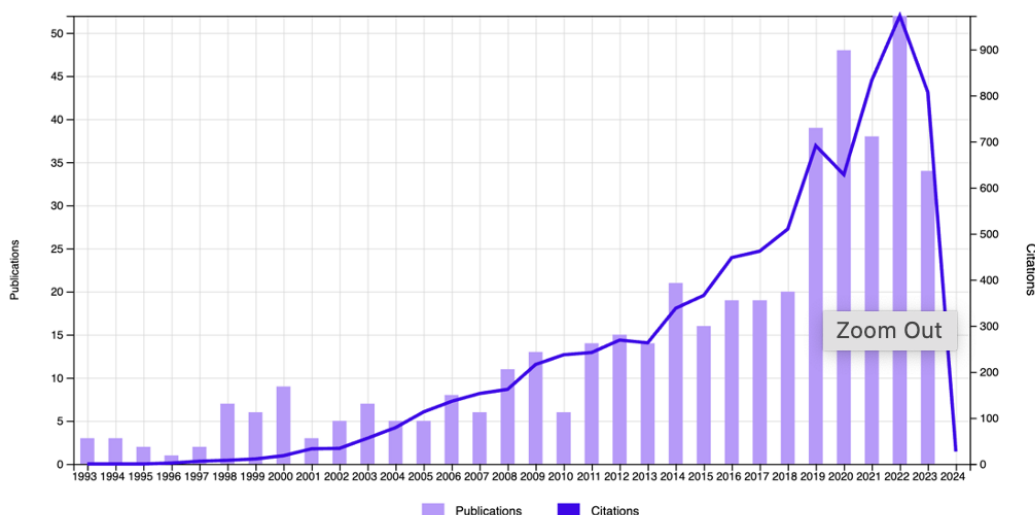

Figure 1. Number of citations and publications by year

Analyses by Country

Over 1993-2023, among 48 countries, the USA was ranked as the first country where the number of publications represented 53.21% of publications worldwide, as demonstrated in Table 1. This is followed by Australia (n = 58, 12.86%), Canada (n = 39, 8.64%), England (n = 15, 3.55%), and New Zealand (n = 12, 2.66%). All these countries appeared to increase their number of publications per year. Regarding co-authorships by country, the USA was found to be the center of the associations, as presented in Figure 2.

Table 1. Countries and the number of publications

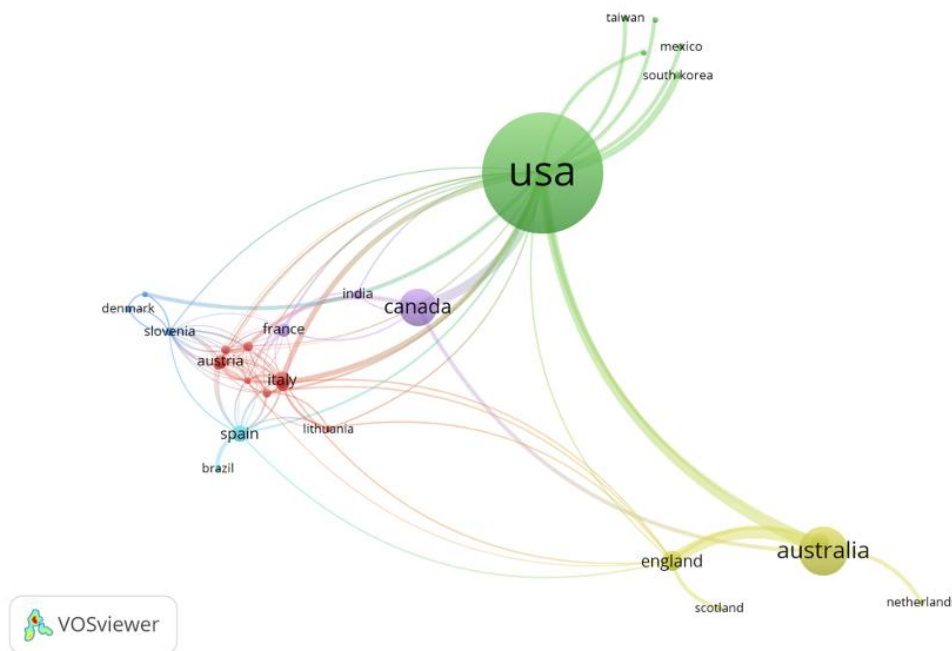| Rank	Countries	Number of publications	Number of citations
1	USA	240 (53.21%)	5203
2	Australia	58 (12.86%)	1524
3	Canada	39 (8.64%)	564
4	England	15 (3.55%)	190
5	New Zealand	12 (2.66%)	530

Figure 2. Co-authorship network by country

Analysis by Research Areas and Languages

In terms of the top-5 study area, the majority of the studies belonged to psychology (39.25%, n = 177), followed by psychiatry (n = 176, 39.02%), public environmental occupational health (21.73%, n = 98), psychology multidisciplinary (17.52%, n = 79), pediatrics (15.74%, n = 71) and general internal medicine (n = 39, 8.64%). Within this thirty-year period, an

overwhelming majority of the studies were published in English (n = 430, 95.44%), followed by German (n = 7, 1.55%), Spanish (n = 7, 1.55%), Russian (n = 3, 0.67%) and French (n=2, 0.44%).

Analysis by Citations and Index

Overall, the number of studies cited was 8.121, corresponding to 18.01 citations for each item, and the H-index score was 45. In terms of the web of science indices of the published articles, the top three were Social Sciences Citation Index (SSCI) (n = 331, 73.39%), Science Citation Index Expanded (SCI-EXPANDED) (n = 243, 53.88%), and Emerging Sources Citation Index (ESCI) (n=64, 14.19%). The results are presented in Table 2. As for the institutions, the highest number of citations belonged to Columbia University (n = 1331, 16.39%), Minnesota University (n = 910, 11.21%), Melbourne University (n = 623, 7.67%), University of California Los Angeles (n = 287, 3.53%) University of Illinois (n = 279, 3.44%), respectively. Lastly, 139 (30.82%) articles did not receive any citations.

Table 2. Web of science indices of the published papers

Web of Science index	Number of publications
Social Sciences Citation Index (SSCI)	331 (73.39%)
Science Citation Index Expanded (SCI-EXPANDED)	243 (53.88%)
Emerging Sources Citation Index (ESCI)	64 (14.19%)
Conference Proceedings Citation Index – Science (CPCI-S)	37 (8.20%)
Conference Proceedings Citation Index – Social Science & Humanities (CPCI-SSH)	10 (2.22%)
Book Citation Index – Social Sciences & Humanities (BKCI-SSH)	4 (0.88%)
Arts & Humanities Citation Index (A&HCI)	1 (0.22%)
Book Citation Index – Science (BKCI-S)	1 (0.22%)

Most Cited Papers

Table 3 presents the top 10 most-cited papers and the number of citations for each document. The most cited article was a review article cited 846 times, followed by a research article, which received 329 citations. Among ten papers, 4 were reviews, and 6 were research articles. Table 3 presents the results regarding the ten most cited papers, their journal, and citation numbers.

Table 3. Top 10 most-cited papers

Rank	Paper	Journal abbreviation	Citations
1	Youth suicide risk and preventive interventions: A review of the past 10 years	AACAP	846
2	Suicidality among gay, lesbian and bisexual youth: The role of protective factors	JAH	329

3	A brief screening tool for suicidal symptoms in adolescents and young adults in general health settings: Reliability and validity data from the Australian National General Practice Youth Suicide Prevention Project	Behav Res Ther	251
4	Vulnerability and resiliency to suicidal behaviours in young people	Psychol Med	243
5	Suicide attempts among American Indian and Alaska native youth: *Risk and protective factors*	Arch Pediatr Adolesc Med	228
6	Youth suicide prevention	Suicide Life-Threat Behav.	185
7	Protective school climates and reduced risk for suicide ideation in sexual minority youths	Am J Public Health	175
8	Risk and resiliency factors influencing suicidality among urban African American and Latino youth	Am J Community Psychol.	135
9	A systematic review of school-based interventions aimed at preventing, treating, and responding to suicide-related behavior in young people	Crisis	132
10	A systematic review of school-based interventions aimed at preventing, treating, and responding to suicide-related behavior in young people	Eur Child Adoles Psychiatry	120

Journal Information

Based on the number of publications, The Journal of American Academy of Child and Adolescent Psychiatry (n = 34, 7.54%) was found to be the journal with the highest number of publications. The journal that received the highest number of citations was Suicide and Life-Threatening Behavior (n = 908, 11.18%), followed by the Journal of the American Academy of Child and Adolescent Psychiatry (n = 901, 11.01%) and the Journal of Adolescent Health (n = 457, 5.63%). The results are presented in Table 4.

Table 4. Top 10 journals by the total number of suicide prevention and resilience studies included within the years of 1993-2023

Rank	Name of the Journal	Number of publications	Percentage	2023 impact factor	Number of citations
1	Journal of the American Academy of Child and Adolescent Psychiatry	34	846	13.3	901
2	Suicide and Life-Threatening Behavior	27	329	3.2	908
3	Crisis: The Journal of Crisis Intervention and Suicide Prevention	12	251	3.0	419
4	European Psychiatry	11	243	7.8	16

5	Journal of Adolescent Health	10	228	7.89	457
6	Australian and New Zealand Journal of Psychiatry	8	185	5.59	292
7	International Journal of Circumpolar Health	8	175	1.94	105
8	Injury Prevention	7	135	3.8	16
9	International Journal of Environmental Research and Public Health	7	132	4.61	105
10	American Journal of Community Psychology	6	120	4.02	264

The Most Prolific Co-authors

Between the years of 1993 and 2023, 1497 different co-authors with a distribution between 1-6 documents were identified. The most influential authors were determined based on Lotka's law, which indicated that the number of the most prolific authors should be less than 39 (square root of 1497). The 39th author had three papers, and because the following 20 authors also had three papers; 59 authors with three or more publications were identified as the most prolific co-authors and presented in Figure 3. In addition, it was found that Jo Robinson, James Allen, Eleanor Bailey, and Christensen Helen were the most important figures in the field in terms of the number of studies done. Figure 1 depicts the 59 most prolific co-authors.
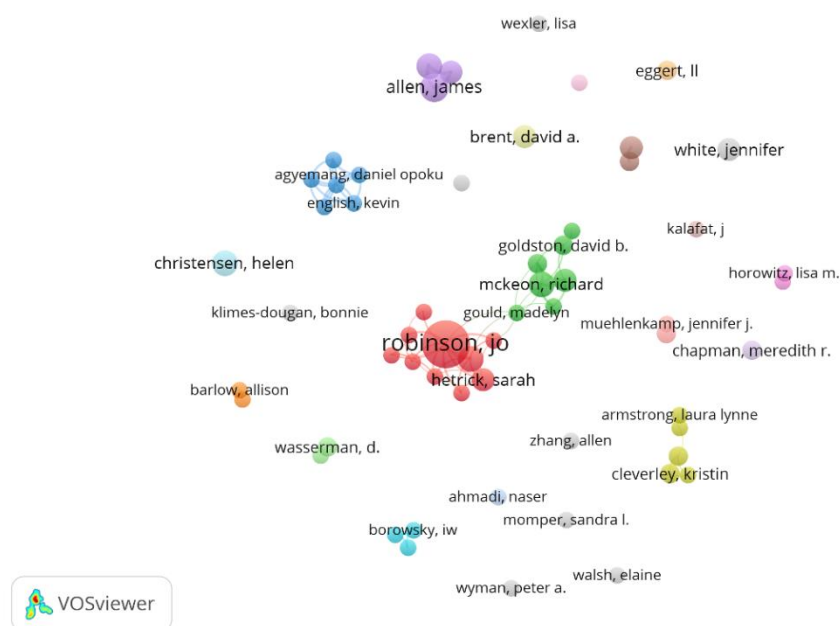

Figure 3. The most prolific 59 co-authors

When it comes to the number of citations, the most influential figures were Madelyn S. Gould, followed by David A. Brent and David Shaffer (the analysis was conducted by including only the first authors of cited documents. Other authors were not considered in co-citation analysis). The results are presented in Figure 4.
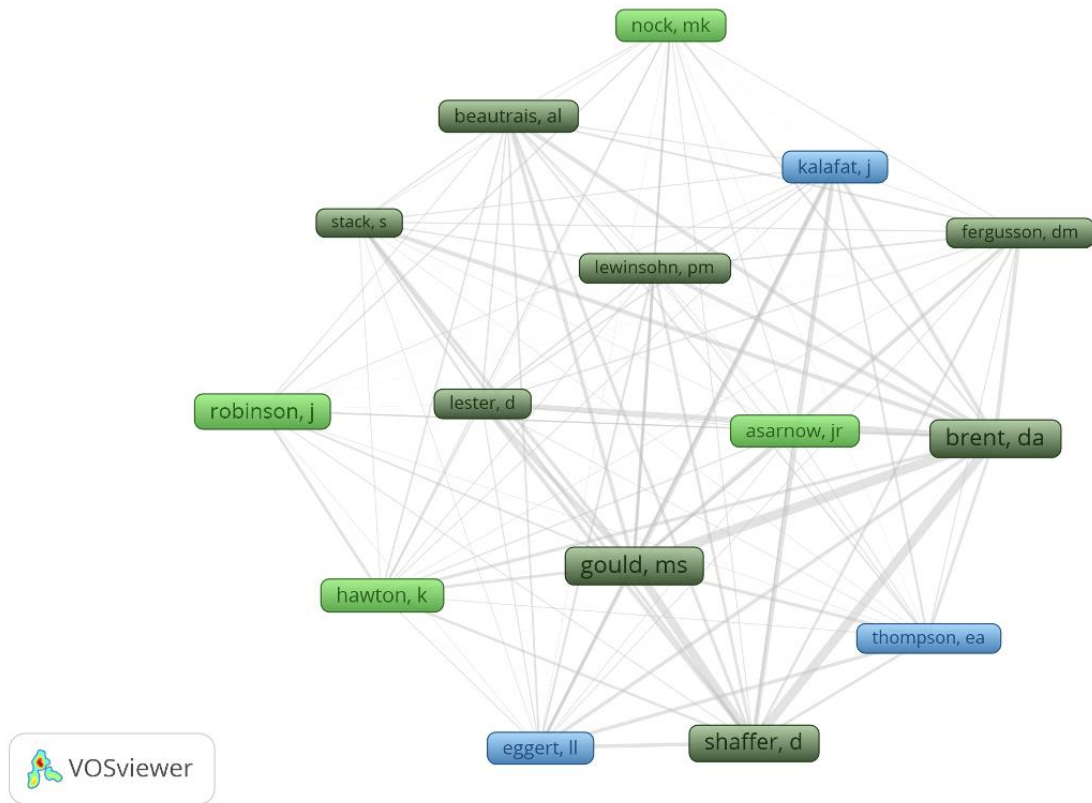

Figure 4. The most cited 15 authors

Keywords

A total of 640 keywords were found. In terms of the keywords, "suicide" (114 occurrences), "suicide prevention" (66 occurrences), "youth" (52 occurrences), "prevention" (47 occurrences) and "mental health" (32 occurrences) were the most frequently used. Zipf's law was applied to limit the number of keywords to be visually depicted in the WosViewer. A total of 25 keywords (square root of 640) were identified. Figure 5 demonstrates the most frequently used author keywords and their associations in the set of articles.
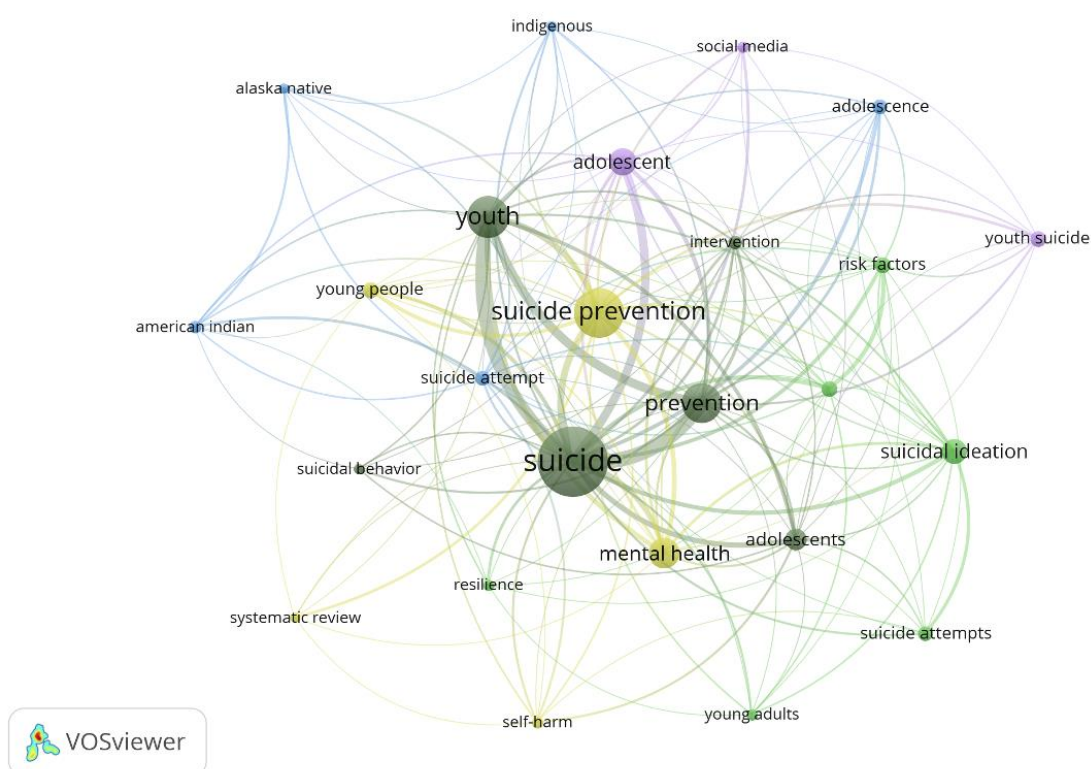
Figure 5. Most frequently used 25 keywords

DISCUSSION

The current bibliometric study analyzed the 451 documents published within the 30-year period (from 1993 to 2023) on suicide prevention and resilience among youth in the Web of Science database. Among 451 documents covering the topic, research articles (60.09%, n = 273) constituted the majority of the publications. During the 30-year period, there was an exponential growth in the number of publications, increasing from 3 to 34 with an exponential growth of 8.43%, with 2022 being the period of the highest productivity (n = 52, 11.53%). This increase was steady, indicating that there were no substantial decreases in the number of studies published. Therefore, it is apparent that the topic of suicide prevention and resilience has been a focus of research over the years. After a quick glance at the graph regarding the number of documents published by year, there was a breaking point such that the number of works has undergone a considerable increase after 2018. In fact, 51.44% (n = 232) of the publications belonged to the last five years (2018-2023). This increase can partly be attributable to the unexpected rising trend in suicide rates that reached its peak in 2018 (14.2 per 100.000) (Garnett & Curtin, 2023). Thus, this alarming situation might have prompted scholars to obtain more thorough information about the nature of suicide prevention.

To the researcher's knowledge, there is only one study aiming to investigate research trends in suicide prevention through bibliometric analysis, although the focus of the research was on the general population, without placing special importance on youth. The findings derived from the current study are similar to the one concluded in the other bibliometric study aiming to investigate suicide prevention and resilience (e.g., Suarez-Soto et al., 2023). Thus, it can be speculated that the results regarding the number of documents and citations are valid irrespective of the sample studied.

The number of catalogs for the analyzed documents was 48. The categories of psychology and psychiatry constituted the overwhelming majority (n= 353, 78.27%). Following that, the categories of public environment, occupational health, multidisciplinary psychology, pediatrics, and general internal medicine were the remaining prominent categories that included at least 30 documents or more. The 10 most-cited papers belonged to the psychology and/or psychiatry category. This variety in the research areas was not surprising, as suicide is the outcome of intricate psychological, biological, and sociological factors (O'Connor et al., 2019). Therefore, it is almost imperative to integrate the outcomes of different disciplines to provide a more comprehensive perspective in understanding this phenomenon and to develop and tailor the prevention efforts accordingly.

In general, suicide prevention emerges as a growing research field in terms of bibliometric analysis as scientific production yields an increasing trend. Although defined as a global health problem, only 48 countries contributed to the publications. One reason behind this result might be related to taboo and stigma regarding the concept of suicide, as reported by several studies (Katz et al., 2016; Sheehan et al., 2017). One of the most striking findings is that suicide prevention research is clearly dominated by developed countries, representing almost 90% of publications. Additionally, an overwhelming majority of the publications were in English. Considering the fact that 80% of the completed suicides take place in low and middle-income countries (WHO, 2023), it seems that there is a wide disparity between the countries where suicide prevention is mostly studied and the completed suicides take place.

The geographical distribution of the scientific products depicts an erratic picture characterized by the non-existence of particular regions, such as Africa and the Middle East (except for Turkey). This might be related to the lack of funding available or the language barriers authors experience in those countries. The other explanation could be related to stigma towards talking/researching about the concept of suicide in Middle Eastern and African

countries, as it is believed that talking about it would make individuals more inclined to have those thoughts (Cwik et al., 2015) and believers of Abrahamic religions such as Islam (almost 95% of the entire population in the Middle East) clearly restricts the act of suicide (Shoib et al., 2022), which might refrain individuals from discussing it. This, in return, might explain why there is a scarcity of studies in particular regions. However, talking or asking about the concept of suicide was not found to be responsible for an increase in suicidal thoughts in a variety of samples (Dazzi et al., 2014). A similar trend can be detected in other bibliometric studies (e.g., Cardinal, 2008; Suarez-Soto et al., 2022) where it was concluded that there is a scarcity of studies in particular regions (e.g., low-income countries, Middle Eastern region) regarding suicide prevention.

Several limitations are worth elaborating on. Firstly, the current study's findings are solely dependent on the results of WoS indexing and its processing tools. Therefore, further studies can be conducted by utilizing different databases such as Scopus, PubMed, or Proquest. Secondly, the validity of the current research is dependent on the search algorithm determined.

IMPLICATIONS

Given that suicide is considered to be a serious public health problem, the efforts contributing to suicide prevention hold special importance. This is particularly important among youth, as suicide remains among the top leading causes of death in certain developmental periods such as young adulthood. Therefore, it is important for scholars and practitioners to take a broader glance at the current state of literature regarding suicide prevention. With this respect, the results of the current study serve the purpose of examining the broader landscape of existing literature, including the most prolific authors, publications, and journals concerning suicide prevention. Additionally, the inferences made within the scope of the present study point out the need for studies to be conducted in underdeveloped and developing countries as there is a paucity in empirical information derived. Therefore, such an attempt would provide benefit to the field of suicide research to move forward. Although the number of studies has undergone a sharp growth and is believed to continue to pile up in the near future, it is evident that suicide prevention research still needs progress as most of the studies were conducted with samples from high-income countries, which is one challenge that scholars could particularly be aware of as it hampers the external validity.

CONCLUSION

Some primary conclusions can be drawn from the current study. First up, it is apparent that studies in suicide prevention and resilience among youth demonstrated a trend characterized by exponential growth over 30 years, indicating that there is a steady increase in interest in this topic. Secondly, developed countries, the USA, Australia, and Canada in particular, seem to be the most productive countries based on the number of publications and citations, although it is evident that most of the completed suicides occur in low and/or low-middle-income countries. Thirdly, most of the publications belonged to the fields of Psychology and Psychiatry.

Suicide is a preventable cause of death, and suicide prevention and resilience among youth seem to be an active research area, as proved by the considerable number of publications and citations yielded within a 30-year period. To reach better outcomes in terms of prevention and intervention, it is imperative to conduct extensive investigations related to the nature of suicidality. Therefore, the findings derived from the current study can be regarded as an effort to enrich existing literature on suicide prevention.

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Genişletilmiş Özet

Giriş

İntihar, intihar düşünceleri, intihar teşebbüsü ve tamamlanmış intiharları kapsayan geniş bir kavramdır. Tamamlanmış intiharların yılda bir milyon can kaybına yol açan küresel bir sağlık sorunu olduğu yaygın olarak kabul edilmektedir (Dünya Sağlık Örgütü [DSÖ], 2021) ve ön yargı, eksik raporlama ve yanlış sınıflandırma nedeniyle gerçek rakamların elde edilen istatistiklerden çok daha yüksek olduğu (%50'ye kadar) tahmin edilmektedir (Katz ve ark., 2016). İntihar, yıllar boyunca, özellikle beliren yetişkinlik ya da genç yetişkinlik (15-29 yaş arası) dönemlerinde ilk üç ölüm sebebi içerisinde gösterildiği için bu gelişimsel evrelerde daha ciddi bir sağlık sorunu olarak ortaya çıkmaktadır. Tüm bunlara rağmen, intihar, uygun zamanda, kanıta-dayalı ve düşük bütçeli gerçekleştirilen müdahalelerle önlenebilir bir ölüm sebebi olarak görülmektedir (DSÖ, 2023). İntiharı önleme, DSÖ tarafından tüm ülkelere yönelik yapılan çağrıda "global bir halk sağlığı sorunu" olarak tanımlanmış olup diğer ülkelerin de bu tanımı benimsemeleri gerektiği belirtilmiştir (DSÖ, 2023). Bibliyometrik analiz yoluyla, yıla göre yapılan araştırma sayısı ve trendler, konu ile ilgili yayın yapan ve atıf alan araştırmacılar, araştırma konusu ile ilgili yayın yapılan dergiler, atıf alan makaleler, sık kullanılan anahtar kelimeler, yayın ve iş birliği yapılan ülkeler, çalışmaların yapıldığı alanlar gibi birçok özelliğe göre gruplandırma yapılabilmektedir (Zhang et al., 2020). Literatürde, gençlerde intiharı önleme ve psikolojik sağlamlığa ilişkin yapılan bibliyometrik çalışmaların sayıca az olduğu gözlemlenmiştir (Astraud, 2021). Bu çalışmanın temel amacı, 30 yıllık süreçte gençler arasında intiharı önleme ve psikolojik sağlamlık üzerine yapılan yıllık yayın eğilimlerini araştırmaktır.

Yöntem

Bu çalışma, 1993-2023 yıllarını kapsayan 30 yıllık periyotta intiharı önleme ve psikolojik sağlamlık ile ilgili yapılan çalışmaların incelenmesi ve betimlenmesi amacıyla bibliyometrik analiz yöntemi kullanılarak gerçekleştirilmiştir. Bu kapsamda, Web of Science (WoS) veri tabanında yer alan 1993-2023 yılları arasında yayınlanan çalışmalar araştırmaya dahil edilmiştir. Araştırma, "suicid* AND (youth OR young* OR emerging adult*) AND (protect* OR prevent* OR resilien*)" algoritması kullanılarak gerçekleştirilmiş ve toplam 451 makaleye ulaşılmıştır. Verilerin analizinde VOSViewer programından ve WoS veri tabanının varsayılan ara yüzünden yararlanılmıştır. Ulaşılan çalışmaların yıllara, çalışma yapılan bilim alanlarına, dergilere, atıf sayısına, ülke bazlı bilimsel üretkenliklerine ve iş birliklerine, en fazla atıf alan makalelere, en sık kullanılan anahtar kelimelere göre dağılımına ulaşılmıştır.

Bulgular

Çalışmaların büyük çoğunluğunu araştırma makalelerinin, onları takiben derleme ve konferans özetlerinin oluşturduğu bulgusuna ulaşılmıştır. 1993-2023 yılları arasında gerçekleştirilen yayın sayısında 4 kat artış gözlenmiş olup makale başına ortalama atıf sayısı 18,01 olarak bulunmuştur. Toplam 451 çalışma içerisinden 139 çalışma ise hiç atıf almamıştır. Belirtilen yıllar arasında yapılan çalışma sayısında belirgin bir düşüş gözlenmemiştir. Çalışmaların büyük çoğunluğu psikoloji ve psikiyatri bilim alanlarına ait olup, gelişmiş ülkelerde ve İngilizce olarak yayımlanmıştır. Konu alanına yönelik en fazla çalışma Suicide and Life-Threatening Behavior dergisinde yayınlanmıştır. En fazla atıf alan makale M.S. Gould ve diğerleri tarafından yazılan "Youth suicide risk and preventive interventions: A review of the past 10 years" adlı makaledir. Ülke bazındaki analizlerde ise en çok çalışma yapılan, en çok atıf alan ve iş birliğine en açık ülke ABD olarak belirlenmiştir. Son olarak, 30 yıllık süreçte en fazla yayın yapılan yılın 2018 yılı olduğu ve mevcut yayınların yarısından fazlasının 2018-2023 yılları arasında yapıldığı belirlenmiştir. Bunun sebeplerinden biri olarak tamamlanmış intiharlar açısından (her 100.000 kişide 14.2 kişi) en yüksek rakamlara ulaşılan yılın 2018 yılı olmasının (Garnett & Curtin, 2023) araştırmacıları intiharı önleme ve psikolojik sağlamlık üzerine çalışmalarını teşvik etmesi olarak görülebilir.

Tartışma ve Sonuç

Bu araştırma bulgularından yola çıkılarak ulaşılabilecek bazı temel sonuçlar vardır. İlk olarak, gençler arasında intiharı önleme ve dayanıklılık konusundaki çalışmaların 30 yıl boyunca üstel bir artış ile karakterize edilen bir eğilim gösterdiği açıktır, bu da bu konuya olan ilgide istikrarlı bir artış olduğunu göstermektedir. İkinci olarak, tamamlanmış intiharların büyük kısmının düşük ve/veya düşük-orta gelirli ülkelerde meydana geldiği bilinmesine rağmen, özellikle ABD, Avustralya ve Kanada gibi gelişmiş ülkeler, yayın sayısı ve atıflara göre en üretken ülkeler olarak görünmektedir. Üçünü olarak ise, alanda yapılan çalışmaların büyük çoğunluğu psikoloji ve psikiyatri alanlarına ait olsa da toplamda 48 farklı çalışma alanı olduğuna yönelik bulgu, intiharın çeşitli biyolojik, psikolojik ve sosyolojik faktörlerden etkilendiği (O'Connor vd., 2019) önermesiyle desteklenmektedir.

DSÖ'nün intiharı küresel bir sağlık sorunu olarak tanımlamasına ve bütün ülkeleri intiharı önleme konusunda harekete geçirmeye yönelik çağrısına rağmen yapılan yayınlara sadece 48 ülke katkıda bulunmuştur. Bunun nedenlerinden biri, bazı çalışmalarda belirtildiği gibi intihar kavramına ilişkin tabu, önyargı ve damgalamalar olabilir (Katz vd., 2016; Sheehan vd., 2017). Bu çalışmada rastlanılan çarpıcı bulgulardan bir diğeri de intiharı önlemeye

yönelik yapılan çalışmaların %90'ının gelişmiş kategoride yer alan ülkelerde yapılması, fakat tamamlanmış intiharların %80'ini oluşturan gelişmekte ve az gelişmiş ülkelerin ise (DSÖ, 2023) bu alandaki katkısının sınırlı olduğudur. Bu durum, mevcut fonların yetersizliği veya bu ülkelerde yaşayan araştırmacıların dil engelleriyle ilgili olabilir. Diğer bir açıklama ise, Orta Doğu ve Afrika ülkelerinde intihar kavramı hakkında konuşmanın/araştırma yapmanın damgalanması ile ilgili olabilir. Zira, bu konu hakkında konuşmanın bireyleri bu tür düşüncelere sahip olmaya daha meyilli hale getireceğine yönelik hatalı bir inanç mevcut olup (Cwik vd., 2015), bu inancın yanlış olduğu çeşitli çalışmalarla kanıtlanmıştır (Dazzi vd., 2014).

Bu çalışmanın bazı sınırlılıkları mevcuttur. Mevcut bulgular yalnızca WoS veri tabanına bağlı çalışmaları kapsamaktadır. Benzer ya da farklı anahtar kelimelerin yer aldığı bir çalışma, Scopus, ProQuest ya da Pubmed gibi diğer veri tabanlarını kapsayacak şekilde planlanabilir. Elde edilen bulgular, sadece mevcut araştırma için belirlenen algoritmaya bağlı olarak ulaşılan veriden elde edilmiştir. Dolayısıyla, farklı algoritmalar kullanılarak oluşturulan konu alanı, dergi ya da yıllara yönelik analizler gerçekleştirilebilir.

Öneriler

İntihar, genç/beliren yetişkinlik gibi belirli gelişim dönemlerinde önde gelen ölüm nedenleri arasında yer aldığından, genç örneklemler kullanılarak gerçekleştirilen çalışmalar özellikle değerli hale gelmektedir. Bu nedenle, akademisyenler ve uygulamacılar için gençler arasında intiharın önlenmesine ilişkin mevcut literatürün durumuna daha geniş bir açıdan bakabilmek önem taşımaktadır. Bu bağlamda, mevcut çalışmanın sonuçları, intiharı önlemeye ilişkin en üretken yazarlar, yayınlar ve dergiler de dahil olmak üzere mevcut literatürün durumunu inceleme amacına hizmet etmektedir. Gençler arasında intiharı önlemeye yönelik gerçekleştirilen çalışmaların sayısının son 30 yıl içerisinde ciddi bir artış göstermiş olduğu ve yakın gelecekte de artmaya devam edeceği düşünülse de, bu çalışmaların çoğu gelişmiş ülkelerden oluşan örneklemlerle yürütüldüğü için intiharı önleme araştırmalarının özellikle gelişmekte olan ve az gelişmiş ülkelerde hala ilerlemeye ihtiyacı olduğu açıktır. Bu, araştırmacılar için özellikle farkında olunması gereken bir sınırlılıktır.