

# Factors that increase or decrease suicidal behavior risk in adolescents

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nutrition, parent-child interactions, reading books and watching movies, and faith or religiosity are protective factors that may reduce the risk of [suicidal behavior](#) in adolescents.

"Loving others is imperative, loving yourself is courage. Don't be afraid to love yourself—you have to fight for yourself before fighting for others," said senior author Heni D. Windarwati, of the Universitas Brawijaya, in Indonesia.

**More information:** Niken A. L. Ati et al, What are the risk factors and protective factors of suicidal behavior in adolescents? A systematic review, *Journal of Child and Adolescent Psychiatric Nursing* (2020). [DOI: 10.1111/jcap.12295](https://doi.org/10.1111/jcap.12295)

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An analysis of relevant studies published to date has identified certain risk factors associated with suicidal behavior in adolescents Credit: Heni D. Windarwati

An analysis of relevant studies published to date has identified certain risk factors associated with suicidal behavior in adolescents. The analysis also revealed certain protective factors that may reduce the likelihood of suicidal behavior.

The analysis, which is published in the *Journal of Child and Adolescent Psychiatric Nursing*, included 66 studies. Internal [risk factors](#) included poor individual coping, smartphone abuse, nutritional imbalance, menstrual problems, poor lifestyle, and disturbed sleep patterns. External risk factors for adolescent suicide behavior included mental health history in parents, poor interactions in the family, and [social problems](#).

Reframing to have a meaningful life, adequate

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