

Improving Parental Knowledge and Attitudes Towards Adolescent Suicide Prevention Through Structured Teaching: A Review

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With rising incidence rates in both industrialized and developing nations, teenage suicide is a significant global public health concern. Early detection, prevention, and support of at-risk adolescents are critical tasks for parents. However, timely intervention is frequently hampered by ignorance, false beliefs, and unfavorable attitudes. Programs for structured instruction have shown promise in raising parental awareness of suicide prevention and encouraging good attitudes about it. The purpose of this review is to examine the body of research on the efficacy of structured educational interventions in raising parents' awareness of and attitudes toward preventing teenage suicide. According to research, well-thought-out educational initiatives greatly raise student awareness, lessen stigma, and encourage proactive parental involvement. The review highlights the need for integrating such programs into community and school health initiatives to reduce adolescent suicide

Keywords: Adolescent suicide, parental knowledge, attitude, structured teaching program, suicide prevention, mental health education

Introduction

Adolescence is a crucial stage of growth marked by quick changes in social, emotional, and physical aspects of life. People are particularly susceptible to psychological anguish during this time, which could result in suicide thoughts and actions.¹ Adolescent suicide is now one of the world's top causes of death, hence immediate preventive action is required.² As the primary caretakers, parents are essential in seeing early warning indicators and provide emotional support.³ However, studies reveal that many parents lack adequate knowledge and hold stigmatizing attitudes toward mental health issues and suicide⁴.

Programs for structured instruction are methodical educational interventions intended to impart knowledge, foster skill development, and alter attitudes. These initiatives can give parents the skills

and self-assurance they need to properly support their kids.⁵ This review focuses on assessing how these interventions affect parents' attitudes and knowledge about preventing teenage suicide.

Need for the Review Parents' knowledge of suicide risk factors and preventative techniques is still severely lacking, despite growing awareness of teenage mental health.⁶ Parents are frequently discouraged from getting treatment or having frank conversations about mental health due to stigma, cultural beliefs, and misconceptions.⁷ By supplying correct knowledge and encouraging positive attitudes, structured teaching interventions can decrease this gap. Therefore, a comprehensive review is essential to assess the effectiveness of these programs and guide future practices.

Objectives of the Review

1. To assess the level of parental knowledge regarding adolescent suicide prevention
2. To evaluate parental attitudes toward adolescent suicide
3. To examine the effectiveness of structured teaching programs
4. To identify gaps in existing literature and suggest future directions

Concept of Adolescent Suicide

Adolescent suicide is defined as self-inflicted death among people between the ages of 10 and 19. Depression, anxiety, substance addiction, family disputes, and academic stress are frequently linked to it. Prevention relies heavily on early detection and action.^{8,9}

Parental Knowledge Regarding Suicide Prevention

Parental knowledge includes awareness of risk factors, warning signs, and preventive strategies. Studies indicate that many parents are unaware of early symptoms such as withdrawal, mood changes, and verbal cues¹⁰. Lack of knowledge delays intervention and increases risk.

Parental Attitudes Towards Suicide

Attitudes toward suicide significantly influence parental behavior. Negative attitudes, stigma, and denial can prevent open communication and help-seeking¹¹. Positive attitudes, on the other hand, encourage supportive environments and timely intervention.

Structured Teaching Programs

Structured teaching programs are organized educational sessions designed to improve knowledge and attitudes. These may include lectures, discussions, audiovisual aids, and interactive activities¹². Such programs are often conducted by healthcare professionals, including nurses and psychologists.

Effectiveness of Structured Teaching

Several studies have demonstrated the effectiveness of structured teaching programs in improving parental knowledge and attitudes¹³. Post-intervention assessments show significant increases in knowledge scores and positive attitude changes¹⁴. These programs also reduce stigma and enhance communication between parents and adolescents¹⁵.

Role of Nurses in Suicide Prevention

Nurses play a critical role in community mental health education. They can design and implement structured teaching programs, conduct awareness campaigns, and provide counseling services¹⁶. Their involvement is essential in early detection and prevention strategies.

Discussion

The review's conclusions show that systematic educational initiatives can improve parents' attitudes and understanding about preventing teenage suicide. Increased awareness results in greater support for teenagers and early detection of warning indicators. However, more extensive research and culturally specific therapies are required.

Conclusion

Adolescent suicide is an avoidable tragedy that calls for cooperation from society, families, and medical experts. Parents can be empowered with knowledge and positive attitudes through the use of structured teaching programs. Adolescent suicide rates can be considerably decreased by incorporating these initiatives into community health services.

Recommendations

1. Put in place organized educational initiatives at the community and school levels
2. Hold frequent parent awareness initiatives
3. Incorporate mental health education into programs for training parents.
4. Promote additional studies with a variety of populations

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