



## RESEARCH ARTICLE

## Understanding Factors Associated with Suicidal Behavior among Adolescent with Unwanted Pregnancy and the Use of ACT in Handling Suicidal Behavior: A Case Study

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**ABSTRACT**

Unwanted pregnancy among adolescent is a global issue that always has been discussed worldwide. These incidents give big impact to them and can be traumatic event for them. They can trigger variety of feelings, including dread, worry, bewilderment, and even humiliation. Unwanted pregnancy can cause severe emotional pain, which can sometimes lead to extreme results like suicidal thoughts or behaviors, however, it is critical to note that suicide is a complicated issue with many contributing elements. This study aims to understand and explore the factor associated to suicidal thought or behavior among adolescents with unwanted pregnancy and to see the effectiveness of Acceptance and Commitment Therapy (ACT) in handling suicidal behavior. This is mix mode research where researcher used Inventori Kecenderungan Bunuh Diri (IKBD) to measure the level of suicide attempts in pre, continues and post session. Nine sessions were conducted to explore the factors which contributed to suicidal behavior, the participant was selected using purposive sampling consist of one pregnant adolescent. Thematic analysis was used because it is provided purely qualitative, detailed, and nuanced account of data. 6 themes were emerged from this study 1) Loneliness, 2) Unappreciated, 3) Depression, 4) Lacking purpose in life, 5) Lack of support system, 6) Feel useless. All themes are significant in influencing the adolescent to commit suicidal behavior. This study provide insight about the root cause that influencing the adolescent to had suicidal behavior and the effectiveness of ACT in helping suicidal behavior. Understanding those features can help build comprehensive suicide prevention programs that are customized to the particular needs of adolescents struggling unexpected pregnancies. Interventions should target early identification of at-risk persons, mental health assistance, reproductive healthcare stigma reduction, and the promotion of effective methods of coping.

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**INTRODUCTION**

The phenomenon of suicide is intricate and multidimensional, resulting from the interaction of biological, social, and psychological elements. People who think about or try to commit suicide often feel extremely worthless, despondent, and psychologically tormented. Suicide affects people of all ages and in 2021 it ranked as the third most common cause of death worldwide for those between the ages of 15 and 29 (WHO, 2024). One of the most frequent causes of death for teenage girls is suicide. According to Centers for Disease Control and Prevention (CDC), approximately 13% of female high school students had tried to commit suicide, and this was based on mental health and suicidal behaviour analysis from 2011 to 2021 (Pappas, 2023). Suicide rates among Black teenagers aged 10 to 24 have sharply increased during this time, which is the most worrisome trend. This demographic saw a 36.6% increase in suicide rates, from 8.2 per 100,000 in 2018 to 11.2 per 100,000 in 2021 (Pappas, 2023). Adolescents experience an unsettlingly high rate of suicide ideas and

attempts compared to other age groups. A variety of social, psychological, and developmental variables contribute to this tendency. People struggle with identity formation, peer relationships, and mounting academic and social pressures during adolescence, which is a time of profound emotional and physical transformation. Adolescents are susceptible to emotions of uncertainty, worry, and despair during this period, which can fuel suicidal ideas.

Adolescent pregnancy also gives more reasons for unstable emotions, worriedness, hopelessness, and despair because it is too much for adolescents to adapt and handle. A number of interrelated circumstances make adolescent pregnancy a substantial risk factor for suicide. Pregnant adolescents frequently experience severe rejection and criticism, which can exacerbate feelings of worthlessness and loneliness as well as increase thoughts of suicide. They may think that suicide is the best way to deal with their unsolved issues (Musyimi et al., 2020).

This study examines the various aspects that lead to suicide among adolescents with unwanted pregnancy, namely loneliness, feeling unappreciated, depression, lacking purpose in life, lack of support system, and feeling useless. This study intends to give a thorough understanding of the risk factors and potential interventions such as mindfulness, building psychological flexibility, and acceptance in the acceptance and commitment therapy (ACT) that can assist in lowering the incidence of suicide among this vulnerable demographic by looking at these aspects.

## LITERATURE REVIEW

There are numerous previous studies on suicide among adolescents but this study focuses on pregnant adolescents. Although completed suicides among expectant mothers are uncommon, the scant research in this field indicates that teenage mothers may be more susceptible to suicidal thoughts. Roughly 19% of all teenagers aged 15 to 19 confessed they had considered suicide and about 9% have tried to take their own lives. The scarce research on teenage mothers and suicide that are currently accessible report percentages of suicide between 11% and 30% (Hodgkinson et al., 2014).

Karaçam et al. (2024) conducted a meta-analysis consisting of 38 studies with a total sample size of 9,044,991. According to this meta-analysis study, 5.1% of pregnant and postpartum women had suicidal conduct, 7.8% had suicidal thoughts, 1% had suicide attempt, and 7.8% had suicidal plans. Due to more intense situations during the COVID-19 pandemic, there was an increase in the rate of suicide behaviour, thoughts, and attempts. In comparison to pregnancy, there was a higher prevalence of suicide behaviour, ideation, attempts, and plans in the postpartum period when the adolescent mothers' conditions are fragile (Karaçam et al., 2024).

Li et al. (2021) discovered that 6.5% of their study's participants made an attempt at suicide in the preceding 12 months, with the majority of those attempts (88.5%) taking place within a year of the pregnancy. The age difference between participants who attempted suicide and those who did not was substantial. When comparing females who had attempted suicide to those who had not, more participants felt that their health was poor and they were unemployed (Li et al., 2021). Goueslard et al. (2023) revealed after adjustment, pregnant adolescents had an increased risk of subsequent hospitalisation for non-lethal self-harm in comparison with non-pregnant adolescents.

Following this, Abdul Rahim et al. (2024) carried out a study using pooled data which revealed that adolescent mothers had a higher likelihood of presenting with suicide ideas and attempts. Suicidal thoughts and attempts, regardless of pregnancy, are a major problem for the adolescent population. Adolescent mothers have a significantly elevated risk of suicide in comparison to other mothers (Abdul Rahim et al., 2024). Similarly, the evidence is mounting that adolescent girls and young women in sub-Saharan Africa may be more likely to engage in suicidal and non-suicidal self-harm due to unwanted teenage pregnancies (Quarshie & Asante, 2022).

Suicide attempt was predicted by multiparity and low maternal education while adolescent motherhood and restricted foetal growth were linked to both the completion and attempt of suicide in adolescents (Mittendorfer-Rutz et al., 2004). Not just adolescents, other pregnant women also have suicidal thoughts and attempts frequently, which increase their risk of completing suicide and have negative effects on both the mother and the foetus. There is a high rate of suicidal ideation and attempts among pregnant women. Enhancing social support and antenatal-related common mental

disorders should be part of intervention methods for suicidal ideation and attempts, with a primary focus on women with unwanted pregnancies and a history of suicidal ideation (Belete et al., 2021).

There are varied factors and elements that can lead to suicide attempts and behaviour among adolescents with unwanted pregnancy. Soto-Chavarría et al. (2023) conducted a study on the quality of life and suicide behaviour among pregnant adolescents in Mexico. They found that adolescent pregnancy has a negative impact on adolescents' lives and it can be linked to or influenced by depressive symptoms or social support. They also found that family support helped reduce the impact of depressive symptoms on physical well-being, mood, emotions, parent relationships, and social rejection. Additionally, support from a partner reduced the impact of depressive symptoms on suicidal behaviour and most quality-of-life dimensions, except for physical well-being (Soto-Chavarría et al., 2023).

In accordance with this study, it was found that adolescent mothers' risk of engaging in suicide behaviour is heightened by poverty, chronic physical illness, lack of support from family and community, and intimate partner violence. In order to address intimate partner violence, economic empowerment, and adolescent mothers' chronic physical illnesses, the community should look for ways to provide youth-friendly healthcare (Musyimi et al., 2020).

Pinheiro et al. (2012) discovered strong correlations between suicidal behaviour and the following factors: low education, prior abortion, substantial depression in the past, physical abuse within the past year, and the 18–19 age group. Prevalence ratios (PR) between pregnant teenagers with high and low social support were found to be 67% lower for the former group. Moreover, even after adjustment, a variety of psychiatric conditions continued to be linked to suicide conduct, most notably major depressive disorder and panic disorder (Pinheiro et al., 2012).

Chan et al. (2016) noted other factors associated with suicide ideation. They found a substantial correlation between sexual behaviour, religious attitudes, and suicidal ideation in pregnant teenagers. This correlation extends beyond identified risk variables from earlier studies such as serious depression (Chan et al., 2016).

Adolescent suicide during pregnancy is a complex problem that is impacted by social support networks, mental health, and socioeconomic conditions. This study intends to emphasise and address the factors that influence the adolescents to commit suicide during pregnancy as well as integrate with the technique from the ACT therapy to see the effectiveness in handling suicide.

### **Effectiveness of acceptance commitment and therapy in dealing with suicidal behaviour**

Acceptance and commitment therapy (ACT) is a form of mindful psychotherapy where it encourages patients to accept their thoughts and feelings without passing judgement. It begins with the basic knowledge that suffering, loss, sadness, disappointment, disease, fear, and worry are all necessary aspects of living. Removing or suppressing these experiences is not the aim of ACT. In contrast, ACT places a strong emphasis on pursuing important life goals and areas such close relationships, fulfilling employment, and personal development, even in the face of these traumatic events (Dindo et al., 2017).

Past studies have indicated the effectiveness of ACT in reducing suicide ideation and behaviour. Bagheri-Sheykhangafshe et al.'s (2022) study on Guilan University students has been shown to dramatically improve students with suicide ideation through their self-esteem, optimism, resilience, self-efficacy, cognitive reappraisal, and expressive suppression. The findings suggest that ACT can improve psychological capital and emotion regulation in individuals with suicidal ideation, hence enhancing psychological health. Therefore, it is advised to use this kind of intervention to lessen suicidal ideation (Bagheri-Sheykhangafshe et al., 2022).

El-Sayed et al. (2023) compared the ACT with standard of care, where it was proven that ACT dramatically reduced suicidal ideation and increased impulse control in bipolar clients compared to standard of care alone. The reason for this is the main focus of ACT treatment is on experiencing avoidance, which is the tendency to repress uncomfortable ideas or feelings in order to improve psychological flexibility. It supports patients in developing a full life, finding hope, and practising mindfulness (El-Sayed et al., 2023). In accordance with the ACT treatment mechanism, individuals

can learn to tolerate unpleasant emotions, modify their perception of and responses to undesirable thoughts, and take control of their external actions in order to accomplish their desired goals by embracing unwanted experiences and promoting behaviour that is motivated by values (Hayes et al., 2012; Houwer et al., 2016).

Apart from that, there is a programme named ACT for Life, where it offers a transdiagnostic inpatient intervention that is deemed acceptable, focuses on functional recovery, and possesses the capacity to avert suicidal conduct. The thoroughness and viability of ACT for Life, as well as the programme's potential benefits for patients who are suicidally inclined, are bolstered by the results of its efficacy trial. Barnes et al. (2021) assessed ACT for Life's acceptability and the viability of the research strategy for a potential efficacy trial. Suicide behaviour, functioning, life satisfaction, and treatment engagement are among the preliminary outcomes that show ACT for Life may help individuals recover from a suicide crisis. Participants felt that the intervention was helpful. A broad group of veterans who were hospitalised because they posed a risk of suicide and who presented with a range of psychosocial stresses, mental health diagnoses, and degrees of functional impairment found ACT for Life to be acceptable (Barnes et al., 2021).

There were documented reductions in suicidal ideation and suicide risk factors that were statistically significant. Ortas-Barajas and Manchón (2024) found statistically significant correlations between lower suicidal ideation and greater psychological flexibility. Even though the data indicated that ACT may be useful in lowering suicidal ideation, additional experimental research is required to fully understand the intricacies of suicidal behaviour and investigate the change processes involved (Ortas-Barajas & Manchón, 2024). These results suggest that among students who are contemplating suicide, ACT may be able to enhance life purpose and overall well-being. Future research could explore how ACT causes these modifications and its long-term effects (Pirfalak et al., 2024).

Furthermore, numerous randomised controlled trials that looked into a wide range of target conditions have assessed the effectiveness of ACT. However, supporters of conventional cognitive-behavioural therapy (CBT) have started to sharply criticise the strategy. A recent comparison and contrast study between ACT and conventional CBT was conducted by Hofmann and Asmundson (2008). They came to the following conclusions: (a) ACT's objections of standard CBT are unfounded; (b) ACT and CBT may be understood via a comparable theoretical framework; and (c) there is no proof that ACT, contrary to what its supporters occasionally assert, is a 'third wave' of behaviour therapy (Gaudiano, 2011).

## **METHODOLOGY**

Conducting research using mixed methods involves a researcher combining aspects of quantitative and qualitative research approaches (e.g., using both quantitative and qualitative viewpoints, collecting data, analysing data, and drawing conclusions) with the overall goals of corroboration as well as breadth and depth of understanding (Johnson et al., 2007). A mixed-methodologies study design is one that contains its own philosophical presumptions and methods of enquiry (Creswell & Plano Clark, 2011). It uses philosophical presumptions as a methodology to give instructions for gathering and analysing data from several sources in a single study.

Combining two approaches may be better than utilising just one approach since it will probably yield deep insights into the research phenomenon that are not possible to completely understand when employing simply qualitative or quantitative methodology. Multiple data sources can be integrated and synergised through a mixed-methods approach, which can help in the research of complicated problems (Poth & Munce, 2020). According to Shorten and Smith (2017), the use of mixed methods entails deliberate data consolidation, which enables researchers to examine a phenomenon through a variety of viewpoints and research lenses in order to obtain a broad understanding of their study. Thus, that is why this study chose mixed methods.

For the selection of participant, this study applied purposive sampling consisting of one pregnant adolescent. The subject in this study was chosen according to certain requirements such as unwanted pregnancy, having attempted suicide, and falling within the age range of adolescents. Purposive sampling techniques steer clear of random sampling and ensure that certain types of cases of individuals who may be included are included in the research study's final sample. Adopting a

purposive technique is justified by the presumption that, in light of the study's goals and objectives, some types of individuals may have significant and divergent opinions of the concepts and problems under investigation, necessitating their inclusion in the sample (Robinson, 2014).

In this study, the researchers utilised Inventori Kecenderungan Bunuh Diri (IKBD) to measure the level of suicide attempts in pre-, continuing, and post-session in the quantitative method. For the qualitative research technique, the researchers conducted nine treatment sessions to explore the factors which contributed to suicidal behaviour to allow the findings from emic perspective. The participant's IKBD results show that her pre-test score was 18 and her post-test score was 9. Following the nine sessions, it indicates a decrease in the post-result.

The IKBD was developed using the suicidal inclination hypothesis, which Pan and Mohamed Arip (2018) modified from a number of human psychology and self-murder ideas. According to this view, contemplating suicide or making almost deadly attempts at suicide are considered suicidal inclinations. Suicidal tendencies are defined as attempts at suicide with the aim of dying. Suicide attempts are classified as self-initiative, deliberate attempts to end one's life, and perhaps causing personal harm. The participant must answer all 24 items on the IKBD, only yes or no responses are considered accurate. A value of 1 is assigned to the affirmative response, while a blank value is assigned to the negative response.

For qualitative data, the researchers conducted nine treatment sessions to explore and understand the factors that contribute to suicidal behaviour from the participant's perspective. Specifically, relationships, personal experiences, and social norms are all described and explained via qualitative research. Qualitative approach can encourage discussion with the participant, which allows for the collection and interpretation of non-verbal cues to obtain the clear picture of the personal experiences from the participant who had unwanted pregnancy and suicidal behaviour.

During the sessions, the researchers implemented a few techniques from the ACT in order to delve deeper and understand the participant's situation and phenomenon. The first technique is Mindfulness. This technique helps adolescents develop awareness of their thoughts and emotions without judgement. This can be crucial in managing distressing thoughts related to the unwanted pregnancy and suicidal ideation.

The second technique is Acceptance. This technique teaches instead of fights or suppresses difficult emotions, adolescents can learn to accept these emotions as natural responses to their circumstances. Acceptance does not mean approval but acknowledges reality without unnecessary struggle.

Besides, the researchers used Committed Action, where it encourages adolescents to take action based on their values. This might involve seeking support, making informed decisions about the pregnancy (whether keeping the baby, giving the baby up for adoption, or having an abortion), and engaging in behaviours that promote their well-being.

The fourth technique is Building Psychological Flexibility. This technique aids the adolescents to work on developing the ability to adapt to changing circumstances and to choose responses that are in line with their values, even in the face of difficult emotions and thoughts.

The fifth technique is Social Support. This technique involves family, friends, or support groups that can provide additional resources and encouragement for adolescents in navigating the challenges of an unwanted pregnancy and suicidal thoughts.

Safety Planning is another technique used during the sessions. Given the risk of suicidal attempts, it is crucial to develop a safety plan that includes strategies for managing suicidal thoughts and accessing help when needed.

### **Data analysis**

The data in this study were analysed using a theme analysis method. The research technique known as thematic analysis is used to find and analyse themes or patterns in a set of data; it frequently yields fresh perspectives and knowledge (Elliot, 2018). By applying thematic analysis to the data, the researchers are able to concentrate on idiographic and inductive methods as opposed to nomothetic

and deductive ones (Braun & Clarke, 2006). There are basic principles of the thematic analysis technique such as coding of data, searching for themes, refining the themes, and reporting the findings, which involve the identification and reporting of patterns in a data set, which are then interpreted for their inherent meaning (Braun & Clarke, 2006; Flick, 2022). Through the use of several data collection procedures and sources, diverse interpretations and meanings can be incorporated into data analysis, increasing the trustworthiness of the results. According to Flick (2014), this is known as triangulation. Triangulation functions as a verification method in general when sources, interpretations, or even perceptions converge; this helps to ensure a version of the truth (Guenzi & Storbacka, 2015), confirm the study's validity (Hammersley, 2008), or confirm the repeatability of an observation or interpretation (Stake, 2004).

## RESULTS

Inventori Kecenderungan Bunuh Diri (IKBD) was employed to measure the level of suicide attempts of the participant. The result for IKBD pre-test is 19 and the post-test is 9. This shows a decline in the post-result after the treatment sessions. There was a total of 9 treatment sessions with the participant. A total of 6 ACT techniques were applied during the treatment sessions. These were mindfulness, acceptance, committed action, building psychological flexibility, social support, and safety training. In every session, a different technique was used to see its effectiveness. The core tenet of ACT is the recognition that suffering, loss, disappointment, sadness, disease, fear, and anxiety are all natural aspects of life. In light of these traumatic events, ACT promotes the pursuit of important life goals and areas such as close relationships, fulfilling employment, and personal development. Based on the data collected, six themes were identified. The themes are 1) Loneliness, 2) Feeling unappreciated, 3) Depression, 4) Lacking purpose in life, 5) Lack of Support System, 6) Feeling useless. Findings indicated the factors contribute to the suicidal behaviour among adolescents with unwanted pregnancy and the level of suicide attempts has shown to decrease after 9 counselling sessions.

### Loneliness

In this study, the participant mentioned that she felt lonely as she did not have a good relationship with her parents and she did not trust her parents because she had a crisis with her family. Adolescents at her age need to be close to their parents because according to the Department for Digital, Culture, Media & Sport (2017), young people aged 16 to 24 reported feeling lonely more often than older age groups. The participant found it difficult to express her emotions to her parents, which made her feel alone or misunderstood. Her parents did not show genuine interest, did not listen empathetically to her concerns, and they made judgement about her. They also did not validate her feelings and experiences. Her feelings and concerns had been dismissed or minimised in the past. Thus, she felt her parents were not reliable, did not have empathy, and were not understanding.

*Saya terlibat dengan semua masalah ni sebab saya sangat kesunyian dalam hidup saya. Saya tidak percaya sesiapa pun termasuk ibu bapa saya.*

### Feeling unappreciated

During the sessions, the participant emphasised that she felt unappreciated. Suicidal thoughts and acts can often be significantly influenced by feelings of unappreciation, particularly when the participant has been exacerbated by other emotional and psychological problems. She had emotional and psychological problems when she was raped by her own sibling. She had withdrawn from family interactions and avoided sharing her achievements and struggles because she felt unappreciated. She expressed her frustration and anger towards her parents because they ignored her when she informed them of the incident. She had no friends as she stopped schooling due to her pregnancy. When she met her boyfriend, she felt more appreciated. She could talk to her boyfriend because she felt that her boyfriend was more understanding.

*Hidup saya dah lama tidak dihargai. Jadi bila saya bersama boyfriend saya, saya sangat happy, release semua hal, sebab dia je yang memahami saya.*

## Depression

The participant felt hopeless and lost her will to live. She had a terrible experience with her family. She came from a dysfunctional family. She was molested by her father and then raped by her brother until she had to take medicine to forget all her nightmares. Her mother did not believe her and ignored what she had expressed about her traumatic experiences.

Disclosure of abuse, regular support from responsible adult caregivers, and therapy are the most crucial elements of trauma healing. If a child witnessed inappropriate sexual behaviour or abuse, they should report it to a reliable adult, even if it did not affect them directly. However, it was different for the participant. Her mother did not pay attention to her because her mother had a new family and life. She felt stressed and depressed as the person that was supposed to care for and protect her did the opposite. She lived with her father and her brother. Initially, she was molested by her father, then her brother raped her until she became pregnant. The traumatic events that happened to her led to chronic depression, characterised by persistent sadness, hopelessness, and a lack of interest in activities she once enjoyed. She had no one to rely on until her boyfriend came and helped her to regain her life.

*Dulu saya pernah makan ubat sebab saya alami kemurungan teruk sebab ada isu dengan keluarga saya... dorang tinggalkan saya macam tu je... masa saya terkapai-kapai boyfriend saya yang datang bantu.*

## Lacking purpose in life

A major risk factor for suicide thoughts and actions can be a lack of purpose in life. The absence of a sense of purpose can exacerbate feelings of pessimism and despair since it gives people direction, motivation, and meaning in their lives. The participant in this study found it difficult to imagine a meaningful future because she lacked a feeling of purpose. This may have caused her to feel pessimistic about her life and think that nothing will ever get better. When she experienced an existential crisis in her family, where she was molested and raped by her own family members, she began to doubt the purpose and meaning of her life, which can be magnified by a lack of direction. She has had unwanted pregnancy due to her biological brother. This incident has exacerbated psychological suffering and worsen the symptoms of depression. She had low self-esteem and feelings of worthlessness when losing her dignity. She felt unworthy and that her life was pointless.

*Saya memang tiada tujuan hidup sebab bagi saya hidup saya ni tidak pernah bermakna.*

## Lack of support system

Suicidal thoughts and actions might be significantly increased by the absence of a support system. Support systems, which include friends, family, mentors, and connections within the community, are essential for offering practical, social, and emotional support. The participant thought and felt that she did not have these connections, and it made her more prone to feelings of loneliness, helplessness, and despair. Her mother did not give attention, love, and support to her concerning her problems and situation in life. She experienced feelings of helplessness and being overwhelmed as a result of her inability to handle life's obstacles. Her close family did not seem to hear or care about her, hence she was less inclined to ask for help from professionals or share her troubles because she was afraid of being rejected or thought that no one would be interested. Notably, support systems provide validation and encouragement, which are crucial for preserving self-esteem.

*Sepanjang saya hidup, saya tak pernah harapkan sesiapa sebab tu saya kurang sistem sokongan. Lagipun sebab saya memang orang yang susah percayakan orang... jadi saya tak suka bercerita dengan sesiapa.*

## Feeling useless

Suicidal thoughts and actions may be considerably more likely among those who feel unworthy or useless. This state of mind is frequently caused by an array of root causes such as mental health disorders, past experiences, and outside events. The participant had internalised her helplessness and mistook it for a personal shortcoming or defect, which made her feel bad and guilty about herself. She had excessively blamed herself for the incidents that happened to her. She felt helpless and futile

since she thought she could not make things better or change her circumstances. She felt that she was unable to receive forgiveness from other people and the Creator.

*Saya selalu merasakan hidup saya tidak berguna sebab saya dah banyak kali termengandung luar nikah dan saya rasa, orang seperti saya ni tiada tempat di sisi Allah.*

This study revealed several prominent themes, namely loneliness, feeling unappreciated, depression, lacking purpose in life, lack of support system, and feeling useless. All themes are significant in influencing the adolescent to have suicidal behaviour.

## DISCUSSION

In this study, the participant mentioned that loneliness is related to suicidal behaviour. Similarly, Shoib et al. (2023) found 18 studies that provided quantitative results about the relationship between suicidal thoughts and feelings of loneliness. Shoib et al. (2023) also discovered that individual, societal, and cultural factors influence the relationship between suicide behaviour and loneliness. This is parallel with a study by Alothman et al. (2024), which indicated that the risk of suicide death is estimated to increase five times in those who experience loneliness and social isolation; this risk was significantly higher in younger persons.

Being unappreciated can have a negative impact on one's emotions and self-worth, which can lead to negative feelings and relationship problems. According to Leary and Baumeister (2000), self-esteem is a person's subjective assessment of their value as a person, which takes into account elements of self-acceptance, self-satisfaction, and self-respect. The participant in this study reported feeling underappreciated for a long period, which contributed to her low self-esteem. Poor self-esteem has been demonstrated to be a risk factor for suicidal ideation and attempts (Buecker et al., 2023; Soto-Sanz et al., 2019) and is prevalent in clinical samples (Silverstone & Salsali, 2003). The relationship between suicidal ideation and self-esteem was entirely mediated by self-burdensomeness (Teisman & Joiner, 2024).

The study participant revealed that she took medication for her illness and that she experienced depression as a result of family strife. The biggest possibility for her committing suicide is depression because she was abandoned by her family. This is in line with a previous study by Cai et al. (2021), which found that those with major depressive disorder had a greater likelihood of suicide attempts than people without major depressive disorder. According to Cai et al. (2021), prompt therapy for suicidal individuals should come after routine screening for a range of suicidality. In addition, a study by Ernst et al. (2020) found that out of 368 people with chronic depression, 75 had attempted suicide at some point. It is essential to approach each adolescent's situation with empathy, understanding, and sensitivity to their unique circumstances and cultural background. Moreover, addressing any underlying mental health issues, trauma, or social determinants that may contribute to their distress is crucial in providing comprehensive care.

The study participant disclosed that she did not feel like she had a purpose in life because of the stresses and terrible experiences she had to deal with. It demonstrates her lack of control over her life, which is one of the key elements that improve life overall and deter suicide attempts. According to McKnight and Kashdan (2009), purpose is akin to a compass since it offers a broad purpose for living those influenced choices, directs aspirations, and distributes limited human resources. It can be said that the power to keep the feeling of purpose in life through ability to create goals, to make sense of everyday actions, and the feeling of control over one's life are again significant factors that increase the overall quality of life and as a result protect from suicide attempts. Błażek et al.'s (2015) study shows a significant meaning of the sense of purpose in life for satisfaction measures (well-being) and self-efficacy. Cross-clinical groups have demonstrated relationships between purpose and depression for both major depressive disorder (Davison et al., 2012) and minor depressive disorder (Nierenberg et al., 2010). However, purpose's predictive power for these disorders has frequently been paired with other measures of psychological well-being (Boreham & Schutte, 2023).

Throughout the treatment sessions, the participant made it clear that she did not have a strong support system where she could turn immediately for assistance. She attempted suicide because she did not want to rely on her family and had a miserable relationship with them. Individuals without a support system are unmotivated and unable to prevent suicide. According to Kleiman and Liu (2013)



who conducted a study on two continents encompassing a United States sample and an English sample, support from social networks is associated with a decreased risk of attempting suicide in the future. Global suicide prevention initiatives can be enhanced by incorporating social support, a highly adjustable component (Kleiman et al., 2013). Besides that, another study supported those strong bonds with friends and family that kept adolescents from considering taking their own lives to end their worries (Pereira et al., 2018).

Feeling useless can have a significant negative influence on someone's mental health and view on life. It is frequently caused by feelings of worthlessness or inadequacy. The study participant expressed that she feels helpless and that there is nothing she can do to make things better. She blamed herself, felt that she did not belong anywhere, and believed that God was unable to forgive her. Strong sentiments of guilt and shame are frequently the result of self-blame. Feelings of pessimism and unworthiness might be heightened when people think they are to blame for their troubles or failures. A previous study's findings demonstrated the importance of recognising 'worthlessness' in depression symptoms for avoiding teenage suicide with attention-deficit hyperactivity disorder (ADHD) as these feelings are directly linked to suicidal thoughts and plans (Katzenmajer-Pump et al., 2022).

ACT, with its emphasis on acceptance, safety planning, mindfulness, social support, building psychological flexibility, and committed action, is a useful strategy for handling suicidal thoughts. Instead of attempting to ignore or repress unpleasant thoughts and sensations, ACT assists the participant in accepting and creating space for herself. This lessens the fight that frequently intensifies depressing sentiments. By teaching the acceptance concept, the participant learnt to accept herself as normal reactions to her environment. Acceptance is the recognition of truth without needless struggle, not approbation. For instance, the researchers supported the participant in accepting her feelings and circumstances without passing judgement or pushing her away. "It's okay to feel overwhelmed and scared right now". ACT reduces the emotional impact of thoughts by helping people see them as distinct from who they are. Building Psychological Flexibility is a technique that helps the participant to work on her capacity to adjust and change situations as well as make moral decisions even when confronted with challenging feelings and thoughts, while mindfulness techniques promote present-moment awareness and lessen the intensity of upsetting thoughts. The researchers advised the participant to be mindful by saying, "For now, let's just concentrate on your breathing. Take note exactly how the air feels entering and leaving your body. Even in difficult times, this can help you remain centred and be in the moment". Setting and pursuing objectives based on values is encouraged by committed action, and this can help combat feelings of worthlessness and improve one's general quality of life, such as "This week, try to come up with one actionable step you can take towards a goal that matters to you. It could be asking for help, planning for the future, or engaging in an enjoyable activity". This is how the researchers helped the participant to navigate her complex feelings and situation by compassionately introducing and reinforcing ACT concepts.

## CONCLUSION

This study sheds light on the underlying factors that led to the adolescent's suicidal behaviour as well as the efficacy of ACT in reducing suicidal behaviour, revealing the 6 themes that emerged from the data, namely loneliness, feeling unappreciated, depression, lacking purpose in life, lack of support system, and feeling useless that contribute to increased risk of suicidal attempts and behaviour. Our results highlight the important role that ACT strategies play in managing and navigating the participant's suicidal behaviour. Notably, having robust social support emerged as a critical protective factor, especially from the close family, highlighting the need for creating supportive environments at home and in school.

Adolescent suicide prevention interventions must take a comprehensive approach, attending to both the mental health needs of the individual and the larger social context. The findings indicate that key strategies for reducing the risk of suicides should include mental health education in the school curricula, emphasising and identifying symptoms of the surrounding people, expanding access to counselling services, and strengthening family involvement. Furthermore, early detection and assistance for young people who are at risk are necessary to offer prompt assistance and lower the possibility that suicidal thoughts will worsen and require more serious consequences.

To gain a deeper comprehension of the enduring impact of diverse intervention approaches and the dynamic characteristics of risk factors across time, forthcoming investigations ought to delve into longitudinal studies. Our goal is to lower the rate of suicide behaviour among adolescents and enhance the mental health of young people by developing and refining focused prevention initiatives. In order to foster a safer and more supportive environment for young people, future research needs to address this issue with empathy, all-encompassing assistance, and evidence-based techniques.

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