

Adverse Childhood Experiences (ACE) As Predictors of Depression and Suicidal Ideation In Pakistani Population

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Abstract

Adverse childhood experiences (ACE) are associated with poor mental health in later life. This study aims to investigate the connection between ACE with depression and suicidal ideation among Pakistani adults. Convenient sampling technique was used to obtain the data from 400 individuals. Both men (n=200) and women (n=200) ranging in age from 20-50 years were included. The participants were approached from two sources i.e. (n=200) from different universities and (n=200) drug rehabilitation centers of Peshawar (Pakistan). All willing participants were given a booklet comprised of demographic information, Adverse Childhood Experiences-IQ, Center of Epidemiological Studies- Depression (CES-D) & suicidal Behavior-R questionnaires. Regression analysis and t-test was computed to analyze the data. Among these participants 44% reported acute early life experiences. Analysis of simple regression analysis suggested household dysfunctioning predict depression, household dysfunctioning and emotionally neglect both significantly predict suicidal ideation [$F(3,175) = 12.439, P < .001, R^2 .176$]. Additionally, t-test suggests significant difference between ACE and non ACE sufferers on depression ($t = -18.27, P < .001$) and suicidal ideation ($t = -11.81, p < .001$). The study concluded that 44% respondents reported ACE in early life. Household dysfunctioning and emotional neglect are significant predictors of depression and suicidal ideation. However sexual abuse is not considerably reported by the current study.

Keywords: Adverse childhood experiences (ACE), Depression, Suicidal Ideation, Drug Rehabilitation Centers, University Students