

Long Story Short, I Survived: Meaning-making in Suicide Attempt

ABSTRACT

This study aimed to explore how suicide attempt survivors construe meaning of their experience. Using the case study approach by Robert Yin (2009), qualitative research was employed. Purposive and snowballing techniques were used to gather data from primary interviews, key informants, and psychological assessment tools. The analytic techniques were thematic and cross-case syntheses. The findings revealed the participants' earlier experiences such as relationship breakdowns and prior nonsuicidal self-injury behaviors were risk indicators of suicide attempt. However unique cases were due to same-sex attraction and gender identity issues. Despite this, the data suggested that suicide attempt varied according to the availability of methods and the lethality measures. Protective factors included social support, effective control over situations, and reason for living. The study identified five themes of meaning-making: strengthening social connections, positive religious coping: a belief in the presence of a Higher Power (God), developing new perspective to life, value positioning on gratitude and grit, and optimism. The study highlights the importance of a holistic approach that recognizes the physical, psychological, social, and spiritual aspects of suicide. This study has implications for families, social communities, practitioners and future researchers to investigate and broaden the breadth of these relationships for theory and practice.

Keywords: Meaning-making; Before Suicide Attempt; After the Suicide Attempt; Suicide Attempt Survivor; Suicide Attempt Experience

1. INTRODUCTION

Suicide is leading to global mortality. The World Health Organization (WHO) is concerned about the global suicide rate, which has increased to 77 percent from 703,000 per year, or 130 per day (WHO, 2021). Gender and age are key suicide parameters. Male teenagers and young adults die at double the rate of females, although females have had over 30 suicide attempts. (WHO, 2021). Thus, suicide attempts outnumbered completions. In a longitudinal study of index suicide attempts, 80% of non-fatal attempts would try again within a year, and the chance of completion is higher in men than women and increases with age. Additionally, previous attempts have strongly predicted success rates in suicide studies (Liu, 2022). The reported suicide attempts gained attention as they strongly became a predictive element of suicide deaths (Liu, 2019). Despite studies showing that a previous attempt experience has a high likelihood of reoccurring (Beghi et al., 2021), other studies have shown that most individuals who survive a suicide attempt do not die by suicide later in life (Szlyk, Gulbis, & Zayas, 2019). What remains true is that early warning signs of suicidal behavior can aid suicide prevention (Wolitzky et al., 2020). Despite the complexities of predicting suicide, involving people who have lived through it leads to a comprehensive understanding of the phenomenon. Similarly, it is thought to be beneficial to the advancement of research because suicide attempt survivors are one source of research that has not been thoroughly investigated.

The Philippines has a lower incidence of suicide cases, with 2.2 per 100,000 population, compared to the global population of 9 per 100,000 (WHO, 2021). However, problems with suicide studies were due to a reluctance to report (Martinez, Lau, & Brown, 2020). Aside from the social belief that suicide is a sin (Pereira, Willhelm, Koller, & Almeida, 2018), the Philippines also has a religious belief that suicidal behavior is a mortal sin (Potter, 2021). Nevertheless, there is a lack of access to mental

health care, health information, and services in remote locations and poor communities. The COVID-19 pandemic has precipitated suicide-related calls to mental health centers, particularly among youth (Tee et al., 2020), as there were numerous suicide records and unreported cases (Quintos, 2018). Moreover, the country's stigma and public discrimination (Rivera & Antonio, 2017) were exacerbated by media's sensationalist reports; suicide issues were stereotyped and misrepresented publicly (Coronel, 2019). The National Center for Mental Health (NCMH) reported an increase in suicide-related cases in May 2020, with an average of 45 calls per month. Similarly, records reveal an increase in reported occurrences in Region XI in 2017—a private college surveyed first-year students to discover psychological maladjustments or transitions. A three-year trend analysis found that 82% of 305 first-year students had suicide ideation in 2018–2019. Of 939 tested first-year students on 2019–2020, 385 or 41% were at risk. Meanwhile, 54% of 452 first-year college students in 2020–2021 expressed suicidal thoughts. Youth statistics have expanded for three years, prompting concerns. The results elevated a call for prevention strategies regarding the increasing ideation among young people, as suicide ideation is believed to be a precursor to suicide attempts (Klonsky, May, & Saffer, 2016).

Numerous studies have consistently shown a strong association between the loss of meaning and suicide attempts. Suicidal behavior often results from feeling disconnected and lacking belongingness (Joiner, 2009). In contrast, meaning in life has been identified as a critical protective factor against suicidal behavior. Recent research conducted by Stone et al. (2022) found that individuals with a higher sense of meaning are less likely to experience suicidal ideation and behavior, even if they feel disconnected from others. This suggests that having a sense of meaning-making can be a powerful buffer against social isolation and disconnection, which are well-established risk factors for suicidal behavior (Martela & Steger, 2022). While the loss of meaning is a significant risk factor for suicidal behavior, it is crucial to recognize that suicide is a complex issue with multiple causes (Liu, 2022). Therefore, addressing the loss of life meaning alone may not be enough to prevent suicide. However, fostering a sense of meaning and purpose in life may help individuals cope with life's challenges and find a greater sense of hope and resilience in the face of circumstances (Stolarski, Bitner and Zawadzka, 2021).

Moreover, quantitative suicide research has predominated over qualitative research. Few studies looked at the experiences of suicide survivors as protective characteristics because most of these focused on risk factors (Spillane et al., 2019). Because there have been so few studies, their unique insights have mostly gone unexplored and underappreciated. This research aimed to understand how participants made sense of their suicide attempt experience. These chosen participants, who have survived previous attempts, can provide an avenue for in-depth knowledge, thus solidifying the existing literature.

This study utilized two theories to guide and explore the participants' meaning-making experiences of suicide attempts: Murray's theory on thwarted needs and Frankl's failure to find meaning in life. Murray posited that unmet needs develop frustrations, leading to psychological pain. As the individual finds means to reduce tensions, the individual is susceptible to look for activities that decrease the pain such as self-harm suicide attempts, and other high-risk behaviors, including even suicide. Psychogenic needs are mainly unconscious to a person. A lack of awareness of one's life can be addressed. According to Frankl (1984), existential emptiness arises from pervasive life frustrations and the inability to find the purpose of all circumstances. This research checked the meaning-making of the five participants who survived the angst of life after they struggled with histories of suicide attempts.

1.1 Purpose of the Study

This qualitative study's imperative purpose was to understand the meaning-making experiences among the five suicide attempt survivors in Southern Mindanao. The question that guided the study as stated as follows:

1. What were the participants' experiences before the suicide attempts?
2. What were the participants' experiences after the suicide attempts?
3. What meaning did the participants have in their suicide attempts?

2. METHODS

2.1 Participants

According to Creswell (1994), in a multiple case study, there are at least 3-5 specific cases from the representatives until data saturation is reached. The eligibility criteria for this study included a history of at least one previous suicide attempt experience, no previous psychological clinical diagnosis from mental health professionals, no psychiatric medications in the past until the present, the suicide attempt experience occurred during an earlier age range with at least a 5-year gap from the previous attempt and bounded criteria of a five-year absence from any suicidal behaviors (ideations, planning, and attempts).

2.2 Instrument

The screening of participants was checked through a preliminary intake interview checklist. The following questions were: any prior experience with a suicide attempt, the number of years since the last attempt happened, the frequency of the previous attempt, whether the suicide attempt experience happened within the earliest years of development, the presence of a previous clinical diagnosis and presence of psychiatric medications in the past and experiences of any recurrent attempt at the present. This preliminary intake interview checklist serve as an initial screening to suffice the inclusion criteria required for the study. The qualitative data for the study was obtained from various sources. Data sources were two psychological well-being assessment tools.

One self-report tool was Ryff's Psychological Well-being Scales (PWB), developed by Carol D. Ryff. This 42-item psychological well-being Scale measures the six dimensions of well-being: environmental mastery, positive relations with others, personal growth, autonomy, purpose in life, and self-acceptance. Another assessment tool was Michael Steger's Meaning of Life Questionnaire, or MLQ. The MLQ is a 10-item self-inventory questionnaire designed to measure two dimensions of the meaning of life: (1) the presence of meaning—how participants view their lives as having meaning—and (2) the search for meaning—how participants strive to find meaning (Steger et al., 2006). Nonetheless, these assessment tools were tested on 50 adults ages 18-25 for pilot testing to validate the user. Ryff's Psychological Well-being Scales (PWB) generated a result of .89 reliability, while Michael Steger's Meaning of Life Questionnaire resulted in .80 reliability. In general, both have a high-reliability index tested by Cronbach's alpha.

2.3 Design and Procedure

The phenomenon under study focused on qualitative research using the multiple case study method. Qualitative research implies understanding a phenomenon that focuses on understanding or interpreting how people describe their experiences with circumstances or events in their everyday lives (Creswell, 2007). Specifically, a multiple case study design illustrates the different perspectives of participants on a particular issue explored through one or more cases (Yin, 2003).

This design started with a worldview assumption, a possible theoretical lens fitted to the study, the collected data from the participants, the data analysis generated, and the established pattern or emerging themes. This study used multiple sources of data collection, thus utilizing a triangulation model to assure the research's validity through data from the participants' voices, key informants through interviews, and two psychological instruments or tools to solidify the given research (Creswell, 2007). The qualitative research method illustrated different perspectives on the five chosen participants' meaning-making stories.

2.4 Ethics

This study also adhered to the following ethical principles: safeguarding to preserve the rights and privacy of my participants, particularly

anonymity and confidentiality, and informed consent (Creswell & Creswell, 2018). Anonymity entails data collection without gaining personal or identifiable information from participants or key informants. This research used pseudonyms to each case in order to protect their identities. Another ethical concern was confidentiality. The recordings and documents, including participants' signatures, contact numbers, and other private details, were stored and will be disposed of, assuring that the practice was irreversible with no hope of recovery. Before beginning the interviews, the participants were given a consent form. Researcher discussed the components of informed consent so that the participants fully knew the study's purpose. Given the nature of this research study, participants were asked to provide informed consent in a language they could reasonably understand. The ethical principle of trustworthiness also bound this research (Lincoln & Guba, 1985). Credibility, transferability, dependability, and confirmability.

3. RESULTS AND DISCUSSION

3.1 Before the Suicide Attempt Experience

The first question of the study focused on the participants' experiences before their suicide attempts. Three themes emerged from their narratives: (1) *relationship breakdowns*, (2) *same-sex attraction and gender identity issues*, (3) *nonsuicidal self-injury behaviors*.

Table 1 Cross -case Synthesis on Participants' Before the Suicide Experience.

Cross-Case Themes	Empirically-based Patterns or Themes
Relationship Breakdowns	<ul style="list-style-type: none"> • Physical abuse and verbal abuse (Par 1) • Break-up of a 10-year relationship (Par 2) • Presence of unwanted romantic feelings (Par 3) • Parental expectations and academics (Par 4) • Break-up with same-sex partner (Par. 5)
Same-sex Attraction and Gender Identity Issues	<ul style="list-style-type: none"> • Coming out process and same-sex attraction (Par 3) • Break-up with same-sex partner (Par 5)
Presence of NSSI behaviors	<ul style="list-style-type: none"> • Overdose Medicine, Wrist-cutting, Slashing the soles of the feet (Par 1) • Plant Pesticides (Par 2) • Wrist-cutting, Writing the word, "tears" in the skin (Par 3) • Finger skin-picking and plucking, scratching the hand (Par 4)

3.1.1 Relationship Breakdowns

The participants in the study shared experiences of relationship breakdowns, which the authors Khosknab et al. (2023) identified as a significant risk factor for suicide. The desire to form connections with others is innate and stems from the need for acceptance and a sense of belonging. This study found out that Par 1, Par 2, Par 3, and Par 5 had difficulties in their relationships with partners, while Par 4 faced challenges with relationship to family approval. Kleiman and Liu (2021) also reported that unmet needs for love and affection within relationships, low relationship quality, and partner conflict could lead to fatality. Moreover, relationship breakdowns cause stress and frustration, worsening feelings of isolation and driving individuals towards suicidal behaviors (Wu et al., 2021). These findings supported the assumption of the study that participants had a strong need for affection and valued close relationships, which led to distress when these connections were denied. The participants experiences are related to the concept of Murray's (1967) theory that a high need for affiliation or affection can increase the risk of suicidal behavior when social connections are disrupted or lost.

3.1.2 Same-sex Attraction and Gender Identity Issues

In addition, some participants shared experiences related to sexual attraction and gender identity issues. In the study, Par 3 experienced a complex coming-out process after developing feelings for two men in his religious community. This led to intense doubt and stressed about his gender identity. Lewis et al. (2023) pointed out that society teaches sexual minorities that feelings for people of the same gender are not real. This leads to the internalization of stigma and discrimination, causing individuals to conceal their true selves (Suen et al., 2020). Moreover, Meyer et al. (2021) explained that sexual minorities might feel pressured to hide their feelings because society does not accept them, leading to negative feelings. In the case of Par 5, the attempt was prompted by the sudden end of a romantic affair with a man, highlighting the innate desire of sexual minorities to be in romantic relationships, as confirmed by Wei et al. (2020).

The challenges related to gender identity and attraction to the same gender during the coming-out process are linked to poor mental health and suicidal behavior (Gilbey, Mahfouda, and Ohan, 2020). Individuals who are unsupported or rejected by their family, friends, or community members during their coming out process may experience feelings of loneliness and disconnection. Murray (1967) supported that rejection can be especially challenging for individuals who value close relationships and a sense of belonging.

Consequently, studies have identified gender differences in suicide attempt behaviors, with females more likely to survive while males are more likely to succeed (Miranda-Mendizabal et al., 2019; Almaghrebi, 2021). Men may have higher pain tolerance and habituation, leading to more lethal methods (Berardelli, 2022), while women may exhibit hostility and aggression in high-lethality practices (Brokke, 2022). Attempters do not necessarily have an impulsivity trait but may become more impulsive when in a negative state (Millner et al., 2020). According to Murray's theory (1979), unfulfilled psychogenic needs such as gender acceptability, family approval, and affection from a partner may lead to intolerable psychological pain or psychache (Shneidman, 1993). Meanwhile Joiner (2005) further emphasizes that impulsive behavior is often linked with high levels of psychache, which can drive individuals to act on suicidal thoughts without considering the consequences.

3.1.3 Prior Non-Suicidal Self-Injury Behaviors

The assumption underlying this study highlighted that individuals with a history of self-harm behavior are more likely to attempt suicide. This stems from the notion that when individuals have exhausted all physical means to alleviate their mental and emotional pain, yet the burden remains intolerable, they may resort to suicide, particularly when they can no longer bear the pain. According to Esposito et al. (2021), this study further supported the claim that nonsuicidal self-injury (NSSI) may lead to suicide attempts. NSSI provides immediate relief from tension and distress and is often perceived as a physical manifestation of mental pain. The study participants reported engaging in self-harm to cope with emotional turmoil and feel better. There is also concern that NSSI may serve as a gateway to more severe forms of suicide).

Participants in the study revealed that they struggled to express their thoughts and emotions effectively, which led to their self-harming behaviors. The participants also reported that various factors triggered their NSSI behaviors, such as parental pressure, lack of emotional support from the family, gender issues, academic pressures, and a reluctance to discuss issues openly. Participants in this study engaged in NSSI activities that led to permanent scars, with Par 1 having multiple prior self-harming experiences and Par 2, Par 3, and Par 4 having at least two different NSSI methods before their suicide attempts. Moreover, habituation to pain resulting from repeated NSSI behaviors may increase the likelihood of future attempts or even death (Joiner, 2005). Participants in this study demonstrated impulsivity and an addictive nature, which, combined with their inability to manage their behavior.

3.2 After the Suicide Attempt Experience

The cross-case synthesis of the after the suicide attempt experience generated general themes as shown in Table 2. The following themes were extracted from their verbal responses: (1) *presence of social support* (2) *effective control over situations* (3) *reason for living*.

Table 2. Cross-case Synthesis on the Participants' Experiences After the Suicide Attempt Experience

Cross-Case Themes	Empirically-based Patterns or Themes
Presence of social support	<ul style="list-style-type: none"> Discovery of a new social circle (Par 1, Par 2) Presence of support from elders and religious leaders (Par 3) Availability of concerned friends (Par 4) Availability of co-workers and dancers (Par 5)
Effective control over situations	<ul style="list-style-type: none"> Keeping things light and balanced (Par 1) Learning to detach when overwhelmed (Par 2) Tuning to spiritual practices (Par 3, Par 4) Understanding past triggers (Par 5)
Reason for Living	<ul style="list-style-type: none"> Live for family (Par 1, Par 5) Mission to empower people (Par 2, Par 4) Response to pastoral calling (Par 3) Family Care (Par 5)

3.2.1 Presence of Social Support

Notably, during the early stages of recovery, all participants reached out to individuals outside of their immediate family, which is supported by the research of Secor (2017), who found that peer support was more helpful than family support when navigating personal adversity. In addition, religious leaders can also play an essential role in providing mental health care (Estrada et al., 2019). For example, Par 3 relied on the presence of religious elders and their spiritual leaders for advice. Furthermore, Boydell (2023) proposed that relational connectedness is a buffer against suicidal behavior. Maintaining friendships and engaging in other interpersonal activities have improved outcomes and well-being.

3.2.1 Effective Control Over Situations

Another common theme among participants is the importance of developing effective control over one's situation. This concept refers to an individual's perceived sense of control or agency over their environment, circumstances, and outcomes (Golberstein, 2022). Perceived control is associated with better mental health outcomes and resilience in stress and adversity (Ribeiro et al., 2020). Participants in this study mentioned various strategies for developing effective control over their

situations. For example, some participants dealt with overwhelming situations by taking things lightly and taking breaks. In contrast, others took breaks from their routines and focused on deep breathing and appreciation towards life. Overall, developing effective control over one's situations is a crucial aspect of emotion regulation and may be associated with better mental health outcomes and resilience in the face of adversity.

3.2.3 Reason for Living

Most participants demonstrated a strong commitment to self-improvement and have found meaning in their lives. This is evident in their reasons for living, which they highly value as another common theme in this study. Bakhiyi et al. (2017) emphasized that reason for living is an essential factor in addressing suicide-related concerns. Additionally, Flynn (2021) highlighted that an individual's reasons for living could provide a framework for understanding the concept of meaning in life. Similarly, Turner et al. (2020) also found that having a strong sense of purpose and hope can be beneficial in preventing suicidal thoughts. Gordon et al. (2018) found that social support and family responsibilities were important reasons for living.

In the case of the participants, Par 1 expressed living for the children's future and responsibilities, while Par 5 cited family care and the obligation to care for their mother. Research indicates that empowerment is positively associated with reasons for living, as evidenced by the findings of Ahmed (2017). Furthermore, Sauer-Zavala et al. (2017) suggest that increasing empowerment among individuals who have attempted suicide can improve overall well-being and quality of life. The expressed desire of Par 2 and Par 4 to help those who have experienced suicide highlights their potential to contribute to implementing effective suicide prevention measures.

3.3 Meaning-making of the Suicide Attempt

The cross-case synthesis generated general themes. (1) *Strengthening social connections*, (2) *Positive religious coping: a belief in the presence of a Higher Power (God)*, (3) *Developing new perspective in life*, (4) *Value positioning on grit and gratitude* and (5) *Optimism* were the themes common to all participants as shown in Table 3.

Table 3. Cross-case Synthesis on the Participants' Meaning-Making Experiences

Cross-Case Theme	Empirically-based Patterns or Themes
Strengthening social connections	<ul style="list-style-type: none"> • Social support from friends (Par 1, Par 2, Par 4) • Social support from religious elders and leaders (Par 3) • Social support from co-workers (Par 5)
Positive religious coping: a belief in the presence of a Higher Power (God)	<ul style="list-style-type: none"> • Strong belief of God's blessing (Par 1) • Presence of strong Faith in God (Par 2, Par 3) • Religious and spiritual practice (Par 5)
Developing New Perspective in Life	<ul style="list-style-type: none"> • Presence of a Mission (Par 1, Par 2, Par 3) • Understanding Life Purpose (Par 4, Par 5)
Value Positioning on Grit and Gratitude	<ul style="list-style-type: none"> • Thankfulness (Par 1, Par 2) • Passion and perseverance derived from experience (Par 3, Par 5)
Optimism	<ul style="list-style-type: none"> • Positive outlook (Par 1, Par 2) • Hopefulness (Par 3, Par 4, Par 5)

3.3.1 Strengthening Social Connections

Xiong et al. (2019) demonstrated the importance of social support in reducing the risk of suicide attempts. The study showed that having a solid network of supportive individuals, including family, friends, and significant others, can fulfill the basic human need to belong, alleviate loneliness, and reduce the perceived burdensomeness that may lead to suicidal behavior. In the case of the participants, Par 1 and Par 2 attended college to expand their social circles, while Par 4 strengthened her relationship with her parents and met supportive friends. Par 2 and Par 3 also engaged in community and church volunteering to extend themselves and cultivate deeper connections with others. Social support from church communities enhances a sense of control and promotes better mental health outcomes. Par 3 consulted his spiritual elders and leader about his concerns and asked for advice.

3.3.2 Positive Religious Coping: a belief in a Higher Power (God)

Another overarching theme is religious coping: a belief in a higher power (God). Cleveland et al. (2021) discovered that positive religious coping involves faith in a higher power, such as God, and seeking help from religious leaders. Shultz et al. (2021) revealed that belief in God's presence and control over life events was significantly associated with lower suicide risk. In the case of the participants, Par 1, Par 2, Par 3, and Par 5 strongly believed in a higher power (God) beyond their life's circumstances. Abu-Ras and Gheith (2021) believed that faith provides comfort and hope from believing in a higher power. Similarly, Yoon et al. (2018) found that people who sought support from religious leaders found solace in religious beliefs and were less likely to attempt suicide again. Religious coping is a common strategy among Filipinos for managing stress and mental health challenges, as the country is predominantly Catholic and deeply ingrained with religious beliefs and practices in daily life (Flores, 2021). This is also evident on how the study-participants utilized religious coping and spiritual practices in their means of everyday recovery. Furthermore, spiritual practices channel their faith, which can take many forms, such as prayer, meditation, and worship songs (Koenig, 2018), which Par 2, Par 3, and Par 5 utilized. Engaging in spiritual practices can provide direction and motivation and help develop resilience (Jackson & Nuttall, 2020).

Moreover, these practices can positively impact psychological well-being, regardless of one's level of religiosity or spirituality (Ellison & Fan, 2019).

3.3.3 Developing New Perspective in Life

Moreover, a common theme among individuals who have experienced a suicide attempt is the development of new perspectives toward life meaning. Participants reported a shift in their perspective on the meaning of life, which helped them to prevent the future attempt. The aftermath of a suicide attempt can also profoundly impact an individual's sense of meaning, with some survivors struggling with shame and guilt (Cramer et al., 2019). For example, Par 1, Par 2, and Par 3 perceive their current lives as significant and purposeful. Their willingness to participate in advocacy movements and volunteer activities prompted them to expand their life's purpose by involving others. The assumption of this study is that individuals who have a reason to live and see life as valuable and purposeful are more likely to generate a sense of hope and purpose in their lives, even when facing adversity. The participants in the study demonstrated a shift in perspective towards a positive outlook on life despite experiencing adverse events. They were able to appreciate the value of life and find meaning even in the face of adversity. Wasserman and colleagues (2019) also pointed out that survivors gain a sense of relief or a renewed appreciation for life after surviving a suicide attempt. According to Krysinska et al. (2020), suicide attempt survivors play a crucial role in suicide prevention efforts. They provide unique perspectives and insights, and their involvement can contribute to a sense of purpose and belonging. Wang et al. (2021) found that peer support programs significantly improved social support and life purpose among suicide attempt survivors. Despite the challenging experience of a suicide attempt, Van Tongeren et al. (2021) found meaning in their experiences, which significantly impacted their life quality.

3.3.4 Value Positioning on Grit and Gratitude

The participants' value positioning of grit and gratitude is another general theme in their meaning-making. Pury and Kowalski (2020) found that grit and gratitude are distinct, interconnected constructs.

Unlike grit, which means sticking with a goal or activity for a long time, gratitude means appreciation, noticing the good things in life, and showing appreciation and kindness to others (Chen, Chang, & Lin, 2020). These two constructs may work together in some cases, with gratitude helping individuals to remain motivated and focused on long-term goals (Owen, Chen, & Yarnell, 2021), while grit helps them to persist through challenges and setbacks. (Wong et al., 2018). Ultimately, grit and gratitude can contribute to personal growth and well-being (Merino-Soto et al., 2021). In the case of the participants, Par 1 is aware that not all experiences are convenient, but she continues to persevere. Despite his homosexual feelings, Par 3 wishes to have his own family and a wife. Meanwhile, Par 4 is enjoying her life despite the attempt.

3.3.5 Optimism

Optimism plays a vital role in the lives of suicide attempt survivors, as it helps them to view the future positively and expect good things to happen. Participants continued to be optimistic about their outlook for the future, with Par 1 planning to have a greater future with her children and Par 2 aspiring to achieve self-realization in her new career. These participants established personal goals and volunteered for social community services, driven by their past experiences and a belief in their ability to create or carry out a specific mission. Optimism and hopefulness help individuals anticipate negative emotions, with higher levels of optimism seeing negative experiences as still pleasant and thus less painful (Camacho & Becerra, 2022). This can be especially crucial for suicide attempt survivors who may face ongoing challenges related to their mental health and well-being.

CONCLUSIONS

The insights gained from this qualitative study have important implications for multiple stakeholders, including family and friends, social communities, and government policymakers. In addition, the study's findings can contribute to advancing research, theory, and practice in this field.

1. *Family and friends.* The findings of my study recognize the importance of perceived social support.

Encouraging daily interactions and meaningful conversations within families can strengthen bonds and promote a sense of purpose and value. Furthermore, building a solid support network among friends and significant others can help prevent suicide by enabling people to recognize warning signs and respond appropriately. Additional forms of support, such as peer support and social support groups, can help foster a sense of belonging and connection. Lastly, community volunteering and other goal-oriented activities can help boost self-worth and overall well-being.

2. *Social communities.* The findings showed that coming out experience of a gender can lead to increased psychological discomfort, highlighting the need for greater inclusivity and respect for the dignity of individuals with diverse gender identities, including the LGBTQIA+ community. It is crucial for social communities, including religious denominations, government agencies, and educational institutions, to work together to create supportive environments free from discrimination and gender-based bullying that can reinforce negative stereotypes and feelings of difference. Working together to create supportive environments that embrace diversity can help reduce the psychological discomfort associated with the coming-out process and improve the mental health outcomes of LGBTQIA+ individuals.
3. *Government policymakers.* Individuals who engage in self-harm may seek material online that confirms their means and validates their depressed state. In light of these findings, government policymakers may take action to prevent future suicide attempts. This can be achieved through managing content on social media platforms, mainly by controlling or restricting search results for self-harm or suicide and providing warning prompts to users looking for suicide-related content. Strengthening suicide hotlines and free 24/7 tele-counseling services that cater to specific mental health issues, such as self-harming activities and suicidal behaviors, is also crucial.

Government programs and activities related to knowledge of emotional regulation techniques and problem-solving skills should also be considered.

4. *Research.* The study highlights the complex interplay of factors influencing suicidal behavior, including lethality, material availability, suicide intent, impulsivity, and psychological distress. Future researchers could examine the same subject with a male perspective and a larger sample size to uncover new themes and acquire new knowledge. This study's findings can serve as reference material for conducting new studies and evaluating their conclusions' accuracy and reliability. These results emphasize the need for further research to better understand the complex and multifaceted nature of suicidal behavior and to develop effective preventive measures.
5. *Theory and Practice.* The findings highlight the need for mental health practitioners to expand their understanding of suicide attempts by incorporating spirituality into their approach. One way to accomplish this is by utilizing the biopsychosocial model, which includes the spiritual component in assessing and treating at-risk individuals. Additionally, practitioners may suggest specific religious activities such as Scripture readings, faith sharing, and faith-based activities to help individuals connect with their spirituality. In addition to Western approaches, mental health practitioners could incorporate Eastern spirituality approaches such as meditation, yoga, connecting to nature, breathing exercises, and prayers into their clinical practice. Researchers may also utilize the findings of this study as reference material when conducting new investigations or analyzing the role of religion and spirituality as a coping and preventive strategy for individuals at risk of suicide. Overall, including spirituality in mental health treatment may provide individuals with a holistic approach to healing and better support them in their mental health journey.

CONSENT

Prior to conducting the study, the author ensured that participants provided informed consent as per academic ethical standards and followed the Ethical protocols of before, during and after the research study.

ETHICAL APPROVAL

The relevant documents, including the interview protocol, informed consent, and other germane documents, were reviewed and submitted to the Research Ethics Committee. This research received Full Board supervision, before, during, and after the research study and obtained a Certificate of Approval and a Certificate of Completion.

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