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## ABSTRACT

The relationship between types of suicidal ideation, bidimensional resilience, and mental health in university students

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The aim of this study was to ascertain the relationship between four types of suicidal ideation, bidimensional resilience, and mental health. First, a survey of 101 university students revealed that an acquired resilience factor (“understanding others”) was significantly higher among students with Type II suicidal ideation (had suicidal thoughts before, not having those thoughts now) than among students with Type I suicidal ideation (had suicidal thoughts before, having those thoughts now). An examination of the relationship between bidimensional resilience and the Japanese version of the GHQ30 revealed a significant inverse correlation between both acquired resilience factors and “understanding others” and “suicidal ideation and depressive tendencies.” Six students, one with each type of suicidal ideation, were interviewed. Accounts of situations related to “acquiring positive thoughts,” “support from others,” and “understanding others” were identified as factors that decrease suicidal ideation among students with Type II ideation. These findings suggest that the ability to acquire resilience factors – particularly by “understanding others” – is a factor that decreases suicidal ideation.

**Key Words:** suicidal ideation, bidimensional resilience, mental health, university students

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