

Poster

2025年9月27日(土) 11:00 ~ 12:00 Poster Session (Foyer 1)

Poster 18

[P-18-01] Factors associated with depression and suicidality among unemployed adults

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Background: Unemployed people often experience stress in relation to changes in their lives, and their mental health appears to be more vulnerable than that of the general population. Clinical studies have consistently shown that unemployment may be a risk factor for depression and suicide. We assessed factors associated with depression and suicidality among unemployed people in South Korea.

Methods: Data from 624 unemployed adults who took part in a community survey were analyzed. All participants completed self-report questionnaires: demographic variables, and the Patient Health Questionnaire-9 was used to assess depression. To obtain information regarding suicidal ideation, suicide plans, and suicide attempts, we administered the Mini International Neuropsychiatric Interview (MINI) suicidality module.

Results: The prevalence of depressive symptoms among the unemployed in Jeju was 28.4%. Factors associated with suicidality included age, gender, unemployment period, job application period and depression. Moreover, unemployed participants who had an opportunity to receive vocational education had fewer symptoms of depression regardless of the number of vocational education sessions. The multivariate regression model revealed that age ($\beta = -0.08$, $p = 0.024$) and depression ($\beta = 0.51$, $p < 0.001$) were significantly correlated with suicidality.

Conclusions: Unemployed participants were at significant risk of depression and suicidality, and these psychiatric issues were problematic from a young age, affecting those in their 20s and 30s. Our results also emphasize the importance of vocational training. Further research on the underlying mechanisms will enhance our understanding of the effects of unemployment and provide ideas for interventional strategies.