

Poster presentation

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## The implication of irrational thinking in suicidal risk for depressed and non-depressed population

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### Background

In this paper we studied the influence of Ellis's irrational beliefs (awfulizing, "must", self downing and low frustration tolerance) on suicidal risk. From a cognitive point of view the most important factor in suicide is the way in which people view their life experiences. Ellis suggests that unrealistic demands from the world and self are a key factor in suicide ideation.

### Materials and methods

A sample of 156 subjects (males and females) was used. This sample was divided into two sub-samples, one composed of depressed subjects, and another composed of non-depressed subjects. The Attitudes and Believes scale II was used to assess the subjects' level of irrational thinking and the Beck Hopelessness Scale was used to measure suicidal risk.

### Results

The obtained results support the idea that irrational beliefs (awfulizing, "must", self downing and low frustration tolerance) are crucial factors in suicidal ideation and behavior for both non-depressed and depressed subjects.

### Conclusions

It seems that awfulizing and "must" are factors that are more important for the non-depressed population and

that a high level of low frustration tolerance is a very good predictor of suicidal ideation.