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Povezanost kronotipa i vremena provedenog pred ekranima sa suicidalnim promišljanjima u ranoj adolescenciji: Uloga spola

/ Associations of Chronotype and Screen Time With Suicidal Ideation in Early Adolescence: The Role of Sex

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Ciljevi istraživanja: Cilj ovog istraživanja bio je ispitati učestalost suicidalnih promišljanja kod ranih adolescenata te utvrditi njihovu povezanost s biološkim ritmovima (kronotipom) i vremenom provedenim pred ekranima, uz analizu glavnih efekata spola te interakcije spola i suicidalnosti. Materijali i metode: Provedeno je presječno istraživanje na uzorku ranih adolescenata (nesuicidalni mladići n = 145, nesuicidalne djevojke n = 152, suicidalni mladići n = 54 i suicidalne djevojke n = 41). Za procjenu učestalosti suicidalnih ideacija analizirani su odgovori o mislima o smrti, želji za smrću i mislima o samoubojstvu. Primijenjeni su standardizirani upitnici za procjenu ukupnog

Research objectives: The aim of this study was to examine the prevalence of suicidal ideation in early adolescents and to determine its association with biological rhythms (chronotype) and time spent in front of screens, with an analysis of the main effects of sex and the interaction between sex and suicidality. Materials and methods: A cross-sectional study was conducted on a sample of early adolescents (non-suicidal boys n = 145, non-suicidal girls n = 152, suicidal boys n = 54, and suicidal girls n = 41). To assess the prevalence of suicidal ideation, we analyzed responses regarding thoughts about death, wish for death, and thoughts about suicide. Standardized questionnaires were used to assess overall chronotype and total time spent in front of screens.

kronotipa te ukupnog vremena provedenog pred ekranima. Statistička obrada: Učestalost i spolne razlike testirane su hi-kvadratnim testom nezavisnosti. Povezanost kronotipa i vremena pred ekranima sa suicidalnošću i spolom analizirana je dvosmjernom analizom varijancije (ANOVA). Rezultati: Analiza učestalosti ne pokazuje statistički značajne spolne razlike u suicidalnim ideacijama: često razmišljanje o smrti prisutno je kod 25,8 % dječaka i 19,5 % djevojčica (p = 0,138), želja za smrću kod 6,0 % dječaka i 5,1 % djevojčica (p = 0,697), dok često o samoubojstvu razmišlja 7,1 % dječaka i 8,2 % djevojčica (p = 0,672). U pogledu kronotipa, utvrđeno je da adolescenti s izraženijim večernjim kronotipom nemaju statistički učestalija suicidalna promišljanja u usporedbi s onima koji naginju jutarnjem kronotipu (p = 0,233), a taj je nalaz stabilan kod oba spola (p za interakciju = 0,283), iako djevojčice općenito više naginju večernjem tipu (p = 0,013). Ključni nalaz pokazuje visoko značajan glavni efekt suicidalnosti na vrijeme pred ekranima (p < 0,001); suicidalni dječaci (M = 2,49) i djevojke (M = 2,63) provode znatno više vremena pred ekranima od nesuicidalnih vršnjaka, bez obzira na spol (p za interakciju = 0,861). Zaključak: Rani adolescenti obaju spolova u podjednakoj mjeri proživljavaju suicidalna promišljanja. Dok pripadnost određenom kronotipu ne predstavlja rizik za suicidalnost, povećano vrijeme provedeno pred ekranima izranja kao univerzalan i izrazito snažan marker suicidalne krize kod oba spola, što upućuje na nužnost integracije digitalnih navika u suvremenu psihijatrijsku procjenu.

Statistical analysis: Prevalence and sex differences were tested using the chi-square test of independence. The associations of chronotype and screen time with suicidality and sex were analyzed using two-way analysis of variance (ANOVA). Results: The frequency analysis did not show statistically significant sex differences in suicidal ideation: frequent thoughts about death were present in 25.8% of boys and 19.5% of girls (p = 0.138), wish for death in 6.0% of boys and 5.1% of girls (p = 0.697), while 7.1% of boys and 8.2% of girls often thought about suicide (p = 0.672). Regarding chronotype, it was found that adolescents with a more pronounced evening chronotype did not have statistically more frequent suicidal ideation compared with those who lean toward a morning chronotype (p = 0.233), and this finding was stable in both sexes (p for interaction = 0.283), although girls in general tended more toward the evening type (p = 0.013). The key finding shows a highly significant main effect of suicidality on screen time (p < 0.001); suicidal boys (M = 2.49) and girls (M = 2.63) spend considerably more time in front of screens than their non-suicidal peers, regardless of sex (p for interaction = 0.861). Conclusion: Early adolescents of both sexes experience suicidal ideation to a similar extent. While belonging to a particular chronotype does not represent a risk for suicidality, increased time spent in front of screens emerges as a universal and very strong marker of suicidal crisis in both sexes, pointing to the need to integrate digital habits into contemporary psychiatric assessment.