

## A Review on Suicide Prevention Awareness among College Students: Role of Educational Interventions Survey

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### Abstract:

College student suicide is a serious worldwide public health concern that greatly increases young adult morbidity and mortality. The risk is further increased by low awareness, stigma, and insufficient help-seeking behaviors. Educational interventions have been a successful tactic for raising awareness of suicide prevention, expanding knowledge, and encouraging better mental health attitudes. The purpose of this review is to summarize the body of research on college students' awareness of suicide prevention and investigate the function of educational interventions. Research indicates that multimodal programs, gatekeeper training, and psychoeducation greatly enhance awareness, attitudes, and early detection of at-risk persons. However, issues like insufficient research in low- and middle-income countries, cultural hurdles, and a lack of long-term follow-up continue to exist. The review concludes that structured and culturally sensitive educational interventions are essential for effective suicide prevention among college students.

**Keywords:** Suicide prevention, College students, Awareness, Educational interventions, Mental health literacy

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### Introduction

Suicide is one of the leading causes of death among young people aged 15–29 years globally<sup>1</sup>. College students are particularly vulnerable due to academic stress, emotional challenges, and transitional life changes<sup>2</sup>. In India and other developing countries, increasing academic pressure, unemployment concerns, and social expectations further contribute to suicidal behaviors<sup>3</sup>.

Despite the growing burden, awareness regarding suicide prevention remains low. Many students fail to recognize warning signs or seek help due to stigma and lack of mental health literacy<sup>4</sup>. Educational interventions have been identified as a key strategy to address this gap by improving knowledge, attitudes, and coping skills<sup>5</sup>.

## **Concept of Suicide Prevention Awareness**

Suicide prevention awareness refers to the understanding of risk factors, warning signs, protective factors, and available support systems related to suicidal behavior<sup>6</sup>.

### **Key components include:**

- Recognition of early warning signs
- Reduction of stigma associated with mental illness
- Promotion of help-seeking behavior
- Development of coping and resilience skills

Improving awareness is essential for early identification and timely intervention.

## **Suicide Risk among College Students**

### **College students face multiple risk factors that increase vulnerability to suicide, including:**

- Depression and anxiety disorders<sup>7</sup>
- Academic and financial stress<sup>2</sup>
- Substance abuse<sup>8</sup>
- Social isolation and relationship issues

Studies indicate that suicidal ideation is relatively common among university students, highlighting the urgent need for preventive strategies<sup>9,10</sup>.

## **Educational Interventions for Suicide Prevention**

### **1. Psychoeducational Programs**

Psychoeducation focuses on providing information about mental health, suicide risk factors, and coping strategies. These programs have shown improvement in knowledge and reduction in stigma among students<sup>11,12</sup>.

They also enhance emotional resilience and encourage students to seek professional help.

### **2. Gatekeeper Training**

Gatekeeper training equips students, teachers, and staff with skills to identify individuals at risk and refer them for appropriate help<sup>13</sup>.

#### **These programs improve:**

- Recognition of warning signs
- Confidence in intervention
- Referral practices

### **3. Multimodal Interventions**

Multimodal programs combine education, screening, counseling, and peer support systems. These interventions are more comprehensive and effective compared to single-component programs<sup>14</sup>.

They address multiple dimensions of mental health and promote a supportive campus environment.

Effectiveness of Educational Interventions

#### **Research evidence suggests that educational interventions:**

- Improve knowledge and awareness of suicide prevention<sup>1</sup>
- Reduce stigma related to mental health<sup>4</sup>

- Enhance help-seeking behavior among students<sup>6</sup>
- Support early identification of at-risk individuals

However, most studies report short-term improvements, and evidence regarding long-term impact is limited<sup>15,16</sup>.

#### Challenges in Suicide Prevention Programs

##### **Despite their effectiveness, several challenges remain:**

- Limited long-term evaluation of interventions
- Cultural stigma and misconceptions
- Lack of trained professionals in educational institutions
- Insufficient focus on developing countries like India

These barriers highlight the need for context-specific strategies.

#### **Implications for Nursing and Education**

- Integration of suicide prevention education in college curriculum
- Role of nurses in mental health promotion and counseling
- Development of campus-based awareness programs
- Strengthening peer support and mentorship systems

#### **Conclusion**

Suicide prevention awareness among college students is crucial for reducing the burden of suicide. Educational interventions play a significant role in improving knowledge, attitudes, and preventive behaviors. A comprehensive, culturally sensitive, and sustained approach is necessary to enhance the effectiveness of these programs<sup>17</sup>.

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