

# Resilience and Protective Factors are inconsistent moderators and mediators of suicidal thoughts and behaviors

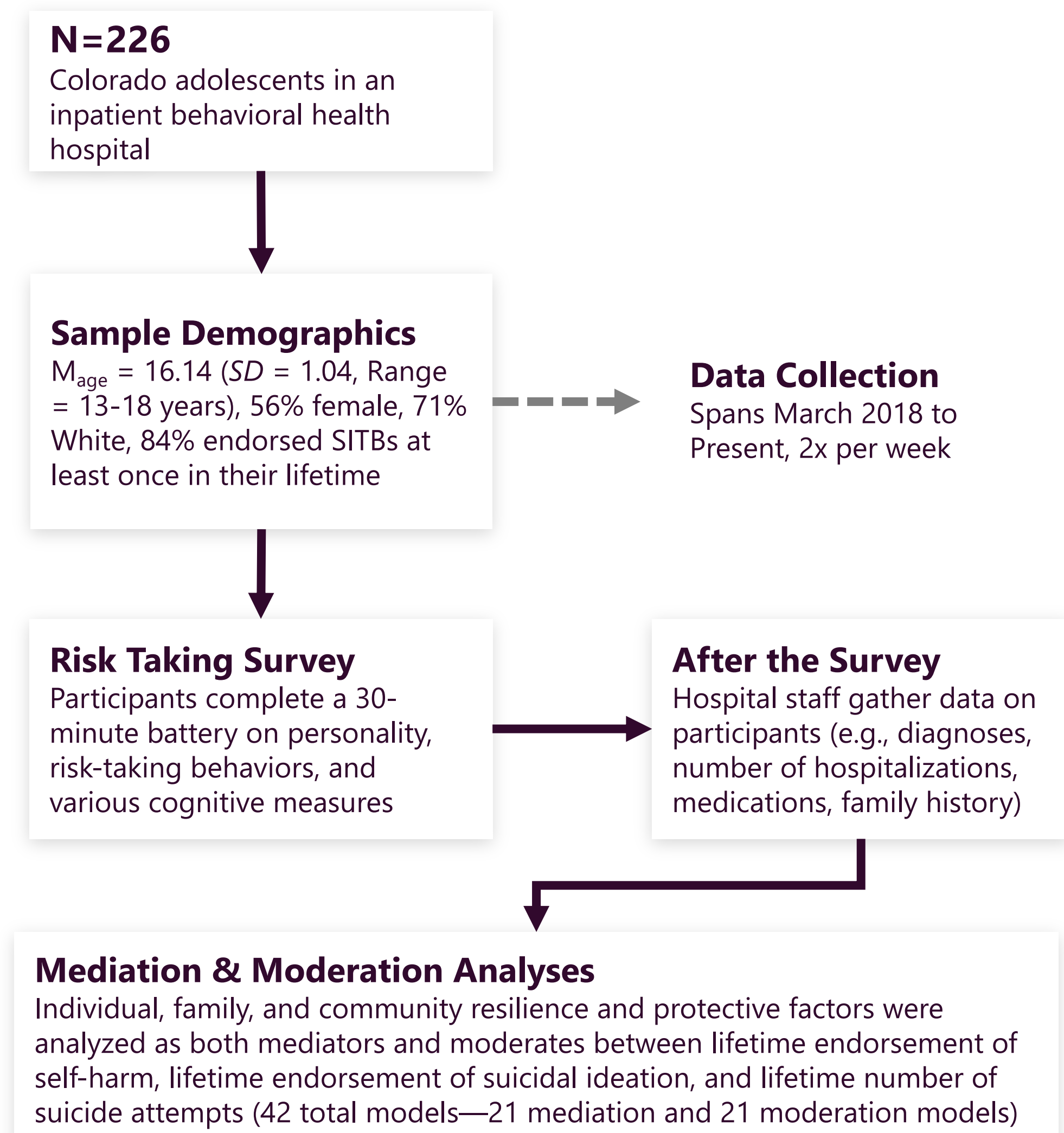
## Is Resiliency Actually Protective? Investigating the Mediating and Moderating Effect of Resiliency on The Relation between Personality Factors and Self-Injurious Behaviors

Patrice A Arkfeld, M.S., Madison L. Colley, M.S., Kevin M. Powell, Ph.D., & Bradley T. Conner, Ph.D.

### Background

Engagement in self-injurious thoughts and behaviors (SITBs) is one of the primary predictors for death by suicide, and age of onset for these behaviors is typically adolescence. Research demonstrates that adolescents who score higher on measures of impulsivity, sensation seeking, and emotional dysregulation are more likely to engage in SITBs. A potential mediating factor for SITBs is resilience, which is inversely correlated with SITBs. Few studies investigate how these results vary after accounting for personality factors among high-risk adolescents.

### Methods

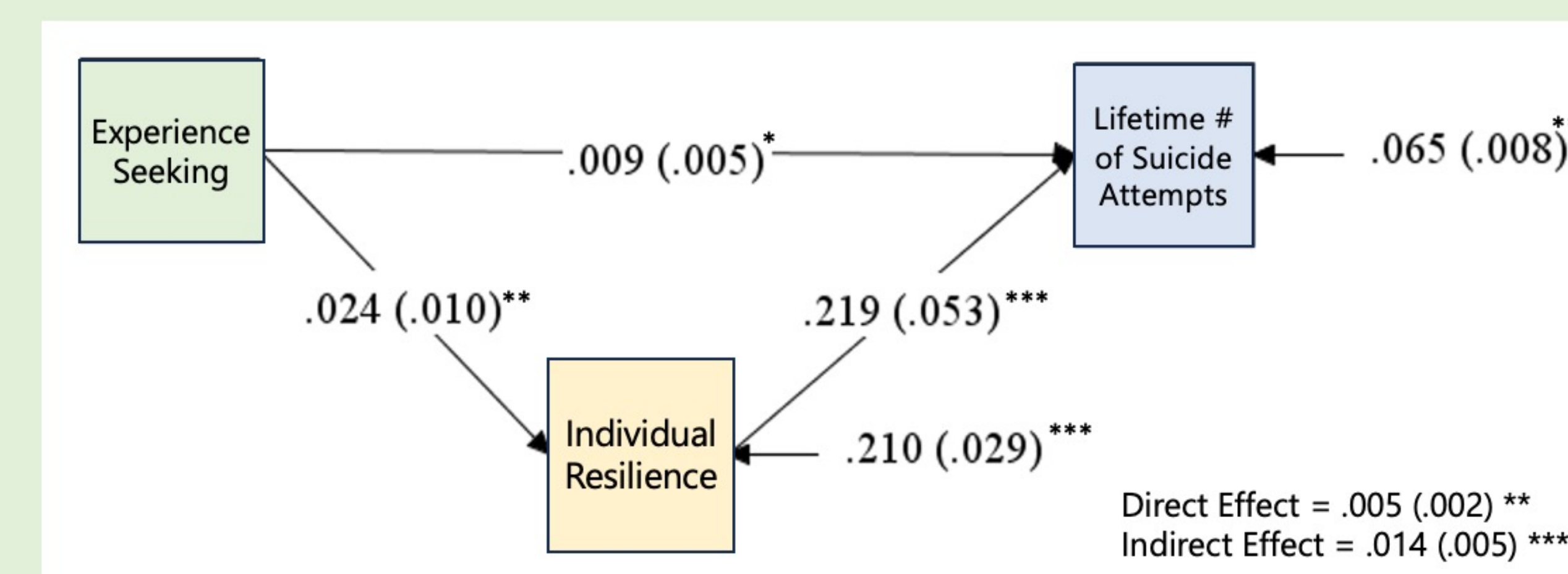
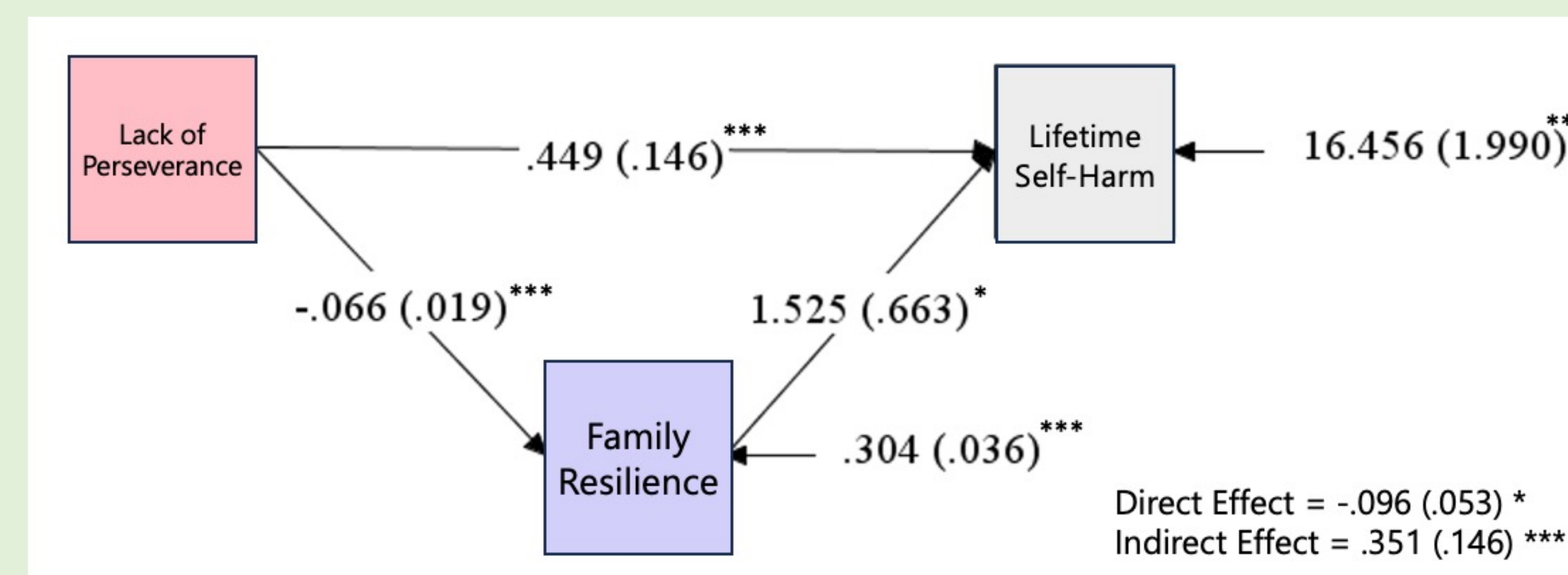
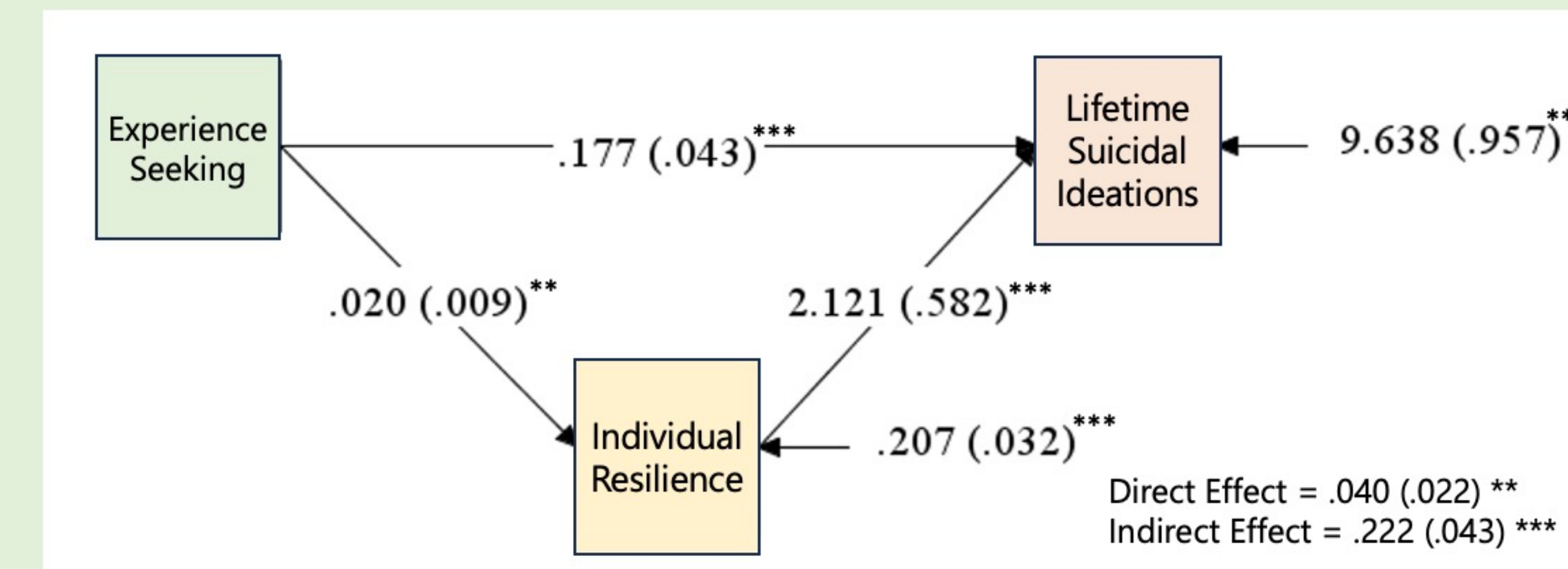
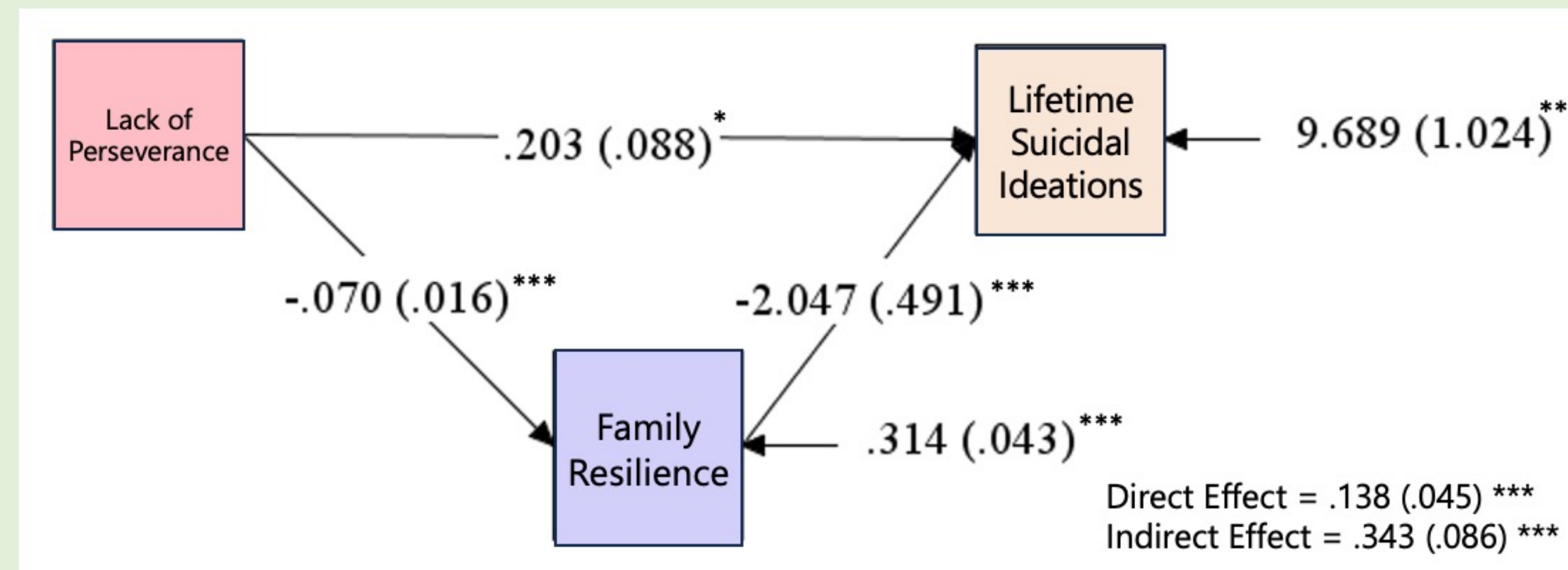


### Results and Discussion

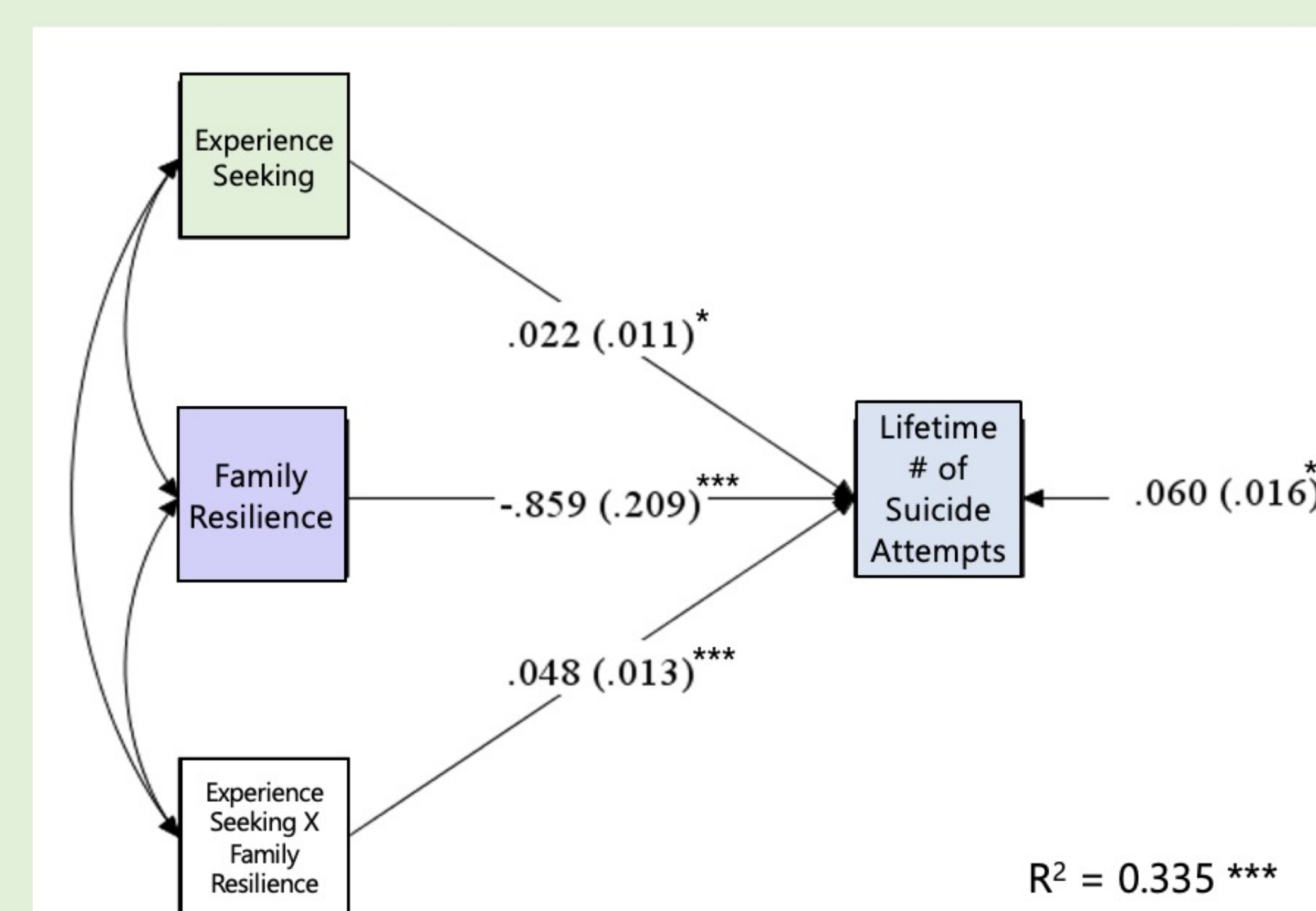
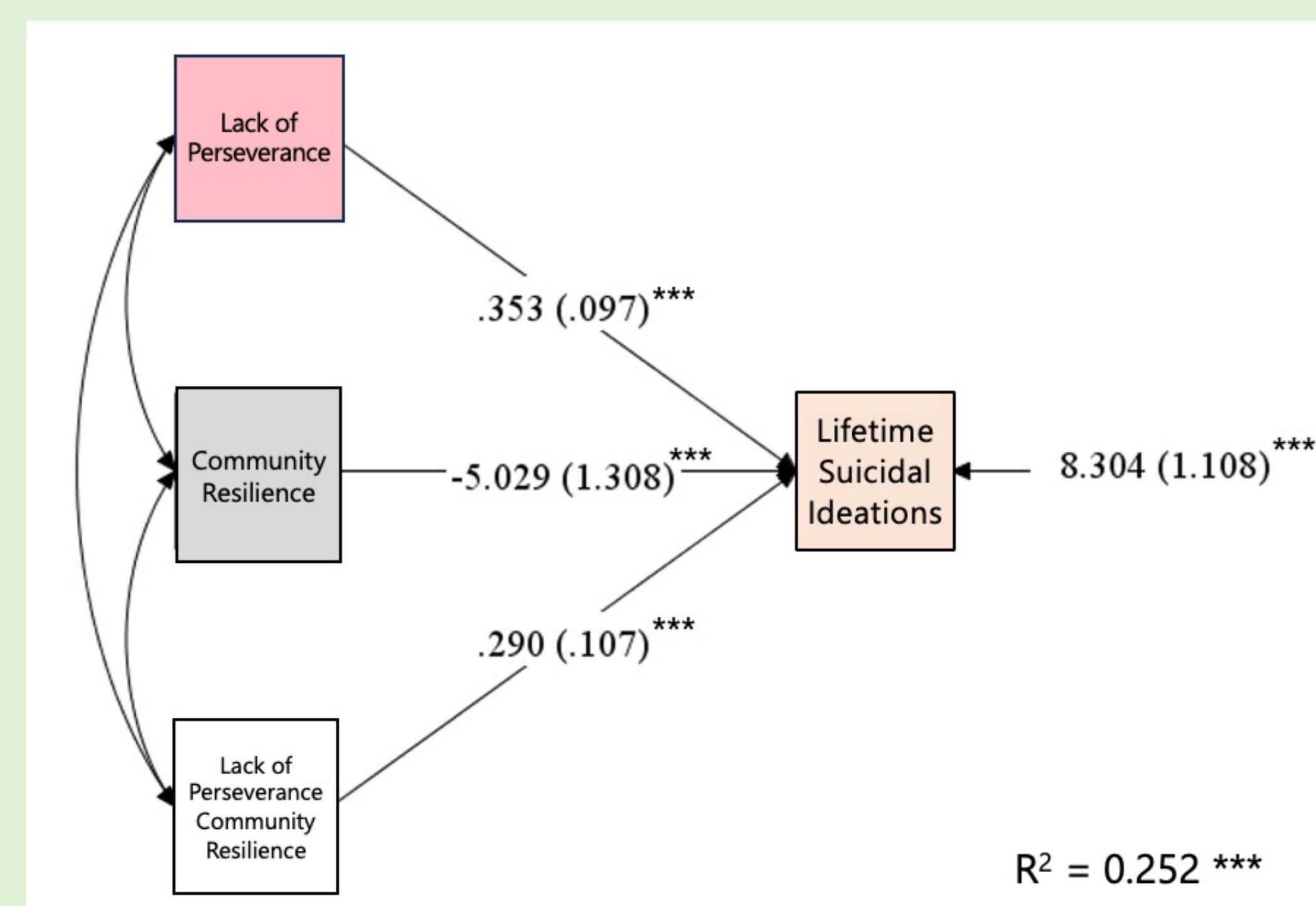
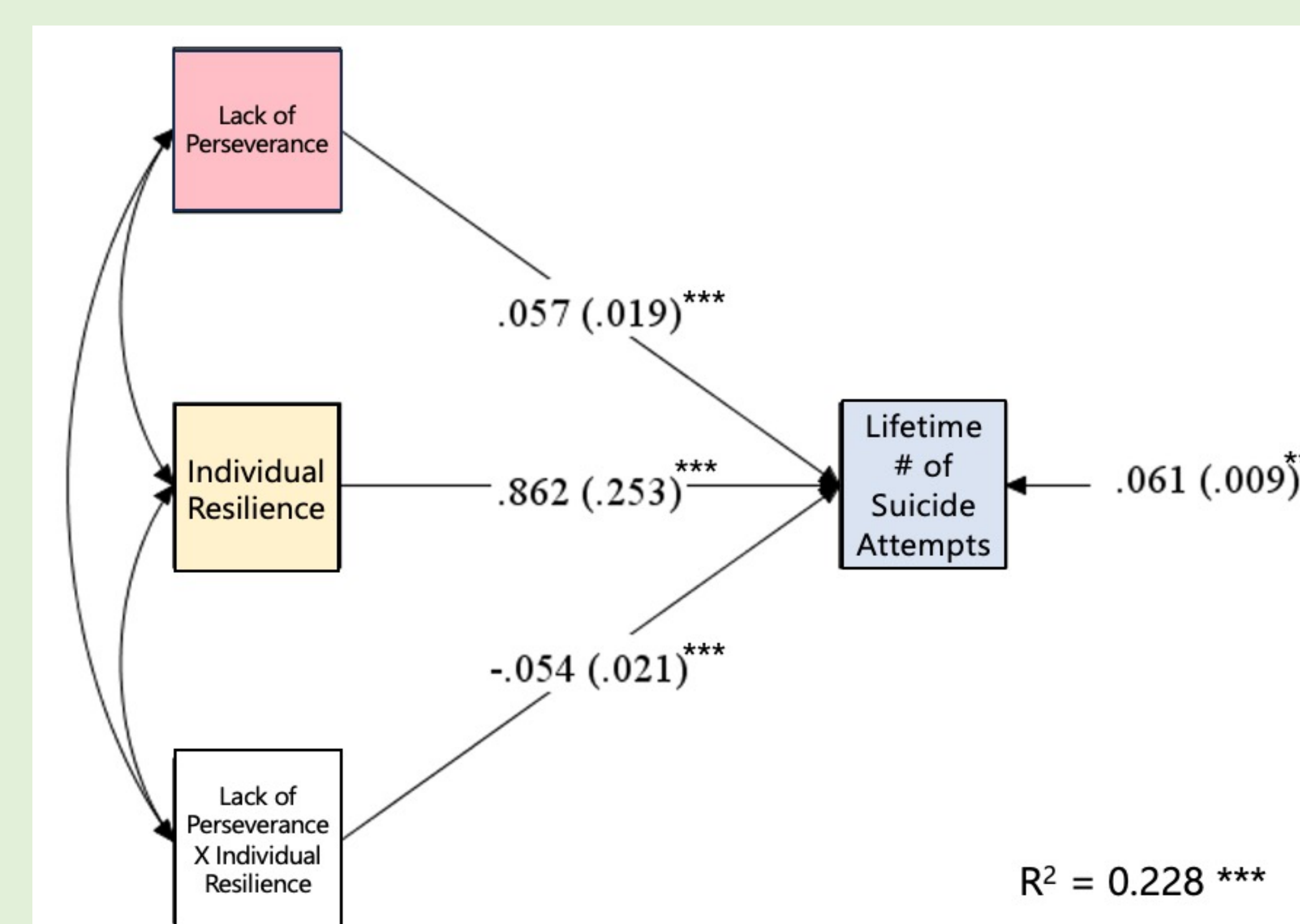
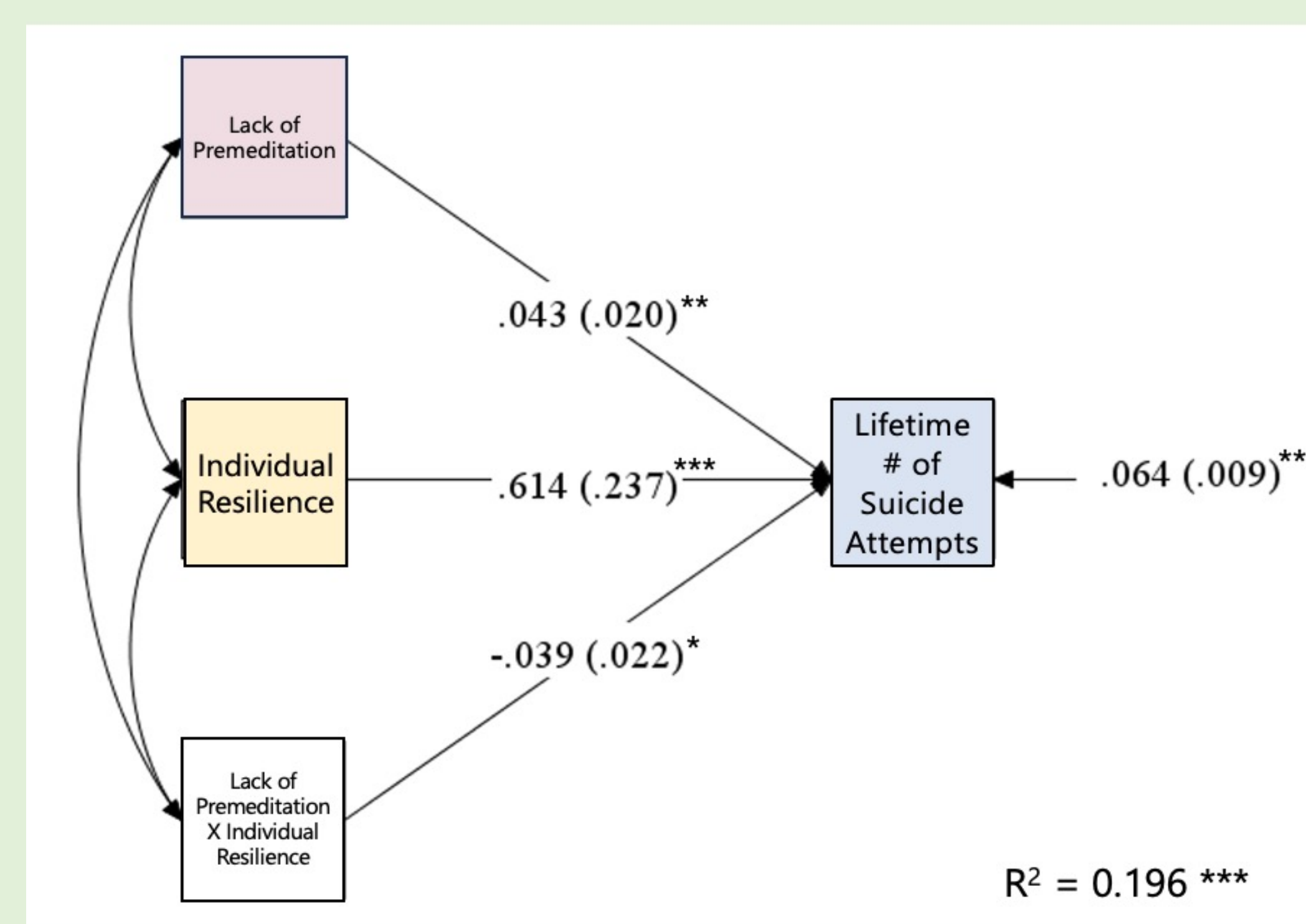
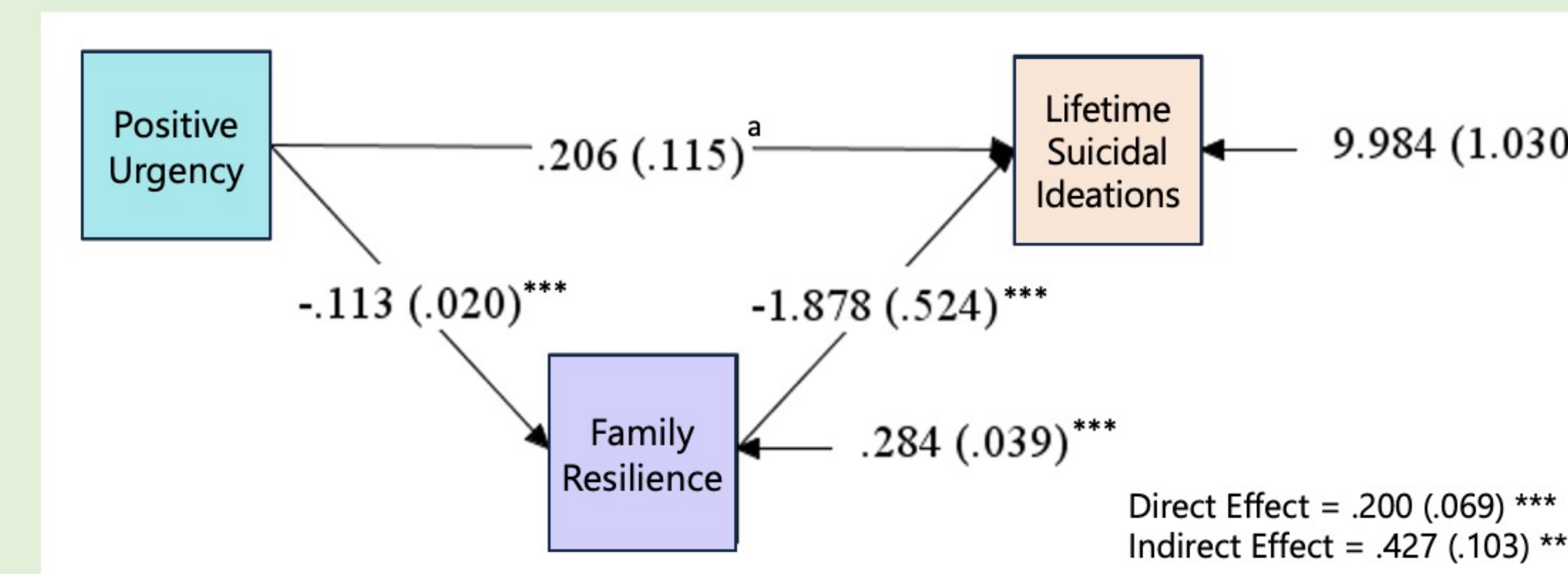
No discernable pattern emerged for individual, family, or community resilience and protective factors to serve as a consistent mediators or moderators of risky personality and SITBs. Family resilience and protective factors was a significant mediator for two measures of impulsivity, and individual resilience was a significant mediator of experience sensation seeking and a moderator for two measures of impulsivity. These findings did not hold for all predictor and outcome variables, leading to inconsistent findings.

These findings highlight the importance of understanding the unique personality factors of inpatient adolescents to maximize the effectiveness of resilience and protective factors aimed at preventing and reducing SITBs.

### Statistically Significant Mediation Models



All values are listed as mediation coefficients with standard error values in parentheses. Residual variances and standard error values are listed for all mediators and outcome variables.  
 \* indicates  $p < .05$   
 \*\* indicates  $p < .01$   
 \*\*\* indicates  $p < .001$   
<sup>a</sup> indicates  $p = .055$



### Statistically Significant Moderation Models

All values are listed as moderation coefficients with standard error values in parentheses.  
 \* indicates  $p < .05$   
 \*\* indicates  $p < .01$   
 \*\*\* indicates  $p < .001$

Scan this code for additional information on this project

