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RESEARCH PAPER

Impact of Interpersonal Rejection on Suicidal Ideation among Individuals with Drug Addicts: Moderating Role of Parental Support

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ABSTRACT

The purpose of the study was to investigate the influence of interpersonal rejection on suicidal thoughts among drug users, while family support work as a moderator. Main objective of the present research was, To assess the moderating role of parental support and interpersonal rejection on the relationship among drug abuse, different demographic variables of study variables were considered. The research method used fot this study was the cross-sectional survey design. 150 individuals in recovery centers were employed for the study to collect data through quantitative approach using standardized scales: the Drug Abuse Screening Test (DAST-10), the Suicidal Ideation Questionnaire (SIQ), the Parental Support Scale (PSS), and the Interpersonal Rejection Sensitivity Scale. The results of the study indicated that that sucidial ideation can be strongly pridicted by interpersonal rejection, while high parental support weakens the association. On the other hand, the interaction of parental support as a moderator remains insignificant among the population. The family-based interventions for enhancing mental health and reduction of sucidial ideation among individuals with substance use disorders is suggested. The research indicated that continuous parental support is considered vital and useful for the people suffereing from substance use and it can be useful for protecting individuals from suicidal ideation.

| **KEYWORDS** | Interpersonal Rejection, Suicidal Ideation, Drug Addiction, Parental Support |

Introduction

Durg abuse is one of the major cause of social ideation and lack of interpersonal rejection which has cause an alarming challenge globally. Individuals suffering from drug abuse majorly suffer from suicidal ideation along with issues related to psychosocial, emotional, and social factors. Lack of acceptance and stigmatization is one of the challenges individuals experience while on the drugs (Yang, et al., 2017). This makes their perception of rejection and abandonment worse, which not only cause interpersonal rejection but also intensifies suicidal ideation. As Interpersonal rejection has been assumed as a stron predictor of suicide risk, parental support, however, can be a strong predictor of reducing suicidal ideation and plays a role of protector for these individuals (Joiner, et al., 2009).

Stigmatization, discrimination and rejection from the society is commonly experienced by drug addicts, which has been proven by neumerous (Room, 2005). These challenges decreses motivation to seek help along with sense of belonging (William & Nadia, 2011). As a coping strategy, individuals seek pleasure and comfort by using excessive drugs leading to drug abuse to cope from repeatedly experience of rejection or ostracisim, which aggrivates their psychological health and suicidal ideation. This phenomenon creates a continuous depressing cycle of addiction and rejection leading towards self-destructive thoughts. However, parental support not only provides acceptance for the individuals but also creates paths for individuals to return towads life and can provide psychological wellbeing in the long run.

IPAR Theory provides significant insight into this matter of discussion. The theory uses a multi-method research approach, inclusively represents all major ethnic groups in the United States and worldwide (Rohner, 2016). Additionally, it uses literature and historical perspective dating back two millinea. IPAR Theory provides a developmental perspective on the effects, causes, and associations of interpersonal acceptance and rejection throughout a lifetime. Understanding, sensitive, and emotionally available parents enhance feelings of security, acceptance, and hardness, which alleviate the negative impacts of interpersonal rejection. Parental warmth and interest can reduce feelings of loneliness and helplessness, establish positive coping skills, and reduce the risk of suicidal ideation. Indeed, parental support serves as a moderator, weakening the relationship between interpersonal rejection and suicidal ideation by instilling a sense of connectedness and hope.

Literature Review

Research often points to the fact that substance use is associated with heightened psychological distress and thoughts of suicide. Because of social exclusion, peer rejection, and family conflict, adolescents and adults with substance use problems are more vulnerable. According to Joiner's Interpersonal Theory of Suicide (2005), suicidal ideation is mainly triggered by perceptions of burdensomeness and thwarted belongingness. Evidence from studies shows that drug use, particularly alcohol and opioids, fosters suicidal ideation (e.g., Wang & Yen, 2017; Borges & Loera, 2010). On the contrary, parental closeness and pleasant communication are protective factors that enhance self-esteem and emotional resilience (Fuentes et al., 2022).

The aim of the present study is to shed light on the causes of psychological problems among college and university students. It will try to address signs that indicate drug addiction and suicidal behavior among youngsters is causing damage to their psychological well-being. Thereby, further steps can be taken to improve the pupils' psychological well-being. Moreover, it tries to make aware of difficulties so that sociologists, school psychologists, clinical psychologists, and counsellors can be hired at academic institutions to cope with them.However, preventive skills programs should be carried out in order to engage youngsters in leisure and health-promoting activities, and therapeutic intervention programs can be employed to alleviate or resolve such issues in students.

Drug abuse is a growing global concern that significantly impacts mental health and increases the risk of suicidal ideation (Wilcox at al., 2004). Interpersonal rejection is a crucial link to suicidal thoughts because social exclusion worsens emotional distress. However, very little research has focused on the role of parental support in mitigating such effects.

Hypotheses

H1. Drug addicts with suicidal ideation will support high on interpersonal rejection.

H2. Parental support will show moderating relationship between interpersonal rejection and suicidal ideation.

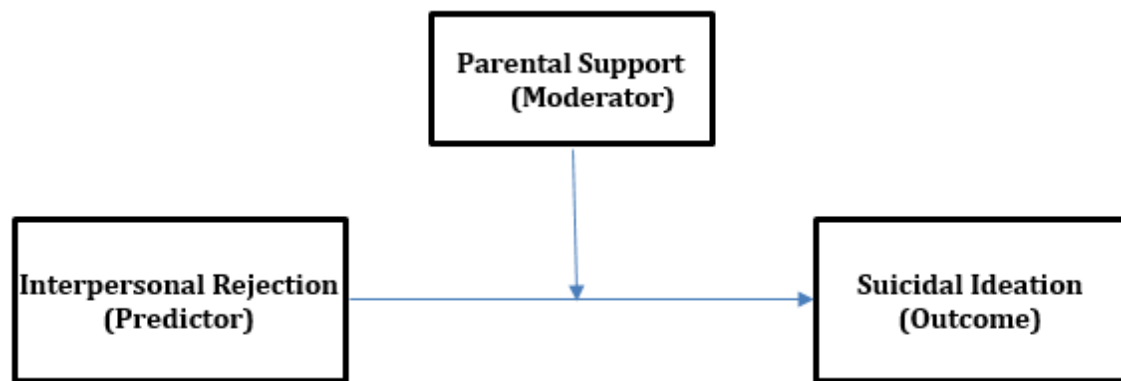H3. High parental support may buffer the negative impact of rejection on suicidal thoughts.

Figure 1: Conceptual Model Of Variales

Material and Methods

Research Design

The cross-sectional design was used in this study.

Sampling

The sampling technique used was purposive convenient sampling, which allowed participants to be included based on their availability, willingness, and particular qualities to participate in the research study. Thus, 150 participants were used as the sample size.

Inclusion Criteria

1. Participants must be within a certain age bracket of adolescents.

2. The participant has to be currently admitted to either an inpatient or outpatient rehabilitation facility treating substance use disorders.

Exclusion Criteria

1. No data was collected from outside the rehabs.

2. Uneducated adolescents have not been included in the present study.

Research Instruments

DAST-10 Drug Abuse Screening Test: The DAST-10 is a short screening test utilized to identify individuals who potentially use drugs problematically. It involves ten questions that assess various dimensions of drug use and its consequences. Except for alcohol and tobacco, the DAST-10 is most commonly administered in clinical, research, and community settings to screen for substance use problems Skinner 1982 the Drug Abuse Screening Test DAST.

Suicidal Ideation Questionnaire (SIQ): Reynolds (1987) developed it. It is a self-report tool used to measure how frequently teenagers have suicide thoughts. It is a useful instrument for identifying those who are at risk and promoting early intervention. The SIQ-SR (Suicidal Ideation Questionnaire—Self-Report), which is suitable for teenagers and young adults, is one of the most used tools.

Parental Support Scale (PSS): The Parental Support Scale developed by Yazedjian and Toews, 2016, which assesses parents' support during their offspring life time experience.

Interpersonal rejection scale: The Interpersonal Rejection Sensitivity Scale by Rohner et al. (2020) consists of 13 items used for the study. Later, this scale was translated into Urdu by Sajid, Zeb & Riaz, 2022.

Procedure

First, for this investigation, drug users were recruited. After using a screening test to weed out the addicts, we asked them to complete the scale. The participants were asked to provide informed consent following a brief explanation of the study and its significance. Participants' information was gathered after they gave their informed consent, and any questions they had were answered. After the procedure was completed, participants were thanked for their cooperation and involvement, and they were especially asked to react with the utmost honesty and sincerity.

Data Analysis

Data of present study was analysised through SPSS.

Ethical Consideration

Ethical approval was acquired from the Ethical Review Board, Department of Psychology, IIUI, and the Ethics Committee of the International Islamic University, Islamabad. To maintain the confidentiality, data collection was not shared with anyone, nor were the names of the participants mentioned anywhere in data file.

Results and Discussion

Table 1
Descriptive values of Suicidal Ideation Questionnaire, Parental Support Scale, and Interpersonal rejection scale (N=150)

Scales	No. of Items	Mean	SD	α
Suicidal Ideation Questionnaire	19	68.54	14.23	.85
Parental Support Scale	18	19.98	5.96	.71
Interpersonal rejection scale	13	64.76	12.87	.70

Table no 1 shows the despcritives of the data.

Table 2
Correlation of Suicidal Ideation Questionnaire, Parental Support Scale, and Interpersonal rejection scale (N=150)

	Suicidal Ideation Questionnaire	Parental Support Scale	Interpersonal rejection scale
Suicidal Ideation Questionnaire	-	-.74**	.68**
Parental Support Scale		-	.69**
Interpersonal rejection scale			-

**p<.01

The results of Table 2 demonstrate a significant positive connection between the Interpersonal Rejection Scale and the Suicidal Ideation Questionnaire. demonstrates a further inverse relationship between the Parental Support Scale and Suicidal Ideation.

Table 3
Moderating Role of Parental support in relationship between interpersonal rejection and suicidal ideation (N=150)

Variables	B	SEB	t	P	95%CI	
					LL	UL
Constant	28.18	.81	34.99	.65	26.59	29.77
interpersonal rejection	.24	.07	3.54	.58	.10	.37
Parental support	.23	.12	1.87	.46	0.47	4.41

suicidal ideation * Parental support	.02	.01	2.28	.32	0.14	0.01

Note. CI = Confidence Interval; LL = Lower Limit; UL = Upper

Main effect of predictor. The findings show a substantial increase in parental support in response to interpersonal rejection (B =.24, t = 3.54, p<.58, 95% CI).

Main effect of the moderator. Interpersonal rejection and parental support were significantly positively correlated with the mean value of interpersonal rejection (β=.23, t=1.87, p<.46, 95% CI (.47-4.41).

Interaction. Suicidal thoughts and parental support interact non-significantly (β=.02, t=2.28, p<.32, 95% CI (.14-.01).This suggests that the association between suicidal thoughts and interpersonal rejection depends on parental support.

Discussion

The current research examined how interpersonal rejection affects suicidal thoughts in individuals who are addicted to drugs and tested the influence of parental support on this link.

Under Table 1 we present the descriptive data of the suicidal ideation instrument together with the parental support instrument and the interpersonal rejection instrument obtained from 150 respondents. The outcomes demonstrate that reliability existed across all measurement methods for the corresponding constructs through the mean suicidal ideation score of interpersonal rejection.

Table 2 presents the relationships between suicidal thoughts and parental support along with interpersonal rejection. Data established a direct positive relationship across interpersonal rejection which predicted suicidal thinking levels by showing interpersonal rejection intensifies suicidal thoughts. Testing found a meaningful inverse connection between suicidal ideation levels and parental support levels in which parental support lowers suicidal thoughts in depressed youth. It was observed that parental support levels decreased as a result of increased interpersonal rejection. The results support existing theoretical frameworks which explain the relationships of our experimental variables.

The data of this study demonstrates an upward association between interpersonal rejection and suicidal ideation demonstrating that increasing levels of rejection bring higher probabilities of suicidal thoughts. These findings align perfectly with previous research which identifies social exclusion as major psychological stressor which produces enhanced suicide risk behaviors. Joiner's 2005 Interpersonal Theory of Suicide shows how suicidal thought arises from the effects of interpersonal rejection which create perceived burdensomeness and thwarted belongingness. As described by Orden et al. (2010), feelings of loneliness coupled with social exclusion spark destructive thoughts including those leading to substance addiction-related behavioral instability. Carroll et al. (2013) followed 756 individuals between the ages 18 and 30 for a total duration of 15 years in their study. The researchers found evidence that childhood physical and mental maltreatment raises the probability of developing coronary artery disease later in life. Research by Ali Rohner Hoeft and Britner during 2021 back these findings even though it is not a long-term study. People who experienced either parental acceptance or rejection during their childhood exhibit 80% of the differences found in medical conditions according to a study of 1,268 individuals performed by the authors. Based on this research it was found that increased levels of rejection lead to increased suicidal thinking. Historical studies already point out social exclusion as a key pressure factor which raises suicidal behavior. Joiner's (2005) Interpersonal Theory of Suicide explains how experiencing rejection creates two components--perceived burdensomeness and thwarted belongingness--that directly

influence suicidal thinking. Orden et al. (2010) explain that social isolation along with loneliness may spark destructive impulses in individuals who are emotionally unstable or who have behavioral difficulties as a result of their substance use. Furthermore, the research demonstrated that parental support correlates negatively with suicidal feelings because more parental support decreases suicidal thoughts. According to earlier studies open parental communication together with warmth and empathy protects individuals from experiencing psychological distress and suicide thoughts (Masood et al., 2016; Pascal-Sanchez et al., 2021). Supportive parents provide emotional stability and direction alongside community feeling that reduces emotional pain and effects of rejection.

Researchers conducted a regression analysis to test whether parental support serves as a moderating variable between interpersonal rejection and suicidal thought patterns (table 3). Researchers discovered that interpersonal rejection combined with parental support created a significant moderation effect. According to study results parental support plays a key role in controlling how interpersonal rejection impacts suicidal thoughts. The data shows that people with higher parental support showed fewer links between suicidal thoughts and interpersonal rejection which means parental support weakens the adverse effects of interpersonal rejection. The moderation analysis offered additional insights which showed parental support strongly diminishes suicide thoughts association that exists between interpersonal rejection as well. The protective effect of parental support exists to buffer social rejection's psychological impact so that an individual's suicide risk decreases in these circumstances. Resiliency and adaptive coping among adolescents and young adults facing psychosocial stressors increase as a result of emotional parental availability according to Duong and Bradshaw (2017) and Fuentes et al. (2022).

Our research extends existing knowledge by examining social rejection and suicide ideation in the context of drug addicts who demonstrate increased vulnerability. Chen, Liu & Li (2000) reported that drug addicts encounter intense social stigma which creates marginalization and reduced self-esteem and fosters negative expectations. The emotional stability of people decreases in turn they become less prone to suicide when they maintain a close support relationship with their parents. Family-based therapies and psychological rehabilitation programs should actively involve parents in their work with recovering addicts to enhance emotional ties and lower feelings of isolation based on the findings of this study.

Conclusion

Results of the current study revealed that interpersonal rejection serves as a substantial predictor of suicidal ideation for substance users while parental support serves as an interventional moderator. Research validated the idea that social rejection and isolation worsen suicidal behaviors and further showed that warmth and understanding from parents together with their involvement decrease psychological distress caused by rejection experiences. The results of the study highly consider family-based therapeutic intervetions not only in the rehabilitation centers but also in the counseling settings. Appropriate training for parents regarding emotional self regulation techniques can provide substantial results for drug addicts. The results indicated that social rejection is a prominent feature for suicidal ideation, however, appropritate trainings, counseling sessions and parental support not only prevents the risk of suicidal ideation but also helps build resilience and psychological wellbeing among these individuals.

Recommendations

According to the outcomes of the study, it is highly recommended that parents should be provided proper training for emotional self-regulations for the substance used individuals to help cope them with sucidial ideation, along with appropriate counseling

sessions and rehabilitations programs. Moreover, parental support in daily life, family counseling sessions and involvement of parents in rehabilitation programs can provide promising results. However, more insight into the matter could be gathered by expanding the samples so that findings of the study can be validated.

Limitations and Suggestions

This research provides significant information and knowledge regarding the interpersonal rejection and suicidal ideation, with parental support as a moderator. However, this research can be applied on the greater population and on various sample with different cultural backgrounds for the generalizability, which is the major setback of this research. Sample represention can be boardened to assess the more reliable results. Secondly, by employing different research methodology such as longitudinal research design can provide deeper insight into the results. Moreover, individualized intervention designs and trainings for parents and individuals can help in coping and reversing the situation for substance abused individuals. Lastly, policy makers could develop and administer policies so that restrictions could be made on purchase and useage of drugs. However, identification of such individuals and providing them with appropriate rehabilitation and services can help them overcome their situations psychologically and socially as well.

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