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Camouflaged Pain: Adolescent Mental Distress Interwoven with Age and Gender Expectations

Dr. Sidra Ali	College of Home Economics, University of Peshawar. Email: sidraaliche@uop.edu.pk
Dr. Sadaf Asghar	College of Home Economics, University of Peshawar. sadfasghar@uop.edu.pk
Nida Ayaz	Lecturer, Virtual University of Pakistan. nida.ayaz@vu.edu.pk

Abstract: *This study investigates the frequency, severity, and patterns of suicidal thoughts among teenagers in Peshawar, focusing on age and gender disparities. A cross-sectional design was used using a sample of 200 teenagers (100 men and 100 females) aged 15 to 21 years recruited from different educational institutions. The Modified Scale for Suicidal Ideation (MSSI) was used to determine the intensity and frequency of suicidal thoughts. SPSS was used to analyse the data, which included t-tests, chi-square, and two-way ANOVA. The results showed no significant difference in total suicide thoughts between males and females, although gender-specific patterns developed. Male adolescents aged 15–17 had considerably higher ideation than older men, while older female adolescents (18–21) had much higher ideation than their younger peers. A strong interaction impact of age and gender on suicidal thoughts was discovered. Intense suicide thoughts were more common in boys, but severe suicidal planning was more prevalent in girls. These findings emphasize the complex interplay of developmental stage and gender in determining adolescent suicidality, as well as the importance of age- and gender-sensitive preventive interventions in Pakistan's educational and mental health contexts.*

Keywords: Suicidal ideation, Adolescents, Gender differences, Age groups, Mental health, Pakistan, Suicide attempt, MSSI

Introduction

Adolescence is a developmental stage characterized by significant biological, emotional, and cognitive changes. This phase, which normally lasts from the ages of 10 to 21, is critical for not just identity formation but also the development of self-regulation and coping skills. During this period, adolescents are exposed to a number of social and psychological pressures such as scholastic demands, peer pressure, parental expectations, and identity uncertainty, all of which can have a negative impact on their mental health (Arnett, 1999; WHO, 2023).

Suicidal ideation is one of the most alarming indications of teenage psychiatric distress, described as the recurrence of ideas, intentions, or preoccupations with ending one's life. Although suicidal thought does not necessarily lead to an attempt, it is recognised as a key risk factor for suicide behaviour that must be identified and treated promptly (Beck et al., 1985; Pedersen, 2018). the latest data from the World Health Organisation (2018), suicide is one of the major causes of mortality among young people aged 15 to 29, highlighting the urgent need to investigate contributing factors and effective preventive techniques.

In Pakistan, the problem is exacerbated by a variety of socio-cultural limitations. Suicide is a taboo subject due to religious, legal, and cultural stigmas, which frequently results in underreporting and a lack of mental health infrastructure to treat teenage pain. As a result, many teenagers with suicide thoughts go unrecognised, mistreated, or unsupported (Murad, 2018). This concealment not only impedes preventative efforts, but also permits suicide ideas to worsen without external intervention.

A increasing amount of worldwide and regional research has shown that age and gender have a significant impact on suicidal ideation patterns. Adolescents at distinct developmental periods, such as middle adolescence (15-17 years) and late adolescence (18-21 years), may have considerably varied levels of cognitive maturity, emotional sensitivity, and life pressures (Kairi, 2015). For example, younger teenagers frequently suffer with parental reliance, self-esteem difficulties, and bullying, whereas older adolescents may encounter pressures relating to future job choices, academic success, and romantic relationships. These distinctions may contribute to variation in how suicidal thought is perceived and conveyed.

Gender is another important lens through which suicidal behavior may be examined. Global trends indicate that, while males are more likely to commit suicide owing to the use of more lethal techniques, females report greater rates of suicidal thoughts and attempts, which are frequently associated to emotional dysregulation, interpersonal stress, and internalized trauma. However, these patterns may not be generally relevant. In Pakistan, changed social roles, changing gender expectations, and increased media exposure may all have an impact on how male and female adolescents respond to psychological discomfort. Thus, studying suicidal thoughts via a culturally contextualized perspective is critical for designing effective therapies. Suicidal ideation experiences and expressions vary.

Despite the gravity of the situation, there is a significant shortage of empirical data from Pakistan on suicidal thoughts among teenagers, with a comparative focus on age and gender. To fill this gap, the current study seeks to determine the prevalence, severity, and gender-based variations in suicidal thoughts among teenagers in urban Peshawar. Furthermore, it investigates how different adolescent age groups influence the intensity and manifestation of suicidal thoughts, as well as whether these two demographic variables have a significant interaction effect.

This study aims to enrich age-appropriate and gender-sensitive preventive methods by offering a more nuanced knowledge of how suicide ideation differs among teenage subgroups. The ultimate objective is to contribute to Pakistan's expanding conversation on youth mental health by advocating for coordinated treatments at the school, home, and policy levels.

Rationale of the Study

Adolescence is widely seen as a vital phase for mental health care, owing to the fast psychological, emotional, and social changes that occur throughout this stage of life. Suicidal ideation has arisen as a major problem among teenagers worldwide, particularly in low- and middle-income countries such as Pakistan, where mental health facilities are scarce and sociocultural taboos frequently prevent open conversation and early diagnosis. Although worldwide data highlights age and gender as major determinants impacting suicide ideation, there is a conspicuous vacuum in context-specific research from Pakistan that analyses how these variables interact to shape teenage suicidality.

Pakistani society's distinct cultural, family, and religious dynamics may play an important role in mediating adolescents' psychological reactions to stress, although these features have received little attention in empirical studies. Furthermore, most studies in Pakistan have focused on adult populations, hospital-based cases, or lacked adequate gender and age stratification, limiting their usefulness for adolescent-targeted policy and intervention development. Little is known regarding the incidence, severity, and kind of suicidal ideation experienced by middle adolescents (15-17 years) vs late teens (18-21 years). Similarly, gender disparities in ideation and planning, particularly among school and college-aged kids, are poorly known. This study aims to fill these gaps by conducting a comparative

analysis of suicidal thoughts across gender and age categories among teenagers in Peshawar. It also seeks to uncover trends in ideation intensity and planning behavior to aid in the early detection of high-risk populations. As a result, the study provides evidence that may be used to build targeted, culturally sensitive, and age-appropriate mental health treatments, particularly in schools and communities. Given the rising frequency of teenage mental health disorders in Pakistan, and the insufficient infrastructure to address them, this study is both urgent and needed. It adds to a deeper awareness of teenage suicidality in a socio-cultural setting where the issue is frequently silenced, emphasizing the importance of compassionate, data-driven, and locally based prevention interventions.

Research Methodology

Design and Approach

The present investigation used a quantitative, cross-sectional research design to evaluate suicidal ideation in teenagers, especially looking at the effects of gender as well as age on ideation intensity and suicide planning. A systematic survey methodology was used to obtain quantifiable data using standardised psychometric instruments, allowing for statistical comparison across demographic groups.

Participants and Sampling

The selected age group consisted of teenagers enrolled in various both governmental and private colleges and universities located within the metropolitan borders of Peshawar, Pakistan. A total of 200 individuals (100 men and 100 females) were chosen using stratified random selection to ensure equal representation by gender and balanced coverage of middle and late adolescence. Respondents varied in age from 15 to 21 years old, representing both high school and early college. Participants entitled to take part were those who were properly enrolled in an educational institution, lived in Peshawar's urban neighborhoods, and were between the ages of 15 and 21. Only participants who provided informed approval and whose institutions approved data collection were included. Adolescents were excluded if they were under 15 or over 21 years old, lived in rural regions, were not presently enrolled in school or had dropped out, or had a professionally documented mental disorder that may limit their ability to reply effectively to survey questions.

Measures

1. Demographic Questionnaire: the fundamental data such as age, gender, family structure (nuclear or joint), and academic level.
2. Modified Scale for Suicidal Ideation (MSSI)
   The MSSI, developed by Miller (1991), was used for this study to measure suicidal ideation in teenagers. It assesses the frequency, severity, and form of suicidal thoughts using a collection of 18 items, with one potentially triggering item omitted for ethical reasons. In this investigation, the scale demonstrated high internal reliability (Cronbach's α =.82).

Data Collection Procedure

the education authorities provided access after clearance from the institutional research ethics committee. Following a thorough description of the study's goal and promises of anonymity, participants completed the survey instruments during scheduled class sessions. Individuals were advised that participation was entirely voluntary and that they may leave at any moment without penalty. To ensure anonymity, no identifiable information was recorded.
The data was collected over a six-month period, with the researcher available throughout execution to guarantee correct replies and resolve any problems. Because of the sensitive nature of the research issue, participants' psychological well-being was carefully monitored.

Ethical Considerations

This study maintained strict ethical guidelines consistent with worldwide research standards. All

participants provided written and verbal agreement, and school administrators were educated on the study's content. Due to the delicate nature of suicide thoughts, counselling referral materials were created ahead of time, and no disturbing language was utilised throughout the encounter. Throughout the research procedure, participants' privacy, data confidentiality, and voluntary participation were preserved.

Data Analysis

The results were analysed with SPSS (version 26). Descriptive statistics were employed to summarise demographic data and scale scores. Independent sample t-tests and two-way ANOVA were used to compare differences in suicidal ideation between genders and age groups. Additionally, chi-square tests were used to investigate categorical connections, including gender-based trends in suicide planning and severity. The results were interpreted with a significance threshold of $p < .05$.

Results:

The results of the current study were analyzed using SPSS. Statistical analyses were run to test the significance of the results.

Table 1 Psychometric properties of Parental Expectations & Suicidal Ideation (N=200)

Scales	Items	*M*	*SD*	∝	Range		Kurtosis	Skewness
					Potential	Actual		
PE	12	36.91	7.63	.65	12-60	14-59	-0.18	.23
SI	17	11.69	7.97	.82	0-51	0-44	1.14	1.07

Note. PE=Parental Expectation; SI= Suicidal Ideation

Table 1 shows the mean scores, standard deviations, alpha reliability coefficients, potential and actual range, kurtosis and skewness of Parental Expectation and Suicidal Ideation scale. Figures show that Cronbach's alpha, kurtosis and skewness are in acceptable range.

Table 2 Demographic details of the sample (N=200)

Categories	*f*	*%*
Gender		
Male	100	50
Female	100	50
Family System		
Nuclear Family	107	53.5
Joint Family	93	46.5
Age		
Mean: 17.18 (Min. 15 & Max. 22)		
SD: 1.07		

Table 2 shows the distribution of total sample on the basis of their demographic variables such as gender, family system and age.

Table 3 Means, Standard Deviation and t-value for two groups of ages on the score of Suicidal Ideation Scale (N=200)

	Upto 17 Yrs (n=137)		Above 17 Yrs (n=63)				CL95%		
Variables	*M*	*SD*	*M*	*SD*	*t(198)*	*p*	*UL*	*LL*	Cohen's d
MSSI	11.69	8.18	11.68	7.54	0.01	.82	2.41	-2.38	

Table 3 indicates that there is a non-significant difference between two age groups i-e upto 17 years old and above 17 years old on the score of suicidal ideation. Both groups of ages have almost equal means

on the score of Suicidal Ideation

Table 4 Means, Standard Deviation and t-value for two groups of ages on the score of Suicidal Ideation Scale on the sample of male adolescents (N=100)

	Upto 17 Yrs (n=70)		Above 17 Yrs (n=30)				CL95%		
Variables	*M*	*SD*	*M*	*SD*	*t(98)*	*P*	*UL*	*LL*	Cohen's d
MSSI	12.24	8.62	8.76	6.23	1.99	.049	0.12	6.93	

Table 4 indicates that there is a significant mean difference between two age groups of male adolescents, i-e upto 17 years old and above 17 years old adolescents on the score of suicidal ideation. Above 17 years age group of adolescents have slightly less suicidal ideation as compared to upto 17 years old adolescents. The mean difference i.e. 3.48 is statistically significant as p-value is less than .05

Table 5 Means, Standard Deviation and t-value for two groups of ages on the score of Suicidal Ideation Scale on the sample of female adolescents (N=100)

	Upto 17 Yrs (n=67)		Above 17 Yrs (n=33)				CL95%		
Variables	*M*	*SD*	*M*	*SD*	*t(98)*	*P*	*UL*	*LL*	Cohen's d
MSSI	11.12	7.73	14.33	7.73	1.97	.05	0.50	6.47	

Table 10 indicates that there is a significant mean difference between two age groups of female adolescents, i-e upto 17 years old and above 17 years old adolescents on the score of suicidal ideation. Above 17 years age group of adolescents have slightly greater suicidal ideation as compared to upto 17 years old adolescents. The mean difference i.e. 3.21 is statistically significant as p-value is less than .05

Table 6 As per Modified Scale for Suicidal Ideation's Criteria for declaration of "Serious Suicidal Ideation", an individual must have following four characteristics. Among 200 respondents, following are the number of adolescents in each criterion.

MSSI Criteria	F
Severe Suicidal Ideation	38
Intense Suicidal Ideation	77
Actively Suicidal	71
Serious Plan	57

Note: An adolescent may fall under multiple criteria mentioned above.

Table 7 Results of Chi-square Test of Independence and Descriptive Statistics for Severe Suicidal Ideation by Gender (N=200)

SI Category	Gender		
	Male	Female	Total
No	83 (51%)	79 (49%)	162
Yes	17 (45%)	21 (55%)	38

Note. $\chi^2(1) = 0.52$, p =.47. Numbers in parentheses indicate row percentages.

The test of association result indicates that severe suicidal ideation does not appear to be statistically associated with gender; the results show no statistically significant difference in severe suicidal ideation between male and female adolescents. However, These results suggest that the female adolescents have more severe suicidal ideation as compared to male adolescents

Table 8 Results of Chi-square Test of Independence and Descriptive Statistics for Intense Suicidal Thoughts by Gender (N=200)

SI Category	Gender		
	Male	Female	Total
No	54 (44%)	69 (56%)	123
Yes	46 (60%)	31 (40%)	77

Note. $\chi^2(1) = 4.75$, p = .029. Numbers in parentheses indicate row percentages.

The test of association result indicates that intense suicidal thoughts appear to be statistically associated with gender; the results show statistically significant difference in intense suicidal thoughts between male and female adolescents. These results suggest that the male adolescents (60%) have more intense suicidal thoughts as compared to female adolescents (40%)

Table 9 Results of Chi-square Test of Independence and Descriptive Statistics for Actively Suicidal by Gender (N=200)

SI Category	Gender		
	Male	Female	Total
No	67 (52%)	62 (48%)	129
Yes	33 (47%)	38 (53%)	71

Note. $\chi^2(1) = 0.54$, p =.46. Numbers in parentheses indicate row percentages.

The test of association result indicates that actively suicidal does not appear to be statistically associated with gender; the results show no statistically significant difference in actively suicidal between male and female adolescents. These results suggest that the female adolescents have slightly more actively suicidal ideation as compared to male adolescents

Table 10 Results of Chi-square Test of Independence and Descriptive Statistics for Serious Plan by Gender (N=200)

SI Category	Gender		
	Male	Female	Total
No	78 (55%)	65 (45%)	143
Yes	22 (39%)	35 (61%)	57

Note. $\chi^2(1) = 4.15$, p = .042. Numbers in parentheses indicate row percentages.

The test of association result indicates that serious plan appear to be statistically associated with gender; the results show statistically significant difference in serious plan between male and female adolescents. These results suggest that the female adolescents (61%) have more serious plan as compared to male adolescents (39%)

Table 11 Descriptive statistics for two-way ANOVA between gender and age groups on Suicidal Ideation (n=200)

Age Groups	**N**	**Gender**		**Marginal**
		Male(n=100)	**Female(n=100)**	
Age upto 17 Years	137	12.25(8.62)	11.12(7.73)	11.69(8.18)

Above 17 Years	63	8.77(6.22)	14.33(7.73)	11.68(7.54)
Marginal	200	11.20(8.10)	12.18(7.84)	11.69(7.97)

Note: Numbers in parentheses indicate standard deviation

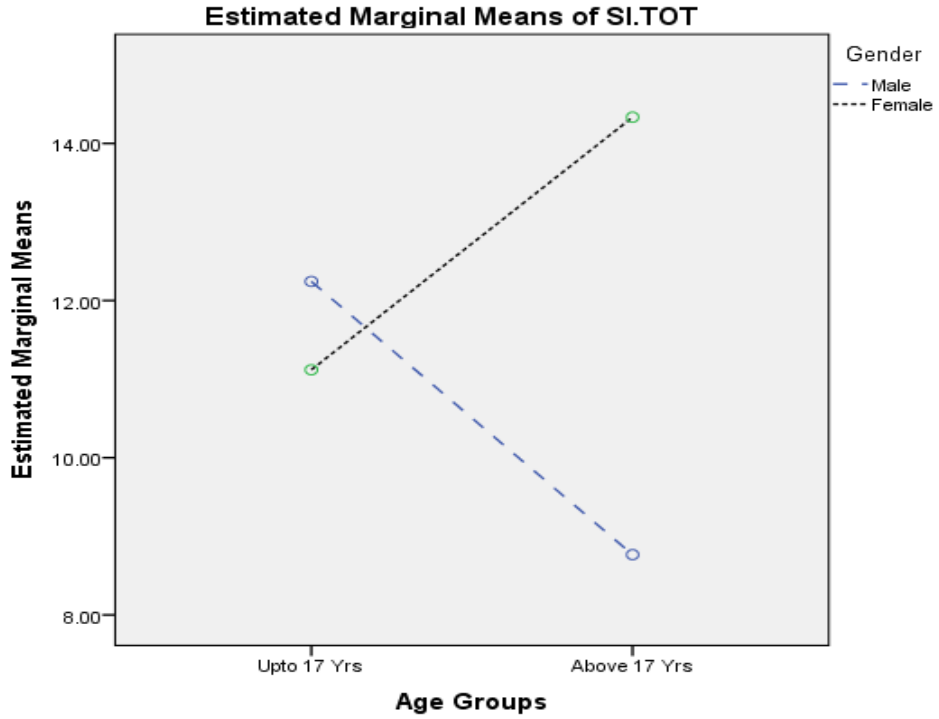
Table 12 Two-way ANOVA between gender and age groups on Suicidal Ideation(n=200)

Source	**Df**	**MS**	**F**	**P**	η^2
Gender	1	212.63	3.44	.065	.017
Age.Grp	1	0.741	0.012	.913	.000
Gender * Age.Grp	1	482.056	7.798	.006	.038
Error	196	61.819			

Note: df=Degree of Freedom, MS=Mean Square, η^2 = Effect Size

Two-way ANOVA was conducted to examine the main and interaction effects of gender and age groups on the scores of suicidal ideations. Results indicate that there is non-significant main effect of gender on the suicidal ideation F(1,196)=3.44, p = .065, η^2 = .017. The main effect of age groups is also non-significant on the suicidal ideation F(1,196) = 0.012, p = .913, η^2 = .000. However, the interaction effect of gender and age groups on the score of suicidal ideation is significant F(1,196)=7.798, p = .006, η^2 = .038

Graph: Two-way ANOVA Interaction graph for gender and age groups on suicidal ideation



The graph of table 12 shows a significant difference between the effects of age and gender upon suicidal ideation among adolescent males and females. As the age progresses in boys, suicidal ideation decline. However, among adolescent girls, as the age progresses, suicidal ideation rises.

DISCUSSION

Having thoughts of suicide has consistently been a prevalent issue for both males and females. Teenagers, in particular, are at a higher risk of carrying this ideation along if they are not treated or provided with less triggering factors and adequate guidance throughout their teenage years. Because teenage years are considered as the time of "storm and stress," the examiner was more intrigued in taking this age category as a representative sample for suicidal ideation.

Research indicates that discussing suicide may not necessarily lead adolescents with suicidal thoughts, depression, or feelings of hopelessness to attempt suicide. Instead, such conversations could actually encourage them to seek healthier solutions or to reach out for professional help.

The major goal of the research was to look at the incidence and severity of suicidal thoughts among teenage girls and boys in Peshawar. To assess suicidal thoughts in this sample, the researcher used the Modified Scale for Suicidal thoughts (MSSI). The researcher was particularly interested in determining the criteria for what defines "serious suicidal ideation." According to the MSSI, an individual must demonstrate four important characteristics: extreme suicidal ideation, strong suicidal ideation, active suicidal behaviour, and an aggressive intention.

It is upsetting to learn that thirty-eight cases among a sample of 200 people were found to be strongly associated with serious suicidal thoughts. This shows that a bigger sample size may be used to estimate the at-risk population. Academic demands, social comparisons, familial dynamics, and peer influences were recognized as major stressors related to suicide ideation among teenagers in Peshawar by the researcher. The research aims to investigate gender disparities in suicide thoughts among teenagers. Studies confirm the idea that females are more likely to consider suicide, showing that women have greater levels of depression and anxiety. Women are especially prone to psychological obstacles, which raises the likelihood of suicide behavior. This study supports data from the Adult Psychiatric Morbidity Survey in England (2007), which found that 19% of women had considered suicide compared to 14% of males. The study identified no significant differences in suicide thoughts between teenage males and girls. However, study did show that teenage females had slightly more suicide thoughts than their male counterparts, with 55% expressing such thoughts compared to 45% for boys.

Khokher (2005) conducted research on the same subject among Pakistani college students, which supports the present result. The study found 31% overall suicide ideation rates among students, with no significant variation across genders. However, ladies had a larger percentage of favourable replies (33%), while males had 29.2%. He noted that the reported rate in Pakistan's sample was greater than in comparable research done in other nations. According to the World Health Organisation, more than seventy-nine percent of suicides worldwide have happened in poor and middle-income nations, supporting the notion. Pakistan is classified as a lower middle-income country, which may be contributing to an increase in suicide rates.

Aiming Zhing (2014) conducted a survey among students in China. Out of 540 pupils, 48 displayed suicide tendencies, with female students having the highest prevalence. Furthermore, his findings revealed that fourth-graders were more likely to be suicidal than those in other levels. He went on to list academic pressure, grades, and majors as risk factors for suicide behaviour among students. In contrast to the findings, Murad (2018) highlighted in his scoping review on suicide ideation and behaviour in Pakistan. After evaluating various research conducted in Pakistan, he concluded that men committed more suicides and that suicidal behaviour was more prevalent among those under the age of Suicidal thoughts among Pakistani teenagers might stem from a variety of factors. Adolescents who consider themselves failures and are unable to plan their lives frequently develop suicidal ideations. Such failed teenagers, whose parents determine their future aspirations and careers, are driven to ponder suicide since they are unable to achieve the goals set by their parents. Adolescent uniqueness is not taken into consideration. They are harassed, bullied, mistreated, discriminated against, and raped, among other things, which leads them to choose the life-altering route of suicide. The variables

associated with differing suicidal thoughts in both genders may differ among countries.

The researcher divided the teenagers into two age groups to look for increased suicidal ideation based on their age. Adolescent boys and females were divided among two age categories: 15 to 17 and 18 to 21 years. The findings revealed significant variations in suicidal ideation based on age. The findings showed that middle adolescents (15-17 years old) among boys had more suicide thoughts, supporting the study. The desire to commit suicide was shown to be greater in girls among late teens (18-21 years). This finding is corroborated by Aiming zhing's (2014) study, which found greater suicide thoughts among late teens.. However, the age-based variation in suicidal ideation in both genders opens the door to investigating other variables that influence the levels of suicidal ideation in various age groups. Any element that triggers suicide behaviour in teenagers must be seriously considered. According to observations, most persons who are seriously considering suicide generally follow out their plans without disclosing their intentions.

Suzanne (2018) stated in her blog that of the individuals who tried to self-harm, approximately one quarter and a third left a message behind, supporting the idea that suicide is a highly personal act and is focused on the a person's present emotions and not relating the significance of their death to others. The researcher wanted to know who was more likely to attempt suicide and which gender dominated this group. It was rather worrisome that 71 people out of a sample of 200 had an actively suicidal propensity (a higher likelihood of attempting suicide). (H3)

According to Roland's (2015) study, there is a connection between the committing suicide and sex, with boys experiencing a higher rate of fatal attempts to kill themselves than females in various European countries. Daniel and Jason's (2015) investigation revealed that out of 5,981 suicides that occurred in the UK (2012), ¾ of the population were males, accounting for 4,590. In the US, 79% of 38,000 suicides that occurred in 2010 were males.

In Pakistan (2018), forensics records suggest that over 300 people have died by suicide in 35 different cities during the previous two years. There were twice as many men as women. The most researchable aspect of these records is that most males who committed suicide were not married, but the majority of women who committed suicide were married. Internal concerns, such as unemployment, health challenges, poverty, homelessness, family disagreements, despair, and a variety of societal pressures, were identified as the leading causes of suicide.

The causes for gender variations in suicide attempts need to be investigated further. In contrast to these findings, intriguing research by Nancy (2007) "Suicide Attempt and Risk of Death from Suicide" finds that females are three times more likely to try suicide, with or without success, although men are more likely to die from suicide with the same ratio. Furthermore, she discusses the possibility of suicide for both genders, citing recent attempts.

. As the current study found that both genders were equally likely to commit suicide in actively suicidal cases, the factors underlying these findings could include peer influence, increased media exposure, relationship problems, socioeconomic status, co-educational system, and family conflicts among girls. However, additional data suggests that males are more likely to attempt suicide; further research is needed to determine where females stand.

The results showed no connection with genders for teenagers who were actively suicidal or had serious suicidal ideation, indicating a predisposition towards suicide attempt. Intense suicidal thoughts seemed to be substantially related to gender. Male adolescents experienced 60% of strong suicide thoughts, whereas female adolescents had 40%. Furthermore, major plan instances seemed to be highly related with gender. The results revealed considerable disparities in serious plans between male and female teenagers. These findings indicated that 61% of female teenagers came into the serious plan group, which was greater than male adolescents (39%).

There was a substantial interaction impact between age and gender on suicidal ideation in teenagers. This suggests that age and gender have a significant influence on suicide thoughts in teenagers. The findings demonstrated that suicide ideation among teenage boys decreases with age. Suicidal thoughts increase with age in teenage girls. These findings are consistent with past discussions in which teenage boys had more suicidal thoughts during early adolescence and girls had higher suicidal ideation throughout late adolescence. These findings appear to be consistent with the forensics research, which found that males attempted suicide while single, whereas females attempted suicide when married.

In contrast to this study, a comparative study by Kairi (2015) found that the percentage of males who engage in suicidal behaviour increases with age. In his study, early adolescence was characterized by familial difficulties, school-related challenges, and suicides in social groups, but later adolescence was impacted by relationship problems.

The study emphasizes the need of considering the variables that contribute to suicide thoughts in Pakistan, as well as implementing preventative programs on a regular basis among young people. Suicidal ideation is considered humiliating in Pakistan; therefore, it is hidden rather than treated, which is why young people are at a higher risk. Parents, siblings, other family members, teachers, and peer groups should be aware of any changes in adolescents' behaviour, dietary patterns, mood swings, sleeping patterns, and relationships with family and others in order to lessen the risk of suicide thoughts.

Conclusion

The present research elucidates the complicated dynamics of suicidal ideation among teenagers in Peshawar, highlighting the subtle interplay of age and gender in shaping the intensity and manifestation of suicidal thoughts. Although males and females had similar levels of suicide thoughts, the types and severity of ideation differed significantly throughout age groups and genders. Male adolescents aged 15-17 reported more powerful thoughts, but older girls (18-21) had considerably higher levels of serious planning and actual suicide behavior. The results presented highlight the significance of considering age and gender when developing a proactive or therapeutic plan. The growing percentage of teenagers exhibiting acute and strong suicide thoughts emphasizes the pressing requirement for streamlined, gender-inclusive, and age-appropriate psychological wellness programs in schools and universities. Furthermore, this research identifies systemic problems such as educational pressure, expectations from society, a lack of independence, and inadequate social and psychological networks that heighten the likelihood of suicide behavior in young people.

Considering a nation like Pakistan, wherein suicide is still a taboo issue, based on information, ethnically context-sensitive research is critical. They not only shed light on the quiet battles of youth, but they also offer an initiative for reform for psychological specialists, parents, and lawmakers to work together to implement long-term proactive behavioral healthcare management strategies.

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