Measures of Psychological Pain Differ in their Association with Suicidal Desire

Outline

- Psychological pain
- Data collection
- Results
- Summary & implications

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Psychological pain (ψ pain)

- mental pain, emotional pain \(^1\)
- an unpleasant feeling resulting from negative appraisal of an inability or deficiency \(^2\)
- related to frustration of core ψ needs (e.g. to be loved, affiliation, avoid harm/shame)
- reason for suicide \(^3\)

\(^1\) Tossani, 2013
\(^2\) Meerwijk & Weiss, 2011
\(^3\) Chavez-Hernandez et al., 2009; O’Connor et al., 1999; Valente, 1994

Psychological pain

- ψ pain in psychiatric inpatients \(^1\)
- 50% of inpatients with major depression experience high ψ pain \(^2\)
- covariates
  - depression, hopelessness, suicidality \(^3\)

\(^1\) Pompili et al., 2008; Reisch et al., 2010; van Heeringen et al., 2010
\(^2\) Olié et al., 2010
\(^3\) Shneidman, 1998; Holden et al., 2001; Orbach et al., 2003; Mee et al., 2011
Objective

explore differences between two measures of $\psi$ pain with respect to suicide ideation

- Psychache Scale $^1$
- Orbach & Mikulincer Mental Pain questionnaire $^2$

Enrollment

- adults with history of depression
- English speaking
- right handed, outpatients

Exclusion criteria

- substance abuse, dementia, Parkinson’s, traumatic brain injury
- cardiovascular disease
- pregnancy
Instruments

- Beck Depression Inventory (BDI)
- Beck Hopelessness Scale (BHS)
- Beck Scale for Suicide Ideation (BSS)
- Psychache Scale (PS)
- Orbach & Mikulincer Mental Pain questionnaire (OMMP)

Psychache Scale (PS)

Developed in context of suicide

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 items</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Unsure</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 items</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Total score is sum of all items

Cronbach’s $\alpha$ .92
Orbach & Mikulincer Mental Pain Questionnaire (OMMP)

**Broader focus than Psychache Scale**

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree to some extent</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

44 items

Current and worst-ever ψ pain
Cronbach’s α .95

Total score is sum of all items
9 factors with subscores

OMMP Factors (Cronbach’s α)

1. Irreversibility (.79)
2. Loss of control (.87)
3. Narcissistic wounds (.84)
4. Emotional flooding (.53)
5. Freezing (.73)
6. Self-estrangement (.74)
7. Confusion (.82)
8. Social distancing (.49)
9. Emptiness (.76)
Differences between PS and OMMP

- OMMP is multidimensional, PS is unidimensional
- OMMP measures current and worst-ever pain
- 9/13 PS items do not require pain to be present at the time of completion
- remaining 4 PS items do not have a time frame
- OMMP developed in broad context
- PS developed in context of Shneidman’s theory of suicide

Sample characteristics ($n = 35$)

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean age (SD)</td>
<td>35.0 (11.8)</td>
<td>27.2 (10.8)</td>
</tr>
<tr>
<td>% female</td>
<td>77.1</td>
<td></td>
</tr>
<tr>
<td>% using antidepressants</td>
<td>45.7</td>
<td></td>
</tr>
<tr>
<td>Years since diagnosis</td>
<td>6.8 (6.1)</td>
<td></td>
</tr>
<tr>
<td>Diagnosis %:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MDD</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dysthymic</td>
<td>48.6</td>
<td></td>
</tr>
<tr>
<td>Depression NOS</td>
<td>8.6</td>
<td></td>
</tr>
<tr>
<td>% with suicidal desire</td>
<td>31.4</td>
<td></td>
</tr>
<tr>
<td>BDI [0 – 63]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BHS [0 – 20]</td>
<td></td>
<td>11.7 (5.3)</td>
</tr>
<tr>
<td>BSS [0 – 38]</td>
<td></td>
<td>4.9 (6.1)</td>
</tr>
<tr>
<td>Psychache Scale [13 – 65]</td>
<td></td>
<td>40.6 (10.4)</td>
</tr>
<tr>
<td>OMMP [44 – 220]</td>
<td></td>
<td>122.0 (27.7)</td>
</tr>
</tbody>
</table>

Note BDI: Beck depression inventory, BHS: Beck hopelessness scale, BSS: Beck Suicide ideation scale, OMMP: current pain on Orbach & Mikulincer Mental Pain Questionnaire
### Scale intercorrelations

<table>
<thead>
<tr>
<th></th>
<th>PS</th>
<th>OMMP</th>
<th>BDI</th>
<th>BHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>OMMP</td>
<td>.62***</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BDI</td>
<td>.77***</td>
<td>.67***</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BHS</td>
<td>.57***</td>
<td>.62***</td>
<td>.64***</td>
<td></td>
</tr>
<tr>
<td>BSS a</td>
<td>.34**</td>
<td>.27*</td>
<td>.46***</td>
<td>.49***</td>
</tr>
</tbody>
</table>

Note PS: Psychache scale, OMMP: Orbach & Mikulincer mental pain questionnaire, BDI: Beck depression inventory, BHS: Beck hopelessness scale, BSS: Beck Suicide ideation scale

* Nonparametric correlation because BSS is positively skewed

* p < .05, ** p < .01, *** p < .0005

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### Normalized PS and OMMP by suicidal desire

![Graph showing normalized PS and OMMP by suicidal desire](image-url)
**RESULTS**

**Scale differences by suicidal desire**

- Psychache Scale
- OMMP

**OMMP factor scores by suicidal desire**

1: Irreversibility
2: Loss of Control
3: Narcissistic Wounds
4: Emotional Flooding
5: Freezing
6: Self-Estrangement
7: Confusion
8: Social Distancing
9: Emptiness
### RESULTS

#### Predicting the odds of suicidal desire

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th>95% CI</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>BHS</td>
<td>5.60</td>
<td>1.04 – 1.53</td>
<td>.02</td>
</tr>
<tr>
<td>2</td>
<td>BHS</td>
<td>2.11</td>
<td>0.95 – 1.44</td>
<td>.15</td>
</tr>
<tr>
<td></td>
<td>PS</td>
<td>1.17</td>
<td>0.99 – 1.22</td>
<td>.09</td>
</tr>
<tr>
<td>3</td>
<td>BHS</td>
<td>4.43</td>
<td>1.02 – 1.53</td>
<td>.04</td>
</tr>
<tr>
<td></td>
<td>OMMP_EF</td>
<td>2.89</td>
<td>0.95 – 1.96</td>
<td>.09</td>
</tr>
<tr>
<td>4</td>
<td>BHS</td>
<td>4.30</td>
<td>1.01 – 1.50</td>
<td>.04</td>
</tr>
<tr>
<td></td>
<td>OMMP_SE</td>
<td>1.73</td>
<td>0.90 – 1.76</td>
<td>.19</td>
</tr>
</tbody>
</table>

Note: OR: Odds ratio, CI: Confidence interval, BHS: Beck hopelessness scale, PS: Psychache scale, OMMP_EF: Orbach & Mikulincer mental pain questionnaire, Emotional Flooding, OMMP_SE: Self-Estrangement

### SUMMARY & IMPLICATIONS

#### Summary

In participants with a history of depression:
- PS and OMMP are highly correlated
- PS scores tend to be higher than OMMP
- PS and OMMP correlate with suicide ideation
- PS, Emotional Flooding and Self-Estrangement scores are higher in participants with active suicidal desire
- Emotional Flooding better predicts the odds of suicidal desire than PS
Implications

- PS and OMMP can be used to quantify ψ pain in people with depression
- PS is quicker, OMMP may give more information
- Predict active suicidal desire for research: OMMP emotional flooding may be better than PS (based on small sample!)
- study if PS could benefit from a time frame

Bibliography


