

## عنوان مقاله:

The role of chronotype (morning-evening) in predicting depression and suicidal ideation

## محل انتشار:

فصلنامه تحقیقات در آسیب شناسی روانی، دوره 3، شماره 7 (سال: 1401)

تعداد صفحات اصل مقاله: 7

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## خلاصه مقاله:

The aim of this study was to investigate the role of chronotype (morning-evening) in predicting depression and suicidal ideation. The method of this research is descriptive and correlational. The population of this research consists of all students of Shahid Madani University in the academic year ۲۰۲۰-۲۰۲۱, among whom ۳۰۰ people were selected as the sample by availability sampling. Horn and Sternberg Evening-Morning Questionnaire (۱۹۷۶), Beck et al.'s Depression Scale (۱۹۶۱), and Beck Suicide Scale (۱۹۶۱) were used to collect the data. The data were analyzed by Pearson correlation and multivariate regression. The results of Pearson correlation indicated that there was a negative and significant relationship between chronotype variables and depression ( $r = -.۲۵۴$ ) and also there was a positive and significant relationship between depression and suicidal ideation ( $r = ۰.۵۱۴$ ). But the relationship between chronotype variables and suicidal ideation was not significant. The results of multivariate regression showed that the chronotype variable has ۲۵% predictability of depression. The relationship revealed that chronotype variables and suicidal ideation was not statistically significant, but the indirect effect of chronotype through depression mediation was significant. Also, ۲۶% of suicidal ideation was predictable through depression. The results indicated that having a chronotype in the evening has the ability to predict depression and with an evening chronotype the rate of depression increases. Also, the chronotype variable in the mediating role between depression and suicidal ideation can mediate the relationship between depression and suicidal ideation.

## کلمات کلیدی:

Chronotype, Evening and Morning, depression, Suicidal ideation

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