

KEMENTERIAN KESIHATAN MALAYSIA
INSTITUT PENYELIDIKAN TINGKAHLAKU KESIHATAN

IPTK
Institut Penyelidikan Tingkahlaku Kesihatan

NMRR ID -22-01048-CI1

Technical Report

Exploring Influences in Help-Seeking Behaviour Among Individuals with Lived Experience of Suicidal Behaviours in Malaysian Government Health Facilities

NMRR ID-22-01048-CI1

TECHNICAL REPORT

EXPLORING INFLUENCES IN HELP-SEEKING BEHAVIOUR AMONG INDIVIDUALS WITH LIVED EXPERIENCE OF SUICIDAL BEHAVIOURS IN MALAYSIAN GOVERNMENT HEALTH FACILITIES

ISBN 978-967-5340-93-2



Copyright @ 2023 Institute for Health Behaviour Research, Ministry of Health Malaysia, 2023

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording and/or otherwise, without prior written permission from the publisher.

Disclaimer

The views expressed in this report are solely of the authors and do not necessarily represent the opinions of the other investigators nor the views or policies of the Ministry of Health Malaysia

Suggested citation

Institute for Health Behavioural Research (IHBR), National Institutes of Health, Ministry of Health Malaysia (2023). Exploring Influences In Help-Seeking Behaviour Among Individuals With Lived Experience Of Suicidal Behaviours In Malaysian Government Health Facilities.

Published and distributed by

Institute for Health Behavioural Research (IHBR), National Institutes of Health, Ministry of Health Malaysia, No 1, Jalan Setia Murni U13/52, Section U13, Setia Alam, 40170 Shah Alam, Selangor, MALAYSIA Tel: 603-33627600 / Email: tadbir_iptk@moh.gov.my

EDITOR

TECHNICAL ADVISOR

Dr. Manimaran A/L Krishnan Kaundan,
Director
Institute for Health Behavioural Research (IHBR),
National Institutes of Health,
Ministry of Health Malaysia

Prof. Madya Dr. Ponnusamy Subramaniam,
Head Clinical
Psychology and Behavioural Health Program,
Faculty of Health Sciences,
Universiti Kebangsaan Malaysia (UKM), Malaysia

Mdm Zainab Hj Tambol
Head of Profession
Psychology Officer (Counselling)
Ministry of Health Malaysia

AUTHOR

Mariatul Umeera Binti Muhammad Dahaban

DATA COLLECTION TEAM

Nadia Hani Binti Jahaya
Sheikh Shafizal Sheikh Ilman
Abu Bakar Bin Rahman
Zaikiah Binti Md Zin
Siti Nadiah Busyra Mat Nadzir



A MESSAGE FROM THE DIRECTOR

Suicide has become one of the increasing mental health issues in the country. With the growing public interest in this subject, numerous suicide-related studies have been conducted in Malaysia.

However, I am thrilled due to the fact that this is the first time the Institute has been entrusted by the stakeholders to carry out a study amongst this select vulnerable group. A total number of 23 individuals have been screened, selected and interviewed for the research purpose.

Since this is a qualitative study that could directly give a picture of the beliefs, intentions, barriers and perspectives of the clients' interviewed, it is my utmost wish that the research findings could assist the stakeholders in their development of more comprehensive policies, strategies and interventions of suicide management in the country.

Dr. Manimaran Krishnan Kaundan
Director
Institute for Health Behavioural Research
National Institutes of Health,
Ministry of Health Malaysia

ACKNOWLEDGMENT

We would like to express our greatest gratitude to the Director-General of Health and Deputy-General of Health (Research and Technical Support), Ministry of Health Malaysia, for granting us the permission to publish this report.

Our special thanks are also extended to the National Centre of Excellence for Mental Health, Ministry of Health Malaysia for their support, technical input and providing the grant for this research.

Our sincere appreciation also goes to Dr. Manimaran a/l Krishnan Kaundan, Director of the Institute for Health Behavioural Research for his support, encouragement and suggestions throughout the study.

We would also like to thank all the respective health facilities (which have to remain unnamed to protect the clients' confidentiality), especially the psychologists (counselling) for giving us the support and assistance towards the successful completion of this research. Without their contribution, this study would not have been possible.

And lastly, my sincere appreciation also goes out to my team members for their continuous support and contribution towards the completion of this study.

ISI KANDUNGAN
TABLE OF CONTENTS

A Message from The Director ..... *iv*
Acknowledgement ..... *v*
Table of Contents ..... *vi*
Abbreviations ..... *vii*
Executive Summary ..... *viii*

1 Introduction 2

2 Research Method 10

3 Findings 13

- **Factors enabling help seeking behaviours** 13
- **Barriers to help seeking** 29
- **Perspective of informants** 39

4 Discussion 47

5 Conclusion 51

References 52

ABBREVIATIONS

WHO	World Health Organization
KKM	Ministry of Health Malaysia
PHQ-9	Patient Health Questionnaire-9
IDI	In-Depth Interviews
MHP	Mental health professionals

EXECUTIVE SUMMARY

Suicide has become one of the leading public health concerns worldwide. This global issue has resulted in the implementation of suicide prevention initiatives in many countries. Various research has been dedicated to explore the multi-faceted possible factors that could facilitate or hinder help-seeking behaviours of suicidal individuals. This qualitative study interviewed actual suicide attempts survivors currently undergoing treatment at various hospitals and health clinics in Malaysia.

The study explored the possible factors that facilitated and barriers that impeded help seeking of individuals with lived experience of suicidal behaviour, as well as their perspectives on help-seeking. Mental health professionals from designated government health facilities assisted in the participants' selection. Clients undergoing treatment during the study period, with PHQ-9 test score of 10 or less, were invited to participate. Face-to-face in-depth interviews (IDIs) were conducted with 23 informants. Data collected were analysed using thematic analysis.

The study identified two major themes influencing help seeking behaviours: (i) health system related factors and (ii) patient related factors. These two main themes influencing were derived from 13 sub-themes that included referral, accessibility, experience and support. One unique aspect found from the study is the use of referral system in the Malaysian government health facilities which could be utilised further to enhance the delivery of mental health services in the country.



KEMENTERIAN KESIHATAN MALAYSIA
INSTITUT PENYELIDIKAN TINGKAHLAKU KESIHATAN

