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A RAPID REVIEW OF THE IMPACT OF GRATITUDE ON SUICIDE RISK MANAGEMENT

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ABSTRAK

Suicide is a major global health problem, with significant psychological and social impacts. Gratitude therapy is a positive psychological intervention that improves mental well-being and may reduce suicide risk, and is comparable in effectiveness to cognitive behavioral therapy (CBT) in improving life satisfaction. The aim of this study was to evaluate the effectiveness of gratitude therapy in reducing suicide risk among individuals with mental health disorders. This study was conducted using a rapid review method of articles explaining the effectiveness of gratitude therapy in reducing the risk of suicide. This study involved a systematic literature search in databases such as PubMed, EBSCO, and ScienceDirect. The inclusion criteria for this study were articles published between 2015 and 2024, in English and Indonesian, with full-text availability, and focusing on gratitude therapy for mental health patients at risk of suicide. The screening followed the PRISMA guidelines, resulting in 9 articles for final analysis. A total of 9 relevant articles were reviewed. Four studies examined the application of gratitude therapy to psychosocial problems, while five studies focused on individuals with mental disorders. For psychosocial problems, gratitude interventions such as gratitude diaries and reflection journals were effective in reducing stress and increasing life satisfaction by 6.89%, increasing social connectedness, and fostering positive coping mechanisms. For mental health disorders, gratitude therapy showed a 5.8% benefit in reducing feelings of hopelessness, increasing optimism, and alleviating depressive symptoms. This study suggests that gratitude therapy serves as a promising intervention to reduce suicide risk and improve mental health across a range of settings and populations. However, these findings have several limitations and further research is needed to expand its applicability and efficacy.

Keywords: gratitude; quick review; suicide risk

INTRODUCTION

Suicide is an act of intentionally ending one's life and is a serious social and global problem because it is contrary to social and religious norms (Maulana et al., 2021). The World Health Organization (WHO) reports that more than 800,000 people die by suicide each year, which is equivalent to one death every 40 seconds. Suicide is the third leading cause of death in individuals aged 15–19 years worldwide (World Health Organization, 2021). In Indonesia, the prevalence of suicide is also quite high, with 875 cases in 2016 and 1,030 suicide attempts each year, more than 700 of which result in death (Kementerian Kesehatan RI, 2018).Risk factors for suicide involve psychological and social aspects, including depression, poverty, unemployment, and severe life stress. As a developing country, Indonesia faces significant challenges such as social inequality, high cost of living, and unequal access to education, which exacerbate these risks (Bachmann, 2018). Individuals who contemplate suicide often feel they have no hope or alternatives to address their problems, viewing suicide as the only solution (Mantiri et al., 2016).

Interventions designed to lower suicide risk commonly target associated negative psychological factors, including depressed mood, suicidal ideation, and hopelessness (Brown et al., 2005; Linehan et al., 2006; Bolton et al., 2015). For instance, cognitive therapy aims to modify core beliefs leading to suicide attempts (Brown et al., 2005), while dialectical behavior therapy works on recognizing triggers and developing alternative skills (Linehan et al., 2006). Despite this focus, these approaches have shown only modest success in preventing suicidal behaviors overall (Calati & Courtet, 2016), with even less impact in acute settings (Inagaki et al., 2015). Additionally, current treatments may be inappropriate, unfeasible, or unavailable for individuals during the critical post-discharge period.

Positive psychological constructs might also help protect people from suicide. Cross-sectional studies have found that positive affect, optimism and gratitude are associated with reduced suicidal ideation or suicide attempts in depressed and non-depressed populations ((Hirsch et al., 2007; Yamokoski et al., 2011; Li et al., 2012), often independent of negative affect. Furthermore, positive psychology (PP) interventions, which promote psychological well-being by targeting optimism, gratitude, use of personal strengths and altruism, have been shown to reduce depressive symptoms and enhance well-being in psychiatrically healthy persons (Seligman et al., 2005, 2006; Sin & Lyubomirsky, 2009; Bolier et al., 2013), and there is preliminary evidence for the efficacy of these interventions at reducing depressive symptoms in patients with MDD ((Seligman et al., 2006).

One approach to reducing suicide risk is gratitude-based therapy. Gratitude is defined as a positive emotion that arises when an individual feels that they have received benefits from the goodwill of others (McCullough et al., 2001). Theoretically, this intervention is supported by Broaden-and-Build Theory , where gratitude can broaden an individual's mindset and build psychological resilience in the long term, thereby reducing the vulnerability to suicide (Fredrickson, 2001). Gratitude plays a role in improving psychological well-being, managing stress, and fostering a sense of belonging, all of which serve as protective factors against the risk of suicide (Emmons & Stern, 2013). This therapy has also been shown to be effective in alleviating psychological pain that is closely related to the risk of suicide (Ducasse et al., 2017). Previous studies have not specifically explored the direct impact of gratitude therapy on suicidal behavior. Therefore, the author is interested in exploring the effectiveness of gratitude therapy as an intervention to reduce the risk of suicide in patients with mental disorders through the rapid method review to provide data in a timely manner considering that the topic of suicide prevention is an urgent topic.

METHOD

This type of evidence-based practice report uses a rapid review method. This review-based research uses a rapid review approach, which identifies and extensively analyzes literature from various sources and research methodologies that are tailored to the research problem (Arksey & O'Malley, 2005). The research instruments used are laptops, Microsoft Software, search engines, databases (EBSCO, PubMed, ScienceDirect , and SAGE), Mendeley applications , and internet access. Articles are then selected and screened using the Preferred Guidelines Reporting Items for Systematic Reviews and Meta- analysis (PRISMA).

The authors searched for article titles and abstracts using a combination of keywords through the PICO approach "(Suicide risk patient) OR (suicide ideation)) AND ((Gratitude) OR (Gratitude diary) OR (gratitude intervention) OR (gratitude therapy)) AND ((Affirmation positive) OR (positive thinking))". This study includes articles that were selected and re-eliminated based on predetermined inclusion and exclusion criteria. The inclusion criteria for this study were articles published in the last 10 years (2015–2024),

articles in English and Indonesian with full text available, and articles that focused on gratitude in patients with mental disorders diagnosed as at risk of suicide. Exclusion criteria included articles that used the review method. The screening followed PRISMA guidelines, resulting in nine articles for final analysis. A total of nine relevant articles were reviewed. Four studies examined the application of gratitude therapy to psychosocial problems, while five studies focused on individuals with mental disorders.

RESULT

PubMed , ScienceDirect , SAGE, and Garuda databases identified 605 relevant articles. After the first screening process using inclusion and exclusion criteria , 189 articles were retained. The second screening was a specific screening based on title, abstract, and availability of full text in Indonesian or English, reducing the number of articles to 16.

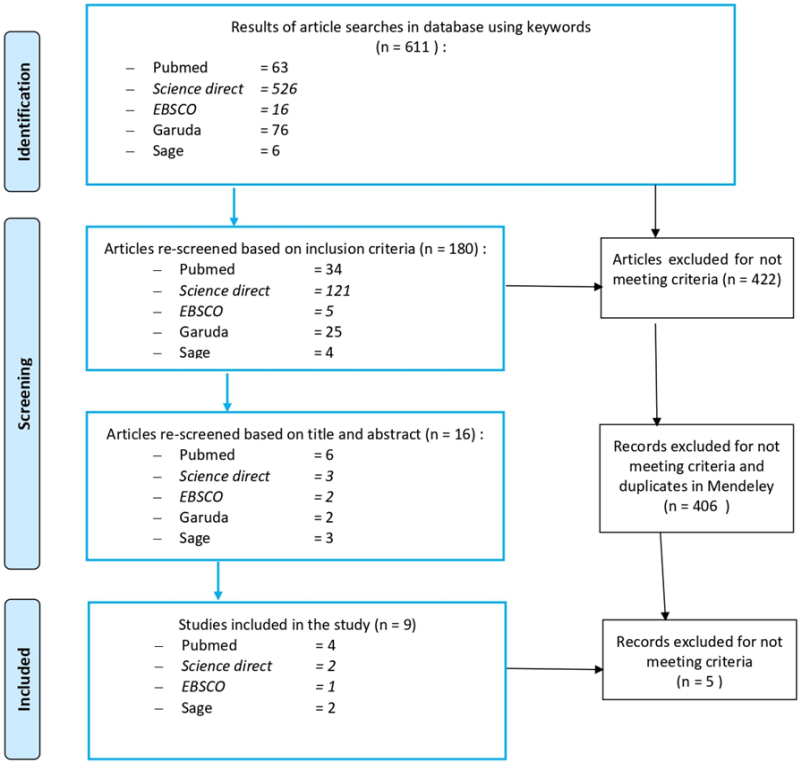

Figure 1. Search results and study selection

The third screening was a duplication check to ensure there were no duplicate articles, resulting in a final selection of 9 articles that met the final criteria. These articles focused on the application of gratitude therapy to patients with mental disorders at risk of suicide. The application of gratitude therapy based on the study setting is summarized in Table 1. General characteristics of the selected studies are listed in Table 2. The search results and study selection in this review are described in Figure 1.

Characteristics of the articles included: two studies used a randomized controlled trial design, six studies used a cross-sectional study design , and one study used a Pilot Randomized Design. Clinical Trial . The study participant samples ranged from psychiatric inpatients, undergraduate students, adults with major depressive disorder, and families with children aged 9 to 12 years. All four studies were conducted in the United States, two in Taiwan, one in the United States, one in Hong Kong , and one in France.

Table 1.
Characteristics of Articles

No	Reference	Results	Country	Design	Instrument	Tasting	Intervention	Results
1	(Ducasse et al., 2019)	Reduces levels of suicidal ideation and psychological pain and reduces levels of depression, anxiety and hopelessness but increases optimism	France	Randomized Controlled Trial (RCT)	Colombia - Suicide Severity Level Rating Scale	201 psychiatric inpatients.	Write a gratitude journal for 7 days, both morning and evening, and complete a short self-report.	There were no significant differences between groups in mean changes in the severity and intensity of suicidal ideation or hopelessness. However, the between-group difference in mean changes in current psychological pain showed a trend (P = 0.05). Mean changes in depression, anxiety, and optimism were significantly higher in the intervention group compared to the control group.
2	(Lin , 2021b)	Examining the mediating effects of basic psychological needs and depression on the relationship between gratitude and suicidal ideation in late adolescence.	Indonesia	A cross section design	Student Gratitude Inventory · Center for Epidemiologic Studies Boston form 10-item depression scale (CEDS -10) · Positive and Negative Suicidal Ideation (PANSI) · Basic Psychological Needs Scale General Version (BPNS)	287 undergraduate students from three universities.	No specific interventions were described in this study.	There is a relationship between gratitude and suicidal ideation in students. Gratitude increases the satisfaction of basic psychological needs, thereby reducing depressive symptoms and suicidal ideation.
3	(Lin , 2021a)	Explore the relationship between gratitude and suicidal ideation and examine the mediating roles of self-esteem and meaning in life in this relationship.	Indonesia	A cross section design	Gratitude Questionnaire (GQ-6) Herth Expectations Index (HHI) Rosenberg Self - Esteem Scale (RSES) Meaning of Life Questionnaire (MLQ) Suicidal Ideation Scale	605 undergraduate students from Taiwan	No specific interventions were described in this study.	Gratitude has a significant negative relationship with suicidal ideation among college students in Taiwan, and self-esteem and meaning in life act as mediators in this relationship.

No	Reference	Results	Country	Design	Instrument	Tasting	Intervention	Results
								Meaning in life is found to be more significant than self-esteem as a mediator. It has a stronger effect in reducing suicidal ideation.
4	(Celano) et et al. , 2017)	To examine the effectiveness of two psychological interventions in reducing suicidal tendencies and other risk factors among high-risk patients with major depressive disorder (MDD) who were recently hospitalized. To assess changes in hopelessness (primary outcome), depression, suicidal ideation, optimism, gratitude, and positive affect using validated scales.	United States of America	Randomized Controlled Trial (RCT)	Beck Hopelessness Scale (BHS), Brief Health Risk Tracking Scale (CHRT), 16-Item Quick Inventory of Depressive Symptoms - Self-Report (QIDS-SR16), Life Orientation Test-Revised (LOT-R), Gratitude Questionnaire (GQ-6), and Positive and Negative Affect Schedule (PANAS).	65 adults diagnosed with MDD, recently hospitalized for suicidal ideation or behavior.	Participants were divided into two groups to receive two different interventions. A Positive Psychology (PP) intervention focused on exercises that promote optimism, gratitude, and psychological well-being. A Cognition-Focused (CF) control intervention focused on remembering and documenting emotionally neutral personal events. Participants were given the interventions over a 6-week telephone-based intervention, with follow-ups at weeks 6 and 12.	The study found that the CF intervention was more effective than the PP intervention in reducing suicide risk factors and increasing positive psychological states during the critical post-discharge period for patients with major depressive disorder. Participants in the CF group showed more substantial decreases in hopelessness than those in the PP group. The CF intervention resulted in greater decreases in depressive symptoms and suicidal thoughts at 6 and 12 weeks. Increases in optimism and gratitude were more pronounced in the CF group at both assessment points.

No	Reference	Results	Country	Design	Instrument	Tasting	Intervention	Results
5	(Schnitzer et et al. , 2021)	Examining how gratitude and patience moderate the relationship between striving for intrinsic meaning and suicide risk in psychiatric inpatients.	United States of America	Cross-sectional study	Suicide Risk: Suicide Behavior Questionnaire-Revised (SBQ-R). Depressive Symptoms: Patient Health Questionnaire (PHQ-8). Gratitude: Gratitude Questionnaire (GQ-6). Patience: 3-Factor Patience Scale (3F-PS). Struggle for Meaning: Religious and Spiritual Struggle Scale (RSSS).	The sample consisted of 240 adult psychiatric inpatients aged 18–82 years, who were hospitalized for acute or severe mental health problems.	No specific interventions were described in this study.	Gratitude and patience moderate the relationship between striving for intrinsic meaning and suicide risk, with gratitude showing a stronger protective effect for high-risk individuals. Both traits serve as protective factors, especially in the context of existential struggle , although these effects are contextually activated and depend on the presence of risk factors.
6	(Stockton et et al. , 2016)	explore whether gratitude mediates the relationship between positive humor styles and these outcomes. Thus, this study seeks to increase understanding of how these factors may act as protective mechanisms against suicidal ideation, contributing to the broader field of positive psychology and suicide prevention.	WE	Cross Survey Sectional and Quantitative Approach	Humor Style Questionnaire (HSQ), Gratitude Questionnaire – Six Item Form (GQ-6), Hopelessness Depressive Symptoms Questionnaire-Suicidal Ideation Subscale (HDSQ-SS), and College Student Reasons for Living Inventory (CSRLI).	166 undergraduate students from major public universities	No specific interventions were described in this study.	Gratitude serves as an important mediator linking affiliative humor to increased resilience to suicide-related outcomes. Affiliative humor indirectly reduces suicidal ideation and increases reasons for living through its positive effect on gratitude. Gratitude is an important protective factor against suicidal ideation, highlighting its role in fostering positive psychological states and increasing reasons for

No	Reference	Results	Country	Design	Instrument	Tasting	Intervention	Results
								living.
7	(Kaniuka) et et al. , 2021)	Hopelessness (schema), depression (positive affect), social support (expanding and building), and substance use (coping) will mediate the gratitude-suicide relationship.	United States of America	cross-sectional research design	Suicidal Behavior Questionnaire-Revised, Gratitude Questionnaire, Beck Hopelessness Scale, Beck Depression Inventory, Duke Social Support Index , Alcohol Use Disorders Identification Test , Drug Abuse Test	913 undergraduate students	No specific interventions were described in this study.	Gratitude is associated with lower suicide risk through beneficial associations with hopelessness, depression, social support, and substance abuse.
8	(Yen et et al. , 2020)	tested the feasibility, acceptability and initial effects of an intervention, Skills to Enhance Positivity (STEP) which aims to increase attention to positive emotions and experiences and reduce suicide.	United States of America	pilot randomized clinical trial	Client Satisfaction Questionnaire (CSQ) Modified Differential Emotion Scale (mDES) Columbia Suicide Severity Rating Scale (C-SSRS) Beck Depression Inventory (BDI-II)	52 teenagers .	52 patients were recruited from an adolescent psychiatric inpatient unit.	Results showed that an average of 83% of sessions were completed and on 70% of days, participants engaged with the text messaging component of the intervention. Acceptability for both the face-to-face and text messaging components was also high, with average satisfaction ratings ranging from good to excellent. STEP participants reported fewer suicidal events than ETAU participants (6 vs. 13) at six-month follow-up.
9	(Kwok & Gu, 2020)	to examine the influence of maternal and paternal suicidal ideation on depressive symptoms in children. This study also examined the protective role of children's optimism and	Hong Kong	Cross-section design	Children's Optimism: Chinese version of the Life Orientation Test-Revised (LOT-R). Children's Gratitude: Chinese version of the Gratitude Questionnaire-6 (GQ-6). Childhood Depressive Symptoms:	302 families, with children aged 9 to 12 years.	While no specific interventions have been implemented, research suggests implementing programs to increase optimism and	Maternal suicidal ideation significantly affected children's depressive symptoms, whereas paternal suicidal ideation did not have the same effect. However,

No	Reference	Results	Country	Design	Instrument	Tasting	Intervention	Results
		gratitude.			Depression Subscale of the Chinese version of the Hospital Anxiety and Depression Scale (HADS). Parental Suicidal Ideation: Chinese Version of the Suicidal Ideation Scale (SSI).		gratitude in children, such as the Penn Optimism Program (POP).	optimism and gratitude moderated the relationship between paternal suicidal ideation and children's depressive symptoms but did not moderate the relationship between maternal suicidal ideation and children's depressive symptoms. In addition, optimism and gratitude showed a direct protective effect on children's depressive symptoms.

Table 2.
Application of Gratitude Therapy Based on Problem Type

Application of Gratitude Therapy to Psychosocial Problems			
NO.	Author, Year	Research Subject	Arrangement
1.	(Lin , 2021b)	Undergraduate Student	Psychosocial Problems
2.	(Lin , 2021a)	Undergraduate Student	Psychosocial Problems
3.	(Stockton et et al. , 2016)	Undergraduate Student	Psychosocial Problems
4.	(Kaniuka et al., 2021)	Undergraduate Student	Psychosocial Problems
Application of Gratitude Therapy to Mental Disorders			
1.	(Ducasse et et al. , 2019)	Inpatients	Mental disorders
2.	(Celano et al., 2017)	Adults diagnosed with major depressive disorder (MDD)	Mental disorders
3.	(Yen et al., 2020)	Adolescents recruited from psychiatric inpatient units.	Mental disorders
4.	(Schnitker et al., 2021)	Psychiatric inpatients aged 18–82 years.	Mental disorders
5.	(Kwok & Gu, 2020)	Families, with children aged 9 to 12 years.	Mental disorders

The results of the analysis showed that gratitude therapy has a positive impact on reducing the risk of suicide. The articles analyzed were divided into two categories based on the type of illness: psychosocial problems and mental disorders. One form of therapy that is commonly used is gratitude journaling. Research by (Ducasse et al., 2019)shows that writing down things for which one is grateful every morning and evening, such as help from others, positive relationships, or good health, can help individuals appreciate the little things in their lives. According to research, gratitude often acts as a mediator in reducing suicidal ideation through increasing basic psychological needs, self-esteem, meaning in life, and satisfaction (Kaniuka et al., 2021; Lin, 2021a). Gratitude also consistently appears as a protective factor, reducing the risk of suicide by protecting against symptoms of depression, hopelessness, and substance abuse (Kaniuka et al., 2021; Schnitker et al., 2021). It also facilitates resilience when

combined with traits such as patience and affiliative humor. (Schnitker et al., 2021; Stockton et al., 2016).

In addition, (Celano et al., 2017)comparing two types of interventions: positive psychology through gratitude journaling and a cognition-focused intervention involving recalling daily experiences. The results showed that gratitude journaling significantly reduced feelings of hopelessness and suicide risk factors. Another study did not provide a direct intervention but measured gratitude levels using a questionnaire. This study involved participants from various groups, including psychiatric inpatients, undergraduate students, adolescents, and families, revealing the broad applicability of gratitude-related interventions. The findings confirmed that gratitude can improve mental health and serve as a protective factor in various psychological contexts, such as reducing suicidal ideation, acting as a mediator, enhancing protective mechanisms, and increasing meaning and optimism. (Kaniuka et al., 2021; Kwok & Gu, 2020; Lin, 2021b; Schnitker et al., 2021; Stockton et al., 2016).

DISCUSSION

This rapid review shows that Gratitude Therapy has a significant impact on individuals diagnosed as being at risk for suicide. Based on the study findings, those who have suicidal thoughts or have attempted suicide are at increased risk. Suicide does not happen suddenly, but occurs through several stages before an attempt is made (Lyndon et al., 2021). Analysis of the method of suicide revealed that hanging and self-harm were the most common methods used, and the suicide rate in rural areas was 4.47 times higher than in urban areas (Onie et al., 2024).

Suicide risk can affect anyone. Self-esteem and meaning in life influence the relationship between gratitude and suicidal thoughts. Gratitude is generally recognized as a positive emotion, but it can also be understood as a disposition—a person's innate quality that includes gratitude for the positive aspects of their life and appreciation for altruistic gifts. (Tomczyk et al., 2022). According to (Sueki & Ishikawa, 2023), gratitude interventions have the potential to develop into suicide prevention tools that can be used by internet users who are considering suicide but may not have access to psychiatric care.

Measurement of gratitude can be done by using the questionnaire 'The Inventory' of Undergraduates ' Gratitude ' (Lin & Yeh, 2011), which consists of 26 items and covers 5 dimensions: grateful to others, grateful to God, appreciating blessings, appreciating hardships, and appreciating the moment. Suicidal ideation can be measured using ' Positive and Negative Suicide Ideation ' (Osman et al., 2002), which consists of 14 items in 2 dimensions (positive ideation and negative suicidal ideation) (Lin, 2021b). The authors classified research findings related to gratitude into two settings: psychosocial problems and mental disorders.

Psychosocial Problems

Gratitude therapy has shown significant potential in addressing psychosocial challenges such as stress, lack of social support, and dissatisfaction with life.(Lin, 2021) conducted a cross-sectional study in Taiwan involving 287 undergraduate students from three universities. Instruments such as the Inventory of Undergraduates ' Gratitude , Basic Psychological Needs Scale , and Positive and Negative Suicidal Ideation Scale used. The study findings showed that gratitude increased satisfaction of basic psychological needs ($r=0.68$; $p<0.001$), thereby reducing depressive symptoms ($\beta = -0.41$) and suicidal ideation (28% decrease).

In another study conducted in Taiwan with 605 undergraduate students, (Lin, 2021b)exploring the relationship between gratitude and suicidal ideation (path coefficient = 0.32). The Gratitude Questionnaire (GQ-6), Rosenberg Self-Esteem Scale (RSES), and Meaning in Life Questionnaire (MLQ) were used as instruments. The results highlighted that gratitude significantly reduced suicidal ideation through its positive impact on self-esteem (path coefficient = 0.32) and the meaning of life (path coefficient = 0.49), with meaning in life acting as a stronger protective factor.

(Stockton et al., 2016)conducted a quantitative survey in the United States with 166 undergraduate students to examine whether gratitude mediates the relationship between positive humor style and resilience to suicidal ideation (indirect effect = . By using instruments such as Humor Styles Questionnaire (HSQ) and Gratitude Questionnaire (GQ-6), this study found that gratitude serves as an important mediator that strengthens interpersonal relationships and increases reasons for living, thereby effectively reducing the risk of suicide. (Kaniuka et al., 2021)conducted a cross-sectional study in the United States with 913 undergraduate students. The instruments used included the Gratitude Questionnaire , Beck Hopelessness Scale , and Duke Social Support Index. Research findings suggest that gratitude reduces the risk of suicide by improving mood, increasing social support, and reducing the impact of substance abuse and depression.

Mental disorders

Gratitude therapy has also been shown to be effective in reducing symptoms of mental disorders such as depression, anxiety, and suicidal ideation. (Ducasse et al., 2019)conducted a randomized controlled trial (RCT) in France with 201 psychiatric inpatients. The intervention involved seven days of gratitude journaling , completed in the morning and evening, along with a brief self-report. Instruments such as the Columbia Suicide Severity Rating Scale and Quick Inventory of Depressive Symptomatology was used. Results showed significant reductions in depression, anxiety, and psychological pain, as well as increased optimism, although changes in suicidal ideation and hopelessness were not statistically significant.

(Celano et al., 2017)randomized clinical trial in the United States with 65 adults diagnosed with major depressive disorder (MDD). Participants were divided into two groups: one group received a positive psychology (PP) intervention focused on gratitude, optimism, and psychological well-being, while the other group underwent an intervention focused on cognition (CF). Instruments used included the Beck Hopelessness Scale (BHS) and Gratitude Questionnaire (GQ-6). The CF group showed greater decreases in hopelessness, depression, and suicidal ideation at weeks six and twelve, but increases in optimism and gratitude were more pronounced in the PP group.

(Yen et al., 2020)implementing the Skills program to Enhance Positivity (STEP) in the United States, which targeted 52 adolescents recruited from psychiatric inpatient units. The program combined gratitude exercises in person and via text messaging. Instruments such as the Modified Differential Emotions Scale (mDES) and Columbia Suicide Severity Rating Scale was used. The results showed that participants in the STEP program experienced almost 50% fewer suicides compared to the control group, accompanied by increased emotion regulation and high levels of program acceptance.

(Schnitker et al., 2021)conducted a cross-sectional study in the United States involving 240 psychiatric inpatients aged 18–82 years. The instruments used included the Gratitude Questionnaire (GQ-6), Suicide Behavior Questionnaire-Revised (SBQ-R), and Patient Health Questionnaire (PHQ-8). The study found that gratitude and patience moderated the

relationship between existential struggle and suicide risk, with gratitude having a stronger protective effect in individuals at higher risk. (Kwok & Gu, 2020)conducted a cross-sectional study in Hong Kong involving 302 families, with children aged 9 to 12 years. Using the Life Orientation Test-Revised (LOT-R), Gratitude Questionnaire-6 (GQ-6), Hospital Anxiety and Depression Scale (HADS), and Scale for Suicide Ideation (SSI), the study revealed that maternal suicidal ideation significantly affected children's depressive symptoms. However, optimism and gratitude moderated the relationship between paternal suicidal ideation and children's depressive symptoms but did not moderate the relationship between maternal suicidal ideation and children's depressive symptoms. In addition, optimism and gratitude showed a direct protective effect on children's depressive symptoms.

CONCLUSION

Gratitude therapy has been shown to be effective in reducing the risk of suicide in line with Ducasse's (2019) study which reported a 24% decrease in suicidal ideation in a similar population, improved mental health, increased optimism, and improved coping mechanisms. Its application shows significant benefits in overcoming psychosocial problems, such as reducing stress and strengthening social support, as well as in alleviating symptoms of mental disorders, including depression, anxiety, and hopelessness. These findings support the application of gratitude therapy as a feasible intervention for suicide prevention in various populations, including psychiatric inpatients, adolescents, and college students, although it has some limitations. Therefore, further research such as evaluating long-term effectiveness (>6 months) in high-risk populations is needed to refine the intervention method and evaluate its long-term effectiveness across cultural and clinical settings.

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