Investigating the Effect of Attachment Style on Suicidal Tendency and Psychological Well-Being: the Moderating Role of Resilience Among Adolescents

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A R T I C L E   I N F O

A B S T R A C T

Purpose: The purpose of the current research is to investigate the effect of attachment style on the tendency to commit suicide and psychological well-being with a moderating role of resilience among adolescents who refer to counseling centers in Tehran.

Methodology: The current research utilized a descriptive-correlational and cross-sectional research method, employing structural equation modeling (SEM). The research's statistical population comprised all adolescents who sought counseling in Tehran between July and November 2023. A sample of 146 adolescents was selected using purposive sampling. Research tools included Revised Adult Attachment Scale (RAAS), Beck Scale for Suicidal Ideation (BSSI), Ryff's Psychological Well-Being Scales (PWB) and Connor-Davidson resilience scale (CD-RISC). Jamovi version 2.4.14 software was used to perform descriptive statistics and evaluate the effect of the moderating variable, and SmartPLS version 4 software was used to analyze the path between variables. A significance level of 0.05 was considered.

Findings: Based on the results of the present study, the Anxious attachment component had a negative and significant effect on Autonomy (β=-0.270, P=0.000). Similarly, Anxious attachment component had a negative and significant effect on Positive relationship with others (β=-0.310, P=0.000).

Conclusion: The findings of this study suggest that both attachment styles and resilience have a significant impact on influencing suicidal thoughts and psychological well-being. These insights could be valuable for parents, mental health professionals, and family counselors, helping them to better understand the psychological well-being and attachment styles of adolescents.

Keywords: suicide, attachment styles, psychological well-being, resilience, adolescents

1. Introduction

The World Health Organization defines adolescence as the age group ranging from 10 to 19 years - the transitional period from childhood to adulthood. During this time, adolescents experience rapid physical, psychological, social, cultural, and cognitive changes, leading to a variety of complex and contradictory health issues (Noralii, 2022). Mental health is a crucial aspect of assessing overall health in various societies. According to statistics from the World Health Organization, almost one out of every 10 people suffers from mental disorders. Contrary to popular belief, the increase in mental illnesses is not limited to the adult population. Children and adolescents are actually more vulnerable to these types of disorders than other age groups (Aghadavodian Jolfaee et al., 2023). Research suggests that anxious and avoidant attachment styles can impact mental health, with self-esteem partially mediating the relationship with mental health issues (Chen et al., 2022).

In fact, insecure attachment styles are considered a vulnerability factor for psychopathology and problems in dealing with stressful situations. Research shows that the quality of attachment styles plays an important role in people's mental health (Ierardi & Bottini, 2024). One of the factors that can affect the mental health of adolescents is attachment, which refers to the emotional bond between a child and their mother. This bond leads the child to seek comfort from the mother and can be classified into four types: secure (positive self, positive others); ambivalent (negative self, positive others); avoidant (negative self, negative others); and disorganized (positive self, negative others) (Mirzahosseini, 2023). The findings of a study revealed that the attachment styles of adolescents can have an impact on their mental health. However, this influence may not be attributable to a single factor and could be influenced by various other reasons, including peer pressure, family issues, childhood trauma, and more (Bhambri, 2024). Also, in a study that examined attachment styles and their correlation with aggression, hostility, and anger in teenagers, the findings indicated that fearful and neglectful attachment styles are linked to higher levels of physical and verbal aggression in teenagers (Maalouf et al., 2022).

Mental health problems, particularly in teenagers, are significant factors that affect suicide rates. People who have an insecure-avoidant attachment style may struggle to form deep connections with others and to understand their own emotions. They may also find it challenging to open up about suicidal thoughts and seek help from those around them (Tzannes, 2023). Suicide is a significant issue affecting both adolescents and adults, with long-lasting psychological impacts on individuals, families, and communities. In suicide, an individual makes a deliberate choice to end their own life. Every year, more than 700,000 individuals of all ages die by suicide (Myerson et al., 2023). The results of a study indicated that insecure attachment styles are linked to higher levels of depression, suicidal thoughts, and social phobia (Fattouh et al., 2022). According to Rohani et al. (2020), insecure attachment styles and dysfunctional attitudes serve as a stress model in predicting suicidal thoughts and increasing the tendency to commit suicide by influencing emotion-focused coping strategies (Rohani & Esmaeili, 2020). Also, establishing secure attachments in adolescence can enhance psychological well-being, as securely attached adolescents openly communicate with their parents, positively impacting their psychological well-being (Jilani et al., 2022). Psychological well-being, which encompasses positive feelings, thoughts, and coping mechanisms, is linked to improved physical health and increased life expectancy. This connection leads to optimism, a sense of purpose, positive emotions, and overall life satisfaction, all of which contribute to a reduced risk of mortality (Kubzansky et al., 2023). Research findings indicate that being avoidant in relationships is linked to lower psychological well-being (Debrot et al., 2021). In another study, it was mentioned that individuals with avoidant and anxious attachment styles experience lower psychological well-being (Young et al., 2020).

An important factor that can protect people's psychological well-being from the negative effects of stress is resilience. Resilience is considered to be a combination of personality and cognitive characteristics including self-confidence, resourcefulness, curiosity, self-discipline, composure, flexibility, problem-solving skills, and emotional endurance (Bogaerts et al., 2021; Darbani & Parsakia, 2023; Golparvar & Parsakia, 2023). Resilience can be understood as a dynamic and multidimensional process within the human development ecosystem. It is manifested in individuals' efforts to achieve positive adjustment to immediate adversity (López-Aymes et al., 2020). The study's results indicate a strong correlation between resilience and psychological well-being, with low stress and resilience predicting better psychological well-being (Li & Hasson, 2020). In a study, it was also mentioned that resilience has a significant direct impact on life satisfaction, anxiety, and depression, as well as a noteworthy indirect impact on indicators of psychological well-being

(Padmanabhanunni et al., 2023). Adolescence is a period of a person's life that is associated with various changes. The characteristics of adolescence lead individuals to experience risky situations and behaviors (Noralii, 2022). Due to the importance of adolescence in the emergence of risk-taking and the necessity of prevention during this period, it is crucial to identify the psychological factors contributing to risky behaviors. It is evident that understanding the impact of attachment styles on suicidal tendencies and psychological well-being through research can enhance therapeutic and counseling interventions. There is a notable research gap in the field concerning the impact of attachment style on the tendency to commit suicide and the psychological well-being of adolescents and what is the moderating role of resilience in this?

2. Methods and Materials

2.1. Study Design and Participants

The current study employed a descriptive-correlational research design using a cross-sectional research method. Structural equation modeling (SEM) was utilized to explore the impact of the moderating variable. Attachment styles were regarded as the independent variable in this study, while the tendency to commit suicide and psychological well-being were seen as dependent variables, with adolescent resilience being viewed as a moderating variable. The participants in this study were all adolescents seeking help from counseling centers in Tehran from July to November 2023. The study included 146 adolescents chosen through purposive sampling. The sample size was determined using Cohen's formula from 2013 for SEM methods. This formula considers the number of observed and latent variables in the model, the expected effect size, and the desired levels of probability and statistical power (Cohen, 2013). According to this equation, the sample size was determined by considering an anticipated effect size of 0.3, a desired statistical power level of 0.8, three latent variables, 146 observed variables, and a probability level of 0.01. Based on the mentioned figures, the researcher determined that 137 individuals were needed for the study. In order to account for potential attrition within the sample group, the researcher decided on a total of 150 individuals to prevent loss of sample size.

In order to be eligible for the study, participants were required to visit psychological clinics, provide informed consent if they were adolescents, have their parents' permission to take part in the research, and possess the necessary literacy and comprehension skills to answer the questions. The conditions for discontinuation of the study included being above the age of 19, having a mental condition that hindered participation, failing to answer more than 10 questions in the surveys, resulting in withdrawal from the research. Initially, the research was carried out by acquiring the required permits from the researcher's university. Following this, professors from the university assisted in connecting the researchers with six psychology and counseling clinics in Tehran. The clinics' names were kept confidential to protect sensitive information. The selection of these particular clinics was based on the convenience of carrying out the study. Out of all the counseling centers approached, only four agreed to collaborate with the researcher. In the following stage, after consulting with counseling clinics and coordinating the research implementation, families with teenagers who have previously received counseling for behavioral issues at the research site clinics will be contacted on behalf of the counseling clinics. An invitation to participate in the research was extended by sending a message that contained the details of the study.

The research information was then shared with the families who had initially given permission for their teenagers to participate in the study through social media platforms. The information included research goals, research licenses, and guidelines pertaining to following ethical standards. It took 5 months to conduct the research and complete the questionnaires online due to limited cooperation from parents. In the final analysis, 146 out of 150 completed questionnaires were included in the study. Four questionnaires were not included in the research due to incomplete responses or intentional errors in completion. The questionnaires used in the study were completed by the participants themselves through an online platform. To uphold ethical standards, families were informed that the questionnaires did not contain any personal identifying information and that the teenagers had the option to opt out of the research at any time.

2.2. Measures

2.2.1. Attachment Styles

Collins (1990) developed this survey to examine the attachment styles of adults using 18 questions (Collins, 1996). Each question is scored based on strongly disagree = 1 and strongly agree = 5. This questionnaire has three styles: Secure attachment style includes questions 1, 8, 9, 10, 14 and

17. Avoidant attachment style includes questions 3, 4, 7, 15, 16, 18 and anxious attachment includes questions 2, 5, 6, 11, 12 and 13. In Iran, in research, the reliability of the scale was obtained using Cronbach's alpha of 0.683 (Mehmannavazan et al., 2015). The researcher verified the scale's validity by employing the average variance extracted method, resulting in values of 0.629 for secure attachment style, 0.847 for avoidant attachment, and 0.789 for anxious attachment.

2.2.2. Suicidal Ideation

The self-report version of the suicide scale was presented by Beck et al. in 1988 to measure suicidal thoughts (Beck et al., 1979). This scale includes 19 items that assess the presence and intensity of suicidal thoughts, and each item is scored based on an ordinal scale from 0 to 2, and the total score can be given from 0 to 38. The scale is scored by adding all the questions together to obtain a total score. A person with a higher score on this scale indicates a greater tendency and intensity of suicidal thoughts. Cronbach's alpha coefficient of this questionnaire was equal to 0.96 based on Beck et al.'s review and they reported a high level of reliability. The questionnaire was also studied in Iran, where a Cronbach's alpha value of 0.82 was reported for it (Esfahani et al., 2015). In this research, the researcher found the Cronbach's alpha coefficient of this scale to be 0.831. Likewise, the researcher used the Composite Reliability method to check the reliability of the scale and the value was 0.871. At the same time, the researcher also checked the validity of the scale by using the average variance extracted method and the value of 0.647 was obtained.

2.2.3. Psychological Well-Being

The extended version of this survey is a 120-question self-evaluation tool created by Ryff in 1980 to assess psychological well-being. Shorter versions of the 84-item scale were created during later studies. The current version was created by Ryff in 1989 at the University of Wisconsin, derived from the original longer version (Ryff, 1989). The scale consists of 84 questions and is divided into 6 factors: self-acceptance, positive relationships with others, autonomy, purposeful life, personal growth, and mastering the environment. Each factor contains 14 questions. The survey was evaluated using a Likert scale with six points (1 = strongly disagree to 5 = strongly agree), and the scores for the components ranged from 14 to 86. Studies conducted in Iran found that the internal reliability of the scale ranged from 0.76 to 0.83 (Farzan Azar & Mehrabi, 2023). The

researcher simultaneously verified the scale's validity using the AVE method. The Self-acceptance component had a value of 0.862, the Positive relationship with others component had a value of 0.879, the Autonomy component had a value of 0.785, the Objective life component had a value of 0.881, the Personal growth component had a value of 0.787, and the Mastery of the environment component had a value of 0.742.

2.2.4. Resilience

The resilience questionnaire, developed by Connor and Davidson in 2003, was designed to assess individuals' resilience levels. The researcher has confirmed the validity and reliability of the questionnaire (Connor & Davidson, 2003). The scale consists of 25 items, with each item being rated on a five-point Likert scale ranging from zero (completely untrue) to four (always true). In the end, the individual's results on the assessment are summed up and a total score is determined. The scores of individuals taking the test can range from 0 to 100. The subject's resilience is reflected in higher scores. In Iran, studies have shown that the reliability of this scale is indicated by Cronbach's alpha and Spearman-Brun binomialization values of 0.669 and 0.665, respectively (Keyhani et al., 2015). In the current study, the Cronbach's alpha for this questionnaire was 0.795. Similarly, the researcher employed the Composite Reliability method to assess the scale's reliability, resulting in a value of 0.859. Additionally, the validity of the scale was verified using the AVE method, yielding a value of 0.60.

2.3. Data Analysis

The researchers utilized Jamovi version 2.4.14 software for conducting descriptive statistics and assessing the impact of the moderating variable. SmartPLS version 4 software was employed for examining the relationship between the variables. The Kolmogorov-Smirnov and Shapiro-Wilk tests were employed to assess the normality of the distribution of the research variables. The significance of these tests for the research variables ($P > 0.001$) indicated that the research variables do not follow a normal distribution. Therefore, SmartPLS was utilized for the analysis. The researcher's sampling method was random, ensuring that this assumption was fulfilled. The sample size of 146 individuals was sufficient to apply the structural equation model using the partial least squares method. A significance level of 0.05 was taken into account.

3. Findings and Results

Initially, the researcher analyzed the descriptive statistics of the variables in the study. The participants were categorized into two groups based on gender, with boys making up 56.2% and girls 43.8%. Likewise, individuals were divided into three age groups: 13 to 14 years (39.7%), 15 to 16 years (34.2%), and 17 to 18 years (26.0%).

Table 1

Description of the demographic variables

variables	Groups	Frequency	Percent	Sample size	Median
Gender	Boy	82	56.2	146	1
	Girl	64	43.8		
Age	13-14	58	39.7	146	2
	15-16	50	34.2		
	17-18	38	26.0		

Table 2 shows the mean and standard deviation of the research variables.

Table 2

Description of the main research variables

Variables	Mean	SD	Max	Min	N	Skewness	Kurtosis
Suicidal Ideation	15.281	2.485	21	10	146	0.108	-0.854
Secure attachment style	17.034	2.582	21	12	146	-0.272	-1.100
Avoidant attachment	15.945	2.067	22	12	146	1.248	1.144
Anxious attachment	16.404	3.048	22	11	146	0.202	-0.701
Self-acceptance	48.082	5.242	56	34	146	-0.880	-0.046
Positive relationship with others	47.466	7.368	58	27	146	-0.606	-0.261
Autonomy	46.082	6.280	56	29	146	-0.577	-0.868
Objective life	47.404	6.752	56	28	146	-0.954	-0.454
Personal growth	46.630	5.878	56	34	146	-0.771	-0.680
Mastery of the environment	48.349	5.537	56	34	146	-0.870	-0.526
Resilience	57.192	8.364	68	40	146	-0.595	-0.724

Table 3 shows the correlation between research variables based on Pearson's correlation coefficient.

Table 3

Correlation between variables

Var.	1	2	3	4	5	6	7	8	9	10	11
1	—										
2	-0.662 ***	—									
3	0.583 ***	-0.633 ***	—								
4	0.661 ***	-0.684 ***	0.696 ***	—							
5	-0.742 ***	0.664 ***	-0.671 ***	-0.593 ***	—						
6	-0.825 ***	0.741 ***	-0.695 ***	-0.740 ***	0.765 ***	—					
7	-0.778 ***	0.714 ***	-0.633 ***	-0.684 ***	0.759 ***	0.806 ***	—				
8	-0.660 ***	0.644 ***	-0.531 ***	-0.584 ***	0.690 ***	0.718 ***	0.784 ***	—			
9	-0.668 ***	0.680 ***	-0.546 ***	-0.541 ***	0.796 ***	0.645 ***	0.804 ***	0.701 ***	—		
10	-0.680 ***	0.634 ***	-0.600 ***	-0.600 ***	0.694 ***	0.768 ***	0.674 ***	0.639 ***	0.584 ***	—	
11	-0.703 ***	0.675 ***	-0.658 ***	-0.581 ***	0.789 ***	0.714 ***	0.778 ***	0.682 ***	0.737 ***	0.607 ***	—

1. Suicidal Ideation, 2. Secure attachment style, 3. Avoidant attachment, 4. Anxious attachment, 5. Self-acceptance, 6. Positive relationship with others, 7. Autonomy, 8. Objective life, 9. Personal growth, 10. Mastery of the environment, 11. Resilience

* $p < .05$, ** $p < .01$, *** $p < .001$

Based on the data in Table 3, it was found that Suicidal Ideation was strongly related to Avoidant attachment and Anxious attachment (p<0.001). In addition, Suicidal Ideation showed a significant negative correlation with the Secure attachment style and Resilience, as well as various components of psychological well-being such as Self-acceptance, Positive relationship with others, Autonomy, Objective life, Personal growth, and Mastery of the environment (p<0.001). The researcher examined the path coefficients and significance levels between the research variables in Table 4 after running the model. For this study, the researcher specified a bootstrap value of 5000.
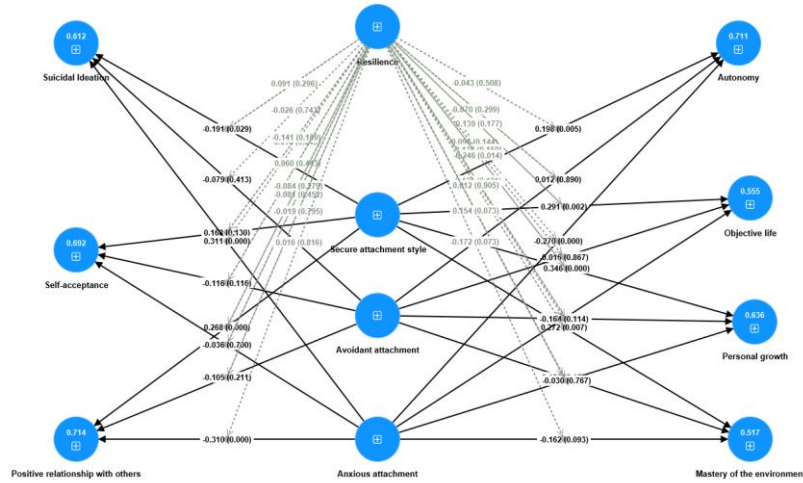
Table 4

Standard research coefficients

Path	Beta	STDEV	P-value	T-value	Result
Anxious attachment -> Autonomy	-0.270	0.071	0.000	3.818	confirmation
Anxious attachment -> Mastery of the environment	-0.162	0.097	0.093	1.680	rejection
Anxious attachment -> Objective life	-0.164	0.103	0.114	1.581	rejection
Anxious attachment -> Personal growth	-0.030	0.102	0.767	0.296	rejection
Anxious attachment -> Positive relationship with others	-0.310	0.075	0.000	4.140	confirmation
Anxious attachment -> Self-acceptance	-0.036	0.095	0.700	0.385	rejection
Anxious attachment -> Suicidal Ideation	0.311	0.081	0.000	3.843	confirmation
Avoidant attachment -> Autonomy	0.012	0.085	0.890	0.139	rejection
Avoidant attachment -> Mastery of the environment	-0.136	0.096	0.157	1.416	rejection
Avoidant attachment -> Objective life	-0.016	0.093	0.867	0.168	rejection
Avoidant attachment -> Personal growth	0.064	0.082	0.432	0.785	rejection
Avoidant attachment -> Positive relationship with others	-0.105	0.084	0.211	1.251	rejection
Avoidant attachment -> Self-acceptance	-0.116	0.074	0.116	1.571	rejection
Avoidant attachment -> Suicidal Ideation	-0.079	0.096	0.413	0.819	rejection
Resilience -> Autonomy	0.476	0.085	0.000	5.604	confirmation
Resilience -> Mastery of the environment	0.222	0.080	0.005	2.779	confirmation
Resilience -> Objective life	0.394	0.089	0.000	4.406	confirmation
Resilience -> Personal growth	0.451	0.081	0.000	5.574	confirmation
Resilience -> Positive relationship with others	0.246	0.073	0.001	3.341	confirmation
Resilience -> Self-acceptance	0.501	0.079	0.000	6.352	confirmation
Resilience -> Suicidal Ideation	-0.389	0.084	0.000	4.615	confirmation
Secure attachment style -> Autonomy	0.198	0.070	0.005	2.820	confirmation
Secure attachment style -> Mastery of the environment	0.272	0.100	0.007	2.722	confirmation
Secure attachment style -> Objective life	0.291	0.092	0.002	3.170	confirmation
Secure attachment style -> Personal growth	0.346	0.097	0.000	3.582	confirmation
Secure attachment style -> Positive relationship with others	0.268	0.076	0.000	3.526	confirmation
Secure attachment style -> Self-acceptance	0.168	0.111	0.130	1.515	rejection
Secure attachment style -> Suicidal Ideation	-0.191	0.088	0.029	2.181	confirmation
Resilience x Secure attachment style -> Autonomy	-0.043	0.066	0.508	0.662	rejection
Resilience x Secure attachment style -> Mastery of the environment	0.012	0.097	0.905	0.120	rejection
Resilience x Secure attachment style -> Objective life	-0.139	0.103	0.177	1.349	rejection
Resilience x Secure attachment style -> Personal growth	0.246	0.100	0.014	2.453	confirmation
Resilience x Secure attachment style -> Positive relationship with others	-0.084	0.077	0.279	1.082	rejection
Resilience x Secure attachment style -> Self-acceptance	-0.141	0.107	0.189	1.313	rejection
Resilience x Secure attachment style -> Suicidal Ideation	0.091	0.088	0.296	1.045	rejection
Resilience x Avoidant attachment -> Autonomy	-0.070	0.067	0.299	1.038	rejection
Resilience x Avoidant attachment -> Mastery of the environment	0.154	0.086	0.073	1.791	rejection
Resilience x Avoidant attachment -> Objective life	-0.136	0.094	0.150	1.440	rejection
Resilience x Avoidant attachment -> Personal growth	-0.121	0.074	0.101	1.639	rejection
Resilience x Avoidant attachment -> Positive relationship with others	-0.019	0.074	0.795	0.260	rejection
Resilience x Avoidant attachment -> Self-acceptance	0.060	0.078	0.443	0.767	rejection
Resilience x Avoidant attachment -> Suicidal Ideation	-0.026	0.078	0.743	0.328	rejection
Resilience x Anxious attachment -> Autonomy	0.096	0.066	0.144	1.460	rejection
Resilience x Anxious attachment -> Mastery of the environment	-0.172	0.096	0.073	1.793	rejection
Resilience x Anxious attachment -> Objective life	-0.021	0.114	0.853	0.185	rejection
Resilience x Anxious attachment -> Personal growth	0.050	0.092	0.582	0.550	rejection
Resilience x Anxious attachment -> Positive relationship with others	0.016	0.070	0.816	0.233	rejection

Resilience x Anxious attachment -> Self-acceptance	-0.081	0.107	0.452	0.752	rejection
Resilience x Anxious attachment -> Suicidal Ideation	0.016	0.084	0.845	0.195	rejection

Figure 1

Path coefficients between variables and P-value

According to the findings presented in Table 4, the Anxious attachment component had a significant negative impact on Autonomy (β=-0.270, P=0.000). Similarly, the Anxious attachment component also had a significant negative effect on Positive relationship with others (β=-0.310, P=0.000), while showing a positive influence on Suicidal Ideation (β=0.311, P=0.000). Simultaneously, the Resilience variable positively and significantly influences Autonomy, Mastery of the environment, Objective life, Personal growth, positive relationship with others, and self-acceptance.The effects are as follows: Autonomy (β= 0.476, P=0.000), Mastery of the environment (β= 0.222, P=0.005), Objective life (β= 0.394, P=0.000), Personal growth (β= 0.451, P=0.000), positive relationship with others (β= 0.246, P=0.001), and self-acceptance (β= 0.501, P=0.000). However, the Resilience variable had a negative effect on Suicidal Ideation (β=-0.389, P=0.000). Likewise, the Secure attachment style component had a negative and significant effect on Suicidal Ideation (β=-0.191, P=0.029). Likewise, the Resilience variable had a significant role as a moderating variable for the path between the Secure attachment style variable and personal growth.

4.   Discussion and Conclusion

The main goal of this study was to examine how attachment style affects suicidal thoughts and psychological well-being in adolescents seeking counseling in Tehran, with resilience playing a moderating role. The findings from the study indicated that anxious attachment was associated with lower autonomy and poorer relationships with others, leading to an increase in suicidal ideation. The presence of a secure attachment style was associated with a decrease in suicidal thoughts. On the other hand, the resilience factor was linked to an improvement in autonomy, mastery of one's environment, tangible aspects of life, personal growth, positive relationships with others, self-acceptance, and autonomy, while also having a negative impact on suicidal thoughts. Additionally, resilience played a crucial role as a moderating factor in the relationship between secure attachment style and personal growth.

The current research findings indicate that insecure attachment reduces psychological well-being and increases suicidal thoughts, while secure attachment reduces suicidal thoughts and is consistent with previous research (Fattouh et al., 2022; Noralii, 2022; Rohani & Esmaeili, 2020; Smkhani Akbarinejhad et al., 2023; Young et al., 2020). Nourialeagha and colleagues (2020) stated that secure attachment style is positively related to psychological well-being, while avoidant attachment styles are negatively related to psychological well-being (Nourialeagha et al., 2020). In another study, it was also reported that individuals with avoidant attachment and anxious attachment have lower psychological well-being (Young et al., 2020). The results of a study also indicated that insecure attachment styles are associated with higher levels of suicidal thoughts (Fattouh et al., 2022). Rohani and colleagues (2020) also suggest that

insecure attachment styles increase the tendency towards suicide through their impact on emotion-focused coping strategies (Rohani & Esmaeili, 2020). Research findings also indicate that secure and autonomous attachment styles lead to a decrease in self-harming behaviors without suicidal intent in adolescent boys (Smkhani Akbarinejhad et al., 2023).

In interpreting this discovery, it is important to recognize that insecure attachment styles can be viewed as a broad susceptibility to psychopathology. The quality of attachment is also a determining factor in either worsening or lessening the psychological effects of negative experiences and stress. Ultimately, attachment serves the purpose of managing emotions and distress in times of stress. Adolescents who have anxious attachment tendencies tend to overestimate stressors and rely on over activating their attachments by expressing their feelings in an exaggerated manner in order to seek support and help from their relationships. This can result in a decreased ability to effectively regulate their emotions (Ierardi et al., 2024). The ability of adolescents to effectively coordinate in relationships with others is heavily influenced by unhealthy attachment and the lack of healthy parental personality to serve as a role model. Adolescents who have insecure attachment styles often struggle in forming connections with others and understanding their own emotions. This can make them more likely to seek out stable relationships and confide suicidal thoughts to others in order to cope with their struggles, potentially increasing their risk of suicidal behavior (Tzannes, 2023). In combination, the initial attachment styles to both mothers and fathers establish a foundation for problematic or ineffective social interactions throughout one's life, which can lead to future suicidal tendencies (Myerson et al., 2023). The current study also discovered that resilience contributes to psychological well-being and acts as a buffer against suicidal thoughts. This finding supports previous research on the moderating role of resilience (Li & Hasson, 2020; Padmanabhanunni et al., 2023; Zhang et al., 2021). The results of a study showed that the interaction between resilience and psychological well-being is high, and resilience and low stress predict better psychological well-being (Li & Hasson, 2020). In research, it was also stated that resilience has a significant indirect effect on psychological well-being indicators (Padmanabhanunni et al., 2023). Furthermore, research results suggested that having resilience and social support can act as a buffer against suicidal ideation (Zhang et al., 2021).

Resilience is typically described as the ability to achieve positive outcomes despite facing challenges. Teenagers who can confront life's obstacles with bravery, persistence, and optimism, often draw strength from strong relationships and their social support system. They experience greater satisfaction and increased confidence over time. Specifically, as resilience is defined as the ability to maintain good mental health following challenges or traumatic experiences, it can assist teenagers in lessening their negative feelings. Furthermore, resilience plays a significant role in overall well-being by enhancing psychological health and diminishing suicidal ideation (Feldman, 2020). Resilient adolescents are able to handle challenging circumstances by utilizing humor, engaging in creative pursuits, and maintaining an optimistic mindset. Essentially, they tap into a range of positive emotions and are able to concentrate on them, connecting them appropriately to their own qualities and the specific circumstances they are facing. This enables them to address the issue positively and tackle challenges with optimism and enthusiasm (López-Aymes et al., 2020).

Several limitations need to be acknowledged in this study. One obstacle was the hesitancy of teenagers attending counseling centers to take part in the research, hindering its swift progress. Future studies of this nature should address this issue and explore ways to enhance resilience and offer social support to teenagers. Similarly, one of the constraints associated with conducting the study is the inability to regulate the impact of certain extraneous factors, like the individual traits of the participants, their socioeconomic background, and the educational attainment of their parents. Due to the use of a questionnaire in this research, the researcher has limited access to information, potentially leading to discrepancies between the obtained results and actual behaviors. This is because responses may be influenced by unconscious biases and defenses. Factors like responsiveness, methods of personal introduction, and social desirability are prone to being misrepresented. Due to these limitations, it is recommended that future research studies incorporate other data collection techniques like interviews and observations along with questionnaires. One of the research's limitations is the presence of various factors that affect psychological well-being. This study did not have the capacity to investigate every single case. Some of the factors that could not be examined include inner satisfaction, income, race, social interactions, life events, personality, and health among teenagers. It is recommended that future research takes into account these factors. In this study, a sample of Iranians was utilized, and caution should be

exercised when applying these findings to other societies due to significant cultural differences between eastern and western countries. It is worth mentioning that theories like attachment theory, which are linked to human nature, may be less impacted by cultural distinctions compared to other areas. One of the limitations of the study is that it was focused only on the city of Tehran. Therefore, caution should be taken when applying the results to other cities. It is recommended that future studies be carried out in various cities and regions with diverse cultures.

The current study's findings suggest that both attachment styles and resilience play a role in influencing suicidal ideation and psychological health. These results could offer valuable insights for parents, mental health practitioners, and family counselors regarding the attachment styles and psychological well-being of adolescents. Health officials in the country can progress by conducting workshops, offering training to families, providing access to experienced consultants for this specific age group, and creating educational media. The current study's results could provide valuable insights into ways to enhance and sustain different aspects of psychological well-being, adding to the ongoing conversation on the topic. Considering the prominence of the role of suicidal tendency in reducing people's mental well-being, programs such as lectures, special training sessions and grounding can be effective in all members of the society.

Authors' Contributions

N. H: Contributed to the conception of the work, revising the draft, approving the final version of the manuscript, and agreeing on all aspects of the work; N. H; M. S; N. R. H: Contributed to the data analysis and interpretation, critical revision, and approval of the final version of the manuscript; A. A. G.: Contributed to acquiring data, drafting the manuscript, and approving the final version; R. D. and F. F.: Contributed to the conception and design of the study, critical revision, and approval of the manuscript's final version; N. H; M. S; N. R. H: Contributed to the conception and design of the study, data interpretation, drafting of the manuscript and critical revision, and approval of final version.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Declaration of Interest

The authors report no conflict of interest.

Ethical Considerations

This study was approved by the ethics committee of Central Tehran Branch, Islamic Azad University, (IR.CTB.REC.1403.183) and complied with the Declaration of Helsinki; informed consent has been obtained from the subjects).

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