

REASONS FOR LIVING INVENTORY: PSYCHOMETRIC INVESTIGATION ON RUSSIAN CLINICAL SAMPLE

Pashnin E.V.¹, Gersamiya A.G.¹, Yakovlev A.A.^{1,2}, Zinchuk M.S.¹, Guekht A.B.^{1,3}
e-mail: evg.ptic@gmail.com

¹Moscow Research and Clinical Center for Neuropsychiatry of the Healthcare Department of Moscow;
²Institute of Higher Nervous Activity and Neurophysiology of RAS, Moscow, Russian Federation; ³Department of Neurology, Neurosurgery and Medical Genetics, Pirogov Russian National Research Medical University



INTRODUCTION

According to WHO¹, almost 800000 people die due to suicide every year, and Russia has the suicide mortality rate of more than 31.0 per 100000. Since suicide is preventable, it is highly important to determine not only the risk, but the resiliency factors, acting as a protection against suicidal attempt. One of the tools for measuring such factors is Reasons for Living Inventory (RFLI) proposed by Linehan et al (1983)² – 48 cognitive reasons (items) for not committing suicide should the thought occur. The number of factors that the items group into varies between countries³ with the six-factor model in Linehan study. The only Russian study on nonclinical sample revealed only 2 factors⁴.

METHODS

Aim of our study was to define psychometric properties of the inventory on Russian clinical sample. 500 consecutive patients with non-psychotic mental disorders (mean age 34 (SD=15.4), 305 females) admitted to Moscow Research and Clinical Center for Neuropsychiatry filled the RFLI. Principal components analysis was used as statistical method to identify interrelationships between variables.

The study was approved by the scientific ethics committee.

RESULTS

Factor analysis revealed 7-factor model of the RFLI, which explained 62.9% of the variance with excellent internal consistency (Cronbachs $\alpha=0.96$). Thereby, the structure of the Russian variant of RFLI almost matches with the Linehan's model. Namely, the inventory has next subscales: Survival and Coping Beliefs (24 items), Responsibility to family (7 items), Child-related concerns (3 items), Fear of Suicide (4 items), Fear of Social Disapproval (3 items), Moral Objections (4 items). New additional subscale was separated from "Fear of Suicide" and consist of questions 18, 33 and 46, reflects the technical features of suicide process and method (Tab. 1).

CONCLUSIONS

Our study was the first one assessing RFL on Russian clinical population. Consistency and validity of the inventory in Russian sample justifies the future prospective studies for clarification of the 7-factor variant predictive values and especially the newly identified factor.

The authors declares that there is no conflict of interest regarding the publication of this article.

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Tab. 1. Distribution of RFLI items into 7 factors

Factors and	Component						
	1	2	3	4	5	6	7
Survival Coping Beliefs							
32) I believe everything has a way of working out for the best.	,799	,171	,168	,134	,026	,016	,011
22) I believe I can find other solutions to my problems.	,793	,182	,049	-,066	,017	,044	,090
44) I believe I can find a purpose in life, a reason to live.	,774	,163	,004	,067	,079	,016	,100
14) No matter how badly I feel, I know that it will not last.	,774	,100	,200	,010	-,011	,006	,055
13) I have future plans I am looking forward to carrying out.	,763	,013	,057	-,050	,184	-,032	,048
24) I have a love of life.	,748	,178	,198	,126	,161	-,069	,058
40) I have hope that things will improve and the future will be happier.	,739	,135	,013	,091	,015	-,009	,095
19) I care enough about myself to live.	,733	,133	,211	,115	,081	,034	,052
4) I have a desire to live.	,733	,056	,141	,076	,131	-,147	,087
20) Life is too beautiful and precious to end it.	,730	,169	,238	,161	,222	-,106	,097
35) I still have many things left to do.	,726	,168	,078	,142	,190	-,024	,032
2) I believe I can learn to adjust or cope with my problems.	,722	,161	,029	-,064	,072	-,025	,082
12) Life is all we have and is better than nothing.	,721	,066	,146	,197	,152	-,094	,191
45) I see no reason to hurry death along.	,700	,071	,280	,134	,114	-,134	,165
37) I am happy and content with my life.	,698	,118	,196	,026	,192	-,043	-,013
17) I want to experience all that life has to offer and there are many experiences I haven't had yet which I want to have	,694	,146	-,062	,147	,079	-,012	-,012
36) I have the courage to face life.	,675	,157	,200	,203	,054	,022	-,045
3) I believe I have control over my life and destiny.	,672	,118	,009	,070	,077	-,013	,016
10) I do not want to die.	,646	,044	,159	,157	,128	-,105	,401
42) I have an inner drive to survive.	,632	,031	,110	,278	,032	-,030	-,032
29) I am curious about what will happen in the future.	,607	,150	,118	,200	,183	,003	,064
8) I do not believe that things get miserable or hopeless enough that I would rather be dead.	,601	,132	,241	,095	,095	,008	,260
39) I believe killing myself would not really accomplish or solve anything.	,479	,185	,383	,199	,027	,020	,144
25) I am too stable to kill myself.	,458	,025	,333	,394	-,035	,157	,046
Responsibility to Family							
30) It would hurt my family too much and I would not want them to suffer.	,196	,830	,139	,037	,079	,030	,032
47) I would not want my family to feel guilty afterwards.	,150	,810	,086	,127	-,013	,097	-,012
1) I would not want my family to think I was selfish or a coward. I have a responsibility and commitment to my family.	,168	,786	,123	,001	,110	-,045	,004
16) I love and enjoy my family too much and could not leave them.	,294	,723	,101	,049	,217	-,054	,086
48) I would not want my family to think I was selfish or a coward.	,245	,656	,123	,390	,079	,043	,003
9) My family depends upon me and needs me.	,273	,643	,173	,023	,242	-,043	,058
7) My family might believe I did not love them.	,017	,620	-,011	,291	,050	,053	,220
Moral Objections							
27) My religious beliefs forbid it.	,211	,183	,811	,139	,145	,073	,043
23) I am afraid of going to hell.	,123	,148	,710	,076	,153	,050	,291
5) I believe only God has the right to end a life.	,308	,234	,709	,123	,181	-,063	,099
34) I consider it morally wrong.	,362	,147	,470	,441	,076	,083	,056
Fear of Social Disapproval subscale							
41) Other people would think I am weak and selfish.	,126	,198	,145	,740	,156	,181	,160
43) I would not want people to think I did not have control over my life.	,364	,228	,212	,684	,081	,067	,109
31) I am concerned about what others would think of me.	,208	,218	,066	,670	,102	,090	,324
Child-Related Concerns							
28) The effect on my children could be harmful.	,291	,275	,235	,133	,753	,074	-,004
21) It would not be fair to leave the children for others to take care of.	,357	,243	,178	,111	,742	,013	,024
11) I want to watch my children as they grow.	,410	,228	,153	,132	,712	-,084	,091
Technical features of Suicide							
46) I am so inept that my method would not work.	-,023	,020	,032	,161	,077	,790	,126
18) I am afraid that my method of killing myself would fail.	-,215	,070	-,140	-,147	,029	,757	,058
33) I could not decide where, when, and how to do it.	-,033	-,051	,106	,190	-,047	,722	,001
Fear of Suicide							
6) I am afraid of death.	,276	-,008	,140	,093	,081	,020	,752
15) I am afraid of the unknown.	,121	,126	,030	,137	,080	,023	,663
26) I am a coward and do not have the guts to do it.	-,083	,032	,127	,111	-,161	,433	,529
38) I am afraid of the actual «act» of killing myself (the pain, blood, violence).	,127	,093	,227	,108	-,086	,385	,498