

## Abstract:

Hypothyroidism, a prevalent endocrine disorder characterized by insufficient thyroid hormone production, has long been associated with a myriad of physical symptoms. However, its potential influence on mental health, particularly in the context of suicide ideation, remains a topic of growing concern and research. This thesis undertakes a comprehensive examination of the intricate relationship between hypothyroidism and suicide ideation, seeking to shed light on the mechanisms and factors that link these two phenomena. Through an extensive review of existing literature, this study establishes a foundation for understanding the biological, psychological, and sociological underpinnings of hypothyroidism and suicide ideation. Drawing from various theoretical frameworks, it explores the potential pathways through which thyroid hormones and their dysregulation might contribute to the emergence of suicide ideation. Furthermore, this research presents the results of a meticulous empirical investigation that includes the analysis of clinical data, surveys, and interviews, aiming to discern patterns and correlations between hypothyroidism and suicide ideation. The findings of this study reveal significant associations between hypothyroidism and suicide ideation, offering valuable insights into the complex interplay of physiological and psychological factors. The implications of these findings extend to healthcare professionals, policymakers, and researchers, urging a reevaluation of diagnostic and treatment protocols for hypothyroidism, especially in individuals presenting with concurrent mental health concerns. While this research contributes to the growing body of knowledge on hypothyroidism and mental health, it also underscores the need for further inquiry and highlights areas where future research can deepen our understanding. Ultimately, this thesis advocates for a holistic approach to healthcare, recognizing the intricate connections between physical and mental well-being and the importance of addressing both facets in the pursuit of comprehensive patient care.

**Keywords:** hypothyroidism, suicidal ideation, thyroid hormones, mental health, risk factors, treatment approaches.