

**Results:** Sum of anxiety cluster of HDRS-17 scale (items 9, 10, 11) correlated positively ( $p < 0.02$ ) with LE and  $\alpha 1$ -PI values, as well as with theta1 (4-6 Hz) and theta2 (6-8 Hz) SP in EEG leads of the right hemisphere. In turn,  $\alpha 1$ -PI values correlated negatively and LII values correlated positively with alpha3 (11-13 Hz) SP in majority of EEG leads.

**Conclusions:** The data obtained confirm the contribution of neuroinflammation to clinical conditions, especially to anxiety level, and to EEG pattern in depressive female adolescents with suicidal attempts. The study supported by RBRF grant No.20-013-00129a.

**Disclosure:** No significant relationships.

**Keywords:** suicidal attempts; neuroinflammation; Adolescents; quantitative EEG

### EPP0376

#### Reflections, impact and recommendations of a co-produced ecological momentary assessment (EMA) study with young people who have experience of suicidality and psychiatric inpatient care

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**Introduction:** Patient and public involvement (PPI) in suicide research is ethical, moral and can deliver impact. However, inconsistent reporting of meaningful PPI, and hesitancy in sharing power with people with experience of suicidality (i.e.co-researchers) in research makes it difficult to understand the full potential impact of PPI on the research, researchers and co-researchers.

**Objectives:** To describe how our ecological momentary assessment (EMA) study, examining the sleep-suicide relationship in young psychiatric inpatients (aged 18-35) transitioning to the community, has been co-produced, whilst reflecting on impact, challenges, and recommendations.

**Methods:** We built on our experience of co-produced mental health research to conduct meaningful PPI in our study. Young adults with experience of psychiatric inpatient care and suicidality were appointed November 2020 to work across all research stages. Reflections on challenges, recommendations and impact have been collected throughout.

**Results:** Three young people became co-researchers. Researcher and co-researcher reflections indicated establishing and maintaining safe environments for open discussion, and continued communication (e.g.WhatsApp group) were vital to effectively share power and decision making. Safeguarding and support requirements for both co-researchers (e.g.individualised strategy) and researcher (e.g.clinical supervision) were particularly evident. To date, the co-produced recruitment poster, research documentation, and research article have demonstrated significant impact.

**Conclusions:** This is the first EMA study focused on suicide-sleep during transitions to be co-produced with young people with experience of suicidality. Co-producing suicide research is

intensive, time-consuming, and challenging but makes a significant impact to the research, researchers, and co-researchers. We expect our learning will directly influence, and help others produce, meaningful co-produced suicide research.

**Disclosure:** No significant relationships.

**Keywords:** Ecological Momentary Assessment; Suicide; Transition; sleep

### EPP0377

#### Nonsuicidal self-injury, psychiatric disorders and pathological internet use among adolescents

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**Introduction:** Previous studies underline the importance of internalising disorders as risk factors of nonsuicidal self-injury (NSSI), meanwhile only a few research draw the attention to the role of externalising disorders. The possible association between NSSI and pathological internet use (PIU) is also understudied.

**Objectives:** The purpose of this study was: 1) to investigate the frequency of NSSI among adolescents with different psychopathology and in different internet user groups of adolescents, 2) to understand the mediator role of psychiatric disorders between NSSI and PIU.

**Methods:** Adolescents were enrolled from a clinical (Vadaskert Child Psychiatric Hospital, Budapest, Hungary) and a school based population (high schools in Budapest, Hungary). The used measurements were: Strengths and Difficulties Questionnaire (SDQ), Deliberate Self-Harm Inventory, Young Diagnostic Questionnaire for Internet Addiction, Mini International Neuropsychiatric Interview Kid.

**Results:** There was significant difference in the frequencies of NSSI in SDQ subgroups ( $U=2127.000$ ;  $z=-6.170$ ;  $p < 0.001$ ). There was also significant difference in NSSI frequency between normal- and pathological internet users ( $U=2020.000$ ;  $z=-2.501$ ;  $p < 0.017$ ;  $p=0.012$ ). According to the mediator model there was no direct association between PIU and NSSI, however it was mediated by different psychiatric disorders (affective disorders, anxiety disorders, attention deficit/hyperactivity disorder, conduct disorder, opposition defiant disorder, psychoactive substance abuse/dependence, psychotic disorders, suicidal behavior).

**Conclusions:** The results strengthen that both internalising- and externalising psychopathology are associated with NSSI. Moreover this study underlines the importance of careful screening and treating of comorbid disorders with PIU, which can have a role in the prevention of NSSI and suicide as well.

**Disclosure:** No significant relationships.

**Keywords:** NSSI; PIU; psychiatric disorder; adolescent

### EPP0379

#### Socio-psychological characteristics of persons who had attempted suicide (Minsk, Belarus)

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**Introduction:** Mortality from intentional self-harm is an urgent medical and social problem in most countries of the world. According to the World Health Organization, suicide mortality is the second leading cause of death among young people aged 15-29 years globally. In the Republic of Belarus, this is one of the main causes of death from external causes.

**Objectives:** To identify statistically significant social factors and individual characteristics of people who had attempted suicide.

**Methods:** Three patient groups were formed: persons who had suicidal attempt with high probability of death (mainly hanging) (GSAD), persons who had suicidal attempt in other ways (GSAO), and persons who had diagnosed adjustment disorder and did not have suicidal attempts (comparison group CG). The groups consisted of 40, 80 and 40 people, respectively. Socio-demographic data were determined, the level of stress was assessed according to the Holmes and Rahe Stress Scale, depressive symptoms on the Montgomery-Åsberg Depression Rating Scale, individual features were determined using the Eysenck personality questionnaire and the Leonhard-Shmishek personality characteristics questionnaire. The obtained data were analyzed using the Spearman linear correlation coefficient.

**Results:** Statistical analysis revealed one significant factor interconnected with a high level of motivation for committing suicide - the method of suicide ( $r_s=-0.68$ ) and 2 factors were at the significance boundary: the presence of a diagnosis of mental disorder ( $r_s=0.28$ ), and the education factor ( $r_s=-0.28$ ).

**Conclusions:** The method of suicide, the presence of a mental disorder and the level of education are the most significant factors interrelated with a pronounced motivation for committing suicide.

**Disclosure:** No significant relationships.

**Keywords:** suicidal and self-harming behavior; suicidal intentions; borderline personality disorder

### EPP0380

#### Mentalization deficits and entrapment moderate the association between complicated grief and suicide ideation among suicide-loss

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**Introduction:** Suicide-loss survivors (SLSs) are recognized as an at-risk population for several psychiatric complications, including complicated grief (CG) and suicide ideation (SI). However, limited data are available concerning the contribution of CG to SI among suicide survivors. Moreover, knowledge about possible psychological processes which may increase SI levels following CG is rare.

**Objectives:** In this study, we aim to examine the role of two important emotion regulation variables--mentalization deficits and entrapment--as possible moderators of the association between CG and SI in the aftermath of suicide loss.

**Methods:** Participants were 152 suicide-loss survivors, aged 18-70, who completed questionnaires tapping CG, SI, mentalization deficits, and entrapment.

**Results:** The findings revealed SI to have high and positive associations with CG, entrapment, and mentalization deficits. Regression analysis showed mentalization deficits and entrapment contributing to SI beyond the contribution of CG. Notably, a significant interaction was found, indicating that CG and SI became more strongly associated at higher levels of mentalization deficits.

**Conclusions:** The study's findings highlight the critical link between complicated grief and suicide ideation among SLSs and the role of mentalization deficits as a possible facilitator of this link. Practical implications relating to suicide risk among SLSs are discussed, as well as focused clinical recommendations. The importance of mentalization-based interventions for decreasing SI levels in the aftermath of suicide loss is highlighted.

**Disclosure:** No significant relationships.

**Keywords:** suicide-loss survivors; complicated grief; mentalization; suicide ideation

### COVID-19 and Related Topics 04

#### EPP0381

#### Psychosocial risks among the healthcare workforce working in COVID services: findings from a cross-sectional study on psychosocial risks

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**Introduction:** Poor management in healthcare can have significant consequences in the workers' health, performance, and quality of care. Several risks worsened during the COVID-19 pandemic, namely among the workforce caring for patients with suspected/confirmed COVID-19 infection.