

Suicidology and suicide prevention

EPP1389

Managing ethical issues in community-based adolescent self-harm research. ethical practice in an adolescent self-harm preventative intervention research project with pupils in secondary schools in wales.

R. Parker*

Decipher, Cardiff University, Cardiff, United Kingdom

*Corresponding author.

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Introduction: Adolescent self-harm in Europe is a major public health challenge and shares a risk continuum with suicide. Recent research demonstrates a strong risk correlation with attempting suicide in the community-based adolescent self-harm population group, similar to research findings for populations in health setting-based research. In the UK increasing rates in hospital admissions represent the “tip of the iceberg” within the community, with potentially two thirds of the population group not accessing health services for support. This brings many health risks, including an increased suicide risk. Finding a solution to these issues requires a preventative intervention approach for young people, including community-based delivery to address service access barriers. Secondary schools are posited as key settings where this type of support could be delivered. But emerging UK research demonstrates challenges in completing adolescent self-harm research with young people in schools.

Objectives: This paper centres on a current adolescent self-harm preventative intervention research project in Cardiff University. It focuses on ethical research practice in community-based adolescent self-harm research.

Methods: This paper appraises some of the core ethical issues, challenges and their management in completing adolescent self-harm prevention intervention research in secondary school settings in Wales. It also provides an overview of the project’s innovative safety protocol design.

Results: This project was successful in managing the potential risks to the school-based adolescent research participants.

Conclusions: This work helps address some of the current research barriers to completing adolescent self-harm prevention intervention research in schools, to facilitate shared solutions to the urgent public health challenge of adolescent self-harm.

Keywords: adolescent self-harm; preventative intervention research; secondary schools; ethics in research practice

EPP1388

The relationship between physical pain and suicidal thoughts and behaviors in adolescents: A meta-analysis

M. De Filippi¹, M. Riganese¹, E. Salmè¹, F. Madeddu¹ and R. Calati^{1,2*}

¹Psychology, University of Milano-Bicocca, Milan, Italy and ²Adult Psychiatry, Nîmes University Hospital, Nîmes, France

*Corresponding author.

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Introduction: Suicide is the third leading cause of death in adolescents (15-19 years). Physical pain is an important risk factor for suicidal thoughts and behaviors, especially in a delicate phase as adolescence.

Objectives: Several studies investigated this association and the aim of this meta-analysis was to synthesize data in literature about this topic in adolescents (11-20 years).

Methods: We started from a systematic review published by Hinze and colleagues in 2019 and we searched on PubMed (January 2019-June 2020) studies comparing rates of suicidal outcomes (Suicidal Ideation, Suicide Plan, Attempt, Self-Harm: SI, SP, SA, SH) in individuals with any type of physical pain (head, back, neck, chest, stomach, abdomen, muscle, joint, arthritis) vs. those without it. Data were analyzed with Comprehensive Meta-Analysis software (CMA, version 3).

Results: Of the 16 included studies, eleven focused on SI (68.8%), six (37.5%) on SA, four (25%) on SH and two (12.5%) on SP. Adolescents with physical pain were more likely to report SI ($p < .001$), SH ($p < .001$), SA ($p = .004$) and SP ($p = .006$). In all analyses, the between study heterogeneity was high. The presence of publication bias has been detected in SI ($k \geq 10$).

Conclusions: Results are in line with previous literature on this topic. Future research should investigate the specific impact of: acute vs. chronic pain; different types and intensities of pain; planned vs. impulsive action and therefore suicidal intent; role of psychological factors (in particular sensitivity and tolerance to physical pain).

Keywords: Suicide; Suicidal Thoughts and Behaviors; adolescents; Physical Pain

EPP1389

Physical pain – suicidality association in adults: A meta-analysis

M. Riganese¹, M. De Filippi¹, E. Salmè¹, F. Madeddu¹ and R. Calati^{1,2*}

¹Psychology, University of Milano-Bicocca, Milan, Italy and

²Psychiatry, Nîmes University Hospital, Nîmes, France

*Corresponding author.

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Introduction: Multiple epidemiologic and clinical studies have explored the relationship between physical pain and suicidal thoughts and behaviours.

Objectives: The aim of this meta-analysis was to provide an update of the data already present in literature about this specific association in adults.

Methods: Starting from a meta-analysis published by Calati and colleagues in 2015, 28 studies were included in this work. After searching on Pubmed (until March 2020), data were extracted from articles comparing the rates of current and lifetime suicidal thoughts and behaviours (death wish, suicidal ideation, suicidal planning, suicide attempt and suicide death: DW, SI, SP, SA, and SD) in adults with any type of physical pain and in individuals who did not report this condition. Data were analysed using Cochrane Collaboration Review Manager software (RevMan, version 5.4).

Results: Although high between-study heterogeneity was detected in most analyses, results suggested that adults with physical pain are more likely to report any form of suicidal outcome, except for death by suicide, compared to individuals not affected by pain. No

evidence of publication bias was reported in the main analysis (lifetime SA).

Conclusions: Collected data are therefore in line with previous literature on this topic, which considered physical pain an extremely relevant risk factor for suicidal thoughts and behaviours. Future studies should specifically focus on alternative types of physical pain (such as medically unexplained pain or psychogenic pain) or explore the different impact of acute versus chronic pain in terms of increased suicide risk.

Keywords: Suicidal Thoughts; suicidal behaviours; meta-analysis; Physical Pain

EPP1390

Forensic data on adolescents who died by suicide in Greece

A. Paraschakis¹, V. Karageorgiou², I. Kourtesis^{1*}, I. Boyokas³ and I. Michopoulos²

¹Department Of General Adult Psychiatry, Psychiatric Hospital of Attica "Dafni", Athens, Greece; ²2nd Department Of Psychiatry, "attikon" General Hospital, National and Kapodistrian University of Athens, Athens, Greece and ³Piraeus Department Of Forensic Medicine, Ministry of Justice, Piraeus, Greece

*Corresponding author.

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Introduction: Suicide is the second most common cause of adolescent mortality worldwide.

Objectives: To study the characteristics of a sample of adolescents (<18years of age) who died by suicide in Greece.

Methods: We investigated all suicides that took place within the area of the Piraeus Department of Forensic Medicine (population covered ~700,000) for the period 1992-2016, based on the victims' forensic records.

Results: During the 25-year period, 16 adolescents (and 1162 adults) died by suicide. They were mostly males (11/68.75%) and of Greek Nationality (14/87.5%). The mean age was 15.56 years (range: 12-17, standard deviation: 1.46). Two (12.5%) were under psychiatric medication (an antipsychotic and an antidepressant, respectively); none was receiving a benzodiazepine or a mood-stabilizing antiepileptic. None had used amphetamine, cannabis, cocaine or heroin. Two (12.5%) -one girl one boy- had consumed alcohol. The suicides took place primarily at home (12/75%), followed by outdoors (3/18.75%); one (6.25%) took place in a correctional facility. Hanging was the most prevalent method (6/37.5%), followed by jumping (5/31.25%), shooting by a firearm (2/12.5%), drowning (1/6.25%), medication overdose (1/6.25% -amitriptyline poisoning) and a case of suffocating death (1/6.25%). Most suicides happened in September (5/31.25%) and April (3/18.75%). No significant differences were noted with the adult sample.

Conclusions: The methods chosen by the adolescents who died by suicide in our sample differ strikingly from those of usual suicide attempts at that age (medication overdose/self-cutting). The periods when the suicides took place may imply a role for school stress. Our study was retrospective and focused primarily on a large urban area.

Keywords: Forensic; Suicide; adolescent; Greece

EPP1391

Suicidal behaviour in medicine students and residents.

M.D.C. Molina Lietor*, I. Cuevas and M. Blanco Prieto

Psiquiatría, Hospital Universitario Príncipe de Asturias, Alcalá de Henares, Spain

*Corresponding author.

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Introduction: Among medical students the rate of depression varies between 5-32% and it is known that the suicide rate is higher than in the general population.

Objectives: Clear and current data are needed to design studies for the diagnosis and treatment of students and residents of Medicine with psychological and psychiatric disorders in order to reduce rates of suicidal behavior in this population group.

Methods: A systematic search for articles on the UpToDate, PubMed and Mendeley platforms has been conducted with the keywords "suicide", "suicidal behavior", "suicidal ideation", "medicalschoo" and "medical students". We found 435 items from which a total of 42 items were selected.

Results: The prevalence of depression is 27.2%, of which only 15.7% of them are under treatment. Burnout, has a high prevalence of 45-50%. The prevalence of suicidal ideation in the last year is 11.1%. The most commonly used method is medication overdose. Suicidal behavior is greater among students who choose to choose Psychiatry or Family and Community Medicine as a specialty.

Conclusions: The rate of suicidal ideation among medical students is 11.1%. Nearly one out of every three medical students suffers from depression in some degree, and only one in five is treated. The similar prevalence of burnout at all levels supposes poor management of stress from the faculty. Medical schools should reduce the associated stigma and should encourage depressed students to seek treatment.

Keywords: Medicine students; Suicide; Depression; suicidal behaviour

EPP1392

Patients with substance use disorder who have higher alexithymia levels present more suicidality history: Preliminary results in an outpatient addiction treatment center in Spain.

R. Palma Álvarez^{1*}, C. Daigre¹, E. Ros-Cucurull¹, P. Serrano-Pérez¹, G. Ortega-Hernandez¹, M. Perea-Ortueta¹, J. Vendrell-Serres¹, L. Gallego¹, J.A. Ramos-Quiroga¹, L. Grau-López¹ and C. Roncero²

¹Psychiatry, Hospital Universitari Vall d'Hebron, Barcelona, Spain and

²Psychiatry, Complejo Asistencial Universitario de Salamanca.

Instituto de Biomedicina de Salamanca, Salamanca, Spain

*Corresponding author.

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Introduction: Patients with substance use disorders (SUD) have higher alexithymia levels and present frequently suicidal ideation (SI) and suicide (SA) [1,2]. Beside, alexithymia has been related to suicidal behaviors in several psychiatric disorders[3]. Although, there are some studies on alexithymia and suicidality in SUD patients, to our knowledge there are no studies on this issue in Spanish population.