

Conclusions: Melatonin is one of the least toxic medication. Most common side effects of overdose are drowsiness, dizziness, fatigue, headache, confusion, nightmare, hypotension, tachycardia and hypothermia. Supportive measures and control of vital signs are essential for the treatment.

Disclosure: No significant relationships.

Keywords: emergency; melatonin; Suicide; overdose

EPV1577

Suicide attempts in patients with acute and transient psychotic disorders in in-patient centers in Latvia 2014-2019

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Introduction: Acute and transient psychotic disorders (ATPDs) are a group of diagnoses with acute onset and polymorphic psychotic symptoms, divided into 6 subtypes, which may or may not associate with acute stress. Suicide is a serious public health problem, having long-lasting effects on social well-being and economics. The prevalence of suicide attempts (SA) in Latvia remains unknown, several studies are currently in progress.

Objectives: To determine the prevalence of SA among patients with ATPDs and features of this subgroup of patients.

Methods: Retrospective study based on socio-demographic data and additional diagnoses of all patients with ATPDs provided by the National Center of Statistics of Diseases.

Results: There were 1779 patients with ATPDs in 2014-2019, 44 people were admitted with a SA (24 men, 54.5%). There was a significant difference between sexes in the mean age – 39.64±14.66 for women, 31.94±11.88 for men ($p<.001$), as well as in case of associated acute stress – 37.61±12.95 with and 35.33±13.15 without it ($p=.01$). There were no differences in age or ATPDs subtypes between patients with SA and without one. Men with SA abused alcohol in everyday life more than women and men without SA (20%, $p<.001$), women with SA had acculturational difficulties more often than men and women without SA (45%, $p<.001$). Intentional self-harm by sharp objects was more common among men ($p<.001$), intentional self-poisoning among women ($p<.001$).

Conclusions: The prevalence of SA among patients with ATPDs was 2.47%. Factors, which were more commonly observed in patients with SA were alcohol consumption and acculturational difficulties. Types of self-harming differ between sexes.

Disclosure: No significant relationships.

Keywords: Suicidology; PSYCHOTIC DISORDERS; Epidemiology

EPV1578

Self-Immolation in the Arab World: A Systematic Review

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Introduction: Self-immolation is the centuries-old act of setting fire to oneself. Recent spikes in self-immolation events have been noticed in the Arab world, specifically in the aftermath of the Arab Spring in 2011.

Objectives: To examine the literature assessing the characteristics and patterns of suicide by self-immolation in the Arab world.

Methods: We registered our systematic review in Prospero [CRD42020207164]. We searched PubMed, Medline, PsycInfo, Embase, and Scopus databases from inception until 6 September 2021. We collected relevant articles via title and abstract screening followed by full-text screening. We then conducted a narrative synthesis of the results.

Results: We found 31 out of 314 articles that fit our inclusion criteria: 4 qualitative and 27 quantitative cross-sectional studies. The quantitative studies had a sample size ranging from 22 to 600 self-inflicted burn victims. The studies emanated from Iraq (n=16), Tunisia (n=6), Saudi Arabia (n=2), Libya (n=2), Jordan (n=2), and Egypt, Palestine and Bahrain collectively (n=3). Studies showed that self-immolators are commonly married females, age ranging between 13 and 66 years old, having no education or solely primary education, and of low socioeconomic status. Self-immolation was more likely to happen at home, usually following marital conflicts, with the primary motive being suicide. Studies highlighted an increase of self-immolation as a form of protest. Kerosene was the most commonly used accelerant. Depression was the most comorbid mental health diagnosis.

Conclusions: Self-immolation is not uncommon in the Arab world. Specific interventions directed at the population at risk are warranted.

Disclosure: No significant relationships.

Keywords: Suicide; self-immolation; arab world

EPV1579

Possible utility of neutrophil/lymphocyte ratio as a predictor of suicidal risk in mood disorders

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Introduction: Correlations between neutrophil/lymphocyte, platelet/lymphocyte, and monocyte/lymphocyte ratios (NLR, PLR, and MLR, respectively) and psychopathological and clinical variables in the context of mood disorders are increasingly emerging in international scientific literature, being the former one of the most studied. The estimation of suicidal risk associated to affective disorders could benefit from such rapidly and easily available biomarker of inflammation, if significant in this regard.

Objectives: The present review would like to focus on any existing correlations between NLR and suicidal risk in patients with mood disorders.

Methods: We sourced articles on the topic found in major scientific literature databases, combining the keywords “neutrophil/lymphocyte ratio”, “NLR”, “mood disorders”, “major depressive disorder”, “bipolar disorder” and “suicide risk”.

Results: There are congruent findings of significantly higher NLR values in depressed patients attempting suicide than in depressed patients with no suicidal behaviors or healthy controls. In addition, violent means appear typical in this subgroup of depressed suicidal patients, suggesting that patients with higher levels of NLR are at risk of attempting suicide and to be successful in self-harming. Similar results have been found in patients with bipolar disorder, showing a positive correlation between NLR and suicide risk, evaluated by the Suicide Behaviors Questionnaire-Revised (SBQ-R). Moreover, in patients with a positive family history for suicide attempts, NLR was found to be a significant positive predictor of suicide risk.

Conclusions: These findings, although limited, support the notion that NLR might be a useful marker for suicide vulnerability in both BD and MDD patients.

Disclosure: No significant relationships.

Keywords: Mood disorders; neutrophil/lymphocyte ratio; suicide risk; NLR

EPV1580

Sequences for reporting on mild and serious types of suicidal behaviours: A population-based study in Latvia in 2010-2018

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Introduction: Latvia is listed as a country with one of the highest suicide mortality rates in European Union (National Statistical System of Latvia, 2021).

Objectives: To assess the sequences for reporting of suicidal behaviours (SB) in Latvian general population.

Methods: The study is based on secondary data of the Health Behaviour Among Latvian Adult Population survey, provided by the Centre for Disease Prevention and Control of Latvia (representative sample of the Latvian population aged 15-64 in 2010, 2012, 2014; 15-74 in 2016, 2018; (n=16,105). Respondents were asked to report the occurrence of life-weariness (LW), death wishes (DW), suicidal ideation (SI), suicidal plans (SP), suicide attempts (SA) during the previous year.

Results: Statistically significant differences between genders were found for LW ($X^2=17.118$; $df=1$; $p<0.001$; $AR=\pm 4.1$), DW ($X^2=17.764$; $df=1$; $p<0.001$; $AR=\pm 3.8$) and any type of SB ($X^2=15.721$; $df=1$; $p<0.001$; $AR=\pm 3.8$). Frequencies of individual sequences of reporting last year SB are presented in Table.

Sequences for reporting on SB in 2010-2018		
	N	%
Continuous		
LW	885	35.3
LW+DW	746	29.7
LW+DW+SI	255	10.2
LW+DW+SI+SP	300	12.0
LW+DW+SI+SP+SA	51	2.0
Continuous not complete		
DW	146	5.8
DW+SI	13	0.5
Non-continuous		
LW+DW+SI+SA	0	0.0
LW+DW+SP	13	0.5
LW+SI	44	1.8
LW+SI+SP	7	0.3
LW+SI+SP+SA	1	0.0
LW+SP	8	0.3
DW+SI+SA	0	0.0
DW+SP	0	0.0
SI	16	0.6
SI+SA	0	0.0
SI+SP	3	0.1
SP	13	0.5
Other	9	0.4
Total	2510	100

Conclusions: Further research is warranted to identify vulnerable groups in the Latvian general population in relation to suicidality and thus to develop targeted preventive measures.

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Keywords: Suicide; suicide prevention; suicidal behaviour; public health

EPV1581

Sudden Death of Mental Health Service Users During a Pandemic; a follow up study of consecutive unexpected deaths during the current pandemic compared to a previous consecutive cohort of persons who took their own lives

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