

with their parenting style, had a higher number of unprotected sexual contacts with unfamiliar persons, practiced group sex, had a history of sexual abuse, illicit drug use experience, were smokers, had piercing and severe body modifications. Lifetime history of suicide plan, attempts and NSSI were significantly more common in people with SSE (all: $<0.05$ ).

**Conclusions:** A number of suicide risk factors were found to be more prevalent in people with SSE. Homosexual experience in people with mental disorders is associated with an increased risk of NSSI, suicide plan development and suicide attempts.

**Disclosure:** No significant relationships.

**Keywords:** Suicide; NSSI; LGBT; non-psychotic mental disorders

### O301

#### Rational suicide: The paradigm of survival

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**Introduction:** Suicide is an intriguing act of the human being. The reasons behind the violation of an instinct for survival is far from being understood. Besides, the emergence of assisted dying is raising even more questions about the concept of rational suicide, defined as a well-thought-out decision to die by whom is mentally competent. **Objectives:** Understand the concept of rational suicide, in parallel with suicide, by exploring the views on this debate over the years and elucidating the relationship with mental disorders, mental capacity and patient's rights.

**Methods:** Literature review performed on PubMed and Google Scholar databases, using the keywords "rational suicide", "assisted death", "suicide", "phenomenology", "mental capacity" and "responsibility for life".

**Results:** The theological condemnations of suicide – as sin or crime – were put aside with psychiatric development in the last century. Durkheim was the first important precursor of the contemporary view - suicide is a form of mental illness (psychosis or depression) not compatible with rational deliberation. With the increasingly open debate on assisted dying, this vision is being tested by cases of terminally ill patients subjected to experiences that many wouldn't choose to tolerate. Moral right to self-determination and needless suffering are examples of arguments in favor of rational suicide.

**Conclusions:** The need for an open discussion about rational suicide is raising, specifically in relation to psychiatric disorders, mainly to resolve the conflict between the duty of care of psychiatrists and the autonomy of patients.

**Disclosure:** No significant relationships.

**Keywords:** rational suicide; assisted death; suicide; phenomenology

### O302

#### Effect of group psychotherapy on the annual incidence of self-harm and suicide attempts in borderline personality disorder: A pilot study

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**Introduction:** Borderline personality disorder (BPD) has been characterized by mood instability, impulsive behavior and eventual dissociative and psychotic symptoms. Around 70% of patients present repeated self-injury behavior which is associated with high risk of completed suicide.

**Objectives:** To investigate the effect of group psychotherapy on the annual incidence of self-harm behavior and suicide attempts in BPD. **Methods:** We carried out a retrospective longitudinal study by selecting BPD patients who received group psychotherapy during 2016. Systems Training for Emotional Predictability and Problem Solving (STEPPS) or Mentalization-Based Treatment (MBT) psychotherapies were applied. Patients without any self-harm/suicidal attempt before the intervention, those with comorbid diagnosis and those who did not engage at least half of total sessions were excluded for final analyses. Number of self-harm events, suicide attempts and other clinical events were recorded and compared one-year before and one-year post-intervention. SPSS software version 21.0 (IBM) was used for statistical analyses. Nonparametric tests and Survival tests were performed.

**Results:** Eight women out of 35 fulfilled our inclusion criteria. After group psychotherapy, a significant reduction in the number of self-harm events and suicidal attempts was found (mean 1.9+/-1.4 vs 0.5 +/-1.1;  $p=0.042$ ). Survival tests revealed significant differences in the occurrence of suicidal attempts. We did not find significant differences in the other clinical events.

**Conclusions:** Our results show a clear effectiveness of group psychotherapy in reducing self-harm events and/or suicidal attempts in BPD patients. If these findings are confirmed in future studies including larger samples, group psychotherapy could be indicated for diminishing suicide risks in BPD.

**Disclosure:** No significant relationships.

**Keywords:** Borderline personality disorder; psychotherapy; Suicide; Self-harm behavior

### O303

#### Behavioural addictions as risk factors for incidence and reoccurrence of suicide ideation and attempts in a prospective cohort study among young swiss men

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**Introduction:** Substance use disorder, depression and sexual minority are well documented risk factors for suicidal behaviour, far less is known about behavioural addictions.

**Objectives:** First, to explore associations between behavioural addictions (gaming, gambling, cybersex, internet, smartphone, work) at