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Are the Suicidal Tendencies Among Adolescents at the Age of 18 – 20 in Katowice a Serious Issue?

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The aim of the study was to analyze the prevalence of suicidal tendencies among adolescents at the age of 18-20.

Material and Methods: The study was based on authorial questionnaire which has been validated. Questionnaire included 16 questions about suicidal thoughts – frequency and causes, non-suicidal self-injuries, trials of committing suicide. Questionnaire was filled by 965 adolescents (age 18-20) of 21 Secondary Schools in Katowice. Statistic analysis was created by Statsoft Statistica v10.

Results: Study group were divided into two groups according to the occurrence of suicidal thoughts. 28,8 % of respondents had suicidal thoughts (6,1%- often and 2,5% -very often). There was statistical significance between the occurrence of suicidal thoughts and gender, financial state of family, drug use, occurrence of chronic diseases, taking long-term medicaments, number of smoked cigarettes. 16% of respondents with suicidal thoughts have ever tried to commit suicide. 36,8% adolescents that took part in the study would look for help at specialist (29,8% at Psychologist, 7% at Psychiatrist).

Conclusion: There exists a need of educational campaign of the adolescents attending the secondary school, because about 1/3 do require observation due to the occurrence of suicidal thoughts. Risky behaviors (such as smoking, taking psychoactive drugs and legal highs), the worse financial situation, physical and mental condition coexist in the population with a higher occurrence of the suicidal thoughts, which is also higher in adolescents that met individuals with suicidal attempts and suicides within their environment and family.