

The analytical study showed that suicide attempts were correlated with addictive behaviors ( $p = 0.03$ ) and that suicidal recurrence was correlated with addictive behaviors ( $p = 0.01$ ).

**Conclusions:** Suicidal behavior in patients followed in psychiatry is closely linked to addictive behavior, hence the importance of early management.

**Keywords:** Addictive behavior; Common vulnerability factors; Suicidality

## EPP1410

### Prevalence of suicidal ideation among medical students at a university in Brazil

T. Prata<sup>1\*</sup>, D. Calcides<sup>2</sup>, E. Vasconcelhos<sup>3</sup>, A. Carvalho<sup>4</sup>, E. De Melo<sup>1</sup> and E. Costa<sup>1</sup>

<sup>1</sup>Medicine Department, Federal University of Sergipe, Aracaju, Brazil;

<sup>2</sup>University Hospital Of The Federal University Of Sergipe, Federal University of Sergipe, Aracaju, Brazil; <sup>3</sup>Medicine Department Lagarto, Federal University of Sergipe, Lagarto, Brazil and <sup>4</sup>Pharmacy Department Lagarto, Federal University of Sergipe, Lagarto, Brazil

\*Corresponding author.

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**Introduction:** Personal and environmental factors may contribute to psychological distress in medical students. As a result, they are more susceptible to suicidal ideation, a serious public health problem.

**Objectives:** Estimate the prevalence and recognize associated factors of Suicide Ideation and Suicide Attempt among medical students at the Federal University of Sergipe, Brazil.

**Methods:** A cross-sectional study was performed with randomly selected students between April and June 2019. A structured online questionnaire about sociodemographic characteristics, educational process, and the current psych emotional experiences, besides Beck Scale for Suicide Ideation (BSI), which detects the presence of suicidal ideation, were applied. Statistical evaluation was performed with descriptive analysis and logistic regression for the evaluation of multiple variables.

**Results:** The study included 133 students, with an average age of  $22.9 \pm 3.5$  and 51.9% were male. Among this sample, 27.1% had suicidal ideation. The frequency is higher in those students who family income <10 minimum wages ( $OR=3.47$ ) and who were not satisfied with the course ( $OR=3.52$ ). Furthermore, the frequency of suicide attempt was 15.8%. It was higher among those who claimed to use a doctor-prescribed psychopharmaceutical ( $OR=10.46$ ) and who lost some discipline in the course ( $OR=8.17$ ). Ideation and attempt were significantly associated ( $p < 0.001$ ).

**Conclusions:** Frequency of suicidal ideation was high, associated with dissatisfaction related to the educational process, as well as lower family income. History of attempted suicide was also frequent and associated with ideation. Intervention and prevention measures are required.

**Keywords:** Suicide; Medical Students; mental health; Medical Education

## EPP1411

### Effect of seasonality, climatic and temporal factors on suicide attempts amongst patients from southern tunisia

M. Tiffha<sup>1\*</sup>, W. Abbes<sup>2</sup>, W. Mahdhaoui<sup>1</sup>, A. Kerkeni<sup>1</sup>, M. Dhemaïd<sup>3</sup>, I. Rejeb<sup>4</sup> and L. Ghanmi<sup>2</sup>

<sup>1</sup>Department Of Psychiatry, regional hospital of gabes, gabes, Tunisia;

<sup>2</sup>The Department Of Psychiatry, Hospital of gabes, Gabes, Tunisia;

<sup>3</sup>Psychiatry, regional hospital of Gabes, Gabes, Tunisia and

<sup>4</sup>Emergency Department, Hospital of gabes, Gabes, Tunisia

\*Corresponding author.

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**Introduction:** Seasonal changes, climatic factors such as temperature, sunlight intensity and precipitations as well as temporal factors seem to have an influence on suicidal behavior.

**Objectives:** Our study aimed to analyse the association between seasonal changes, climatic variations, temporal factors and suicide attempts.

**Methods:** A retrospective descriptive and analytical study was undertaken including all patients consulting for the first time at Gabes psychiatry department from the 4<sup>th</sup> March 2009 to the 25<sup>th</sup> September 2020 for suicidal attempt. Sociodemographic and clinical data as well as suicidal attempts' characteristics were assessed. Meteorologic data, related to the years 2009 through 2020, were obtained from the official weather website of Tunisia.

**Results:** 278 patients were collected, including 217 female. Mean age was 26. Suicidal patients were unmarried (75.9%), childless (79.1%) and unemployed (47.5%). Results showed that suicidal attempts occurred most frequently in summer (32.5%) specifically in June and July (10.9% for each). Regarding the distribution of suicide attempts over the days of the week, the highest rate was observed on Monday (22.5%) and the lower one on Friday. There were a correlation between high temperature and suicide attempt by hanging ( $p=0.006$ ), between days of sunlight and manifestations preceding the suicidal attempt ( $p=0.04$ ) and between rainfall and anxiety disorder leading to suicidal attempt ( $p=0.03$ ). We found also an association between the summer and risk behavior such as runaways ( $p=0.024$ ).

**Conclusions:** A better identification of seasonality, climatic and temporal factors in suicidal behavior could allow a better prevention in suicidal attempts and a reduction in death by suicide

**Keywords:** Suicide prevention; temporal factors; climatic factors; Suicide attempts

## EPP1412

### Experiencing quarantine restrictions for adolescents with and without suicidal experience in Russia

D. Dovbysh<sup>1,2\*</sup>, M. Ermakova<sup>2</sup> and M. Kiseleva<sup>1</sup>

<sup>1</sup>Pedagogy And Medical Psychology, Federal State Autonomous Educational Institution of Higher Education I.M. Sechenov First Moscow State Medical University of the Ministry of Health of the Russian Federation (Sechenov University), Moscow, Russian Federation and <sup>2</sup>Child And Adolescent Psychiatry, Scientific-practical Children's and Adolescents Mental Health Center n.a. G. Sukhareva, Moscow Department of Health Care, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** The life changes and limitations associated with Covid-19 clearly have serious psychological implications. The life of adolescents has also changed significantly in many areas: study, communication with peers, contact with family, etc. and not all adolescents have adapted to these changes equally easily.

**Objectives:** Study adolescents' perception of Covid-19, describe the effect of self-isolation on adolescent emotional well-being, and examine changes in the family system through the eyes of a teenager.

**Methods:** The study involved two groups of adolescents: the first (G1) - 174 students of a Moscow school and the second (G2) - 39 adolescents hospitalized in a children's psychiatric clinic in connection with suicidal actions. Teenagers filled out the author's questionnaire, Short Health Anxiety Inventory (Salkovskis), Analysis of Family Anxiety (Eidemiller, Yustickis), Prohibition on the expression of feelings (Kholmogorova).

**Results:** Participants in G2 significantly more often than G1 reported that their functioning worsened (it became more difficult to study - 72% versus 51%; more difficult to communicate - 76% versus 41%, more conflicts with family members - 49% versus 25%). G2 demonstrated a significantly higher level of family anxiety ( $M = 17.3$  and  $M = 12.1$   $p < 0.01$ ), a more pronounced prohibition on expressions of negative emotions ( $M = 37.2$  and  $M = 21.3$   $p < 0.01$ ). The level of anxiety (for one's own health, well-being of relatives and financial stability) is also significantly higher in G2.

**Conclusions:** Many adolescents in self-isolation need the support of relatives and the help of specialists. For a number of teenagers, self-isolation has become a crisis situation.

**Keywords:** quarantine; adolescent; Suicide action; COVID-19

## EPP1413

### Covid 2019 and suicide - a global pandemic: How to prevent?

M.J. Gonçalves<sup>1\*</sup>, R. André<sup>2</sup>, C. Sereijo<sup>3</sup>, G. Andrade<sup>2</sup>, R. Saraiva<sup>2</sup>, L. Linhares<sup>3</sup>, I. Chendo<sup>2</sup> and M. Abreu<sup>3</sup>

<sup>1</sup>Psychiatry, Centro Hospital Lisboa Norte, Lisboa, Portugal;

<sup>2</sup>Psiquiatria, Centro Hospitalar Universitario Lisboa Norte, oeilas, Portugal and <sup>3</sup>Psiquiatria, Centro Hospitalar Universitario Lisboa Norte, Lisboa, Portugal

\*Corresponding author.

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**Introduction:** The mental health effects of Coronavirus2019 (COVID-19) outbreak might be profound, including higher suicide rates. This phenomena is likely to become a more pressing concern as the pandemic spreads. While remarkable social distancing interventions have been implemented to reduce the rate of new infections, the potential for adverse outcomes on suicide risk is high, especially among vulnerable populations.

**Objectives:** The aim is to do a review of the literature of suicide prevention during the COVID-19 outbreak.

**Methods:** Non-systematic review of the literature with selection of scientific articles published in the last 7 months; by searching the Pubmed databases, the following MeSH terms were used: Suicide prevention; COVID-19

**Results:** In order to prevent suicide, urgent consideration must be extend beyond general mental health approaches. A wide-ranging

interdisciplinary response that recognises how the pandemic might heighten risk is needed. The application of knowledge about effective suicide prevention is the key. Mental health services should develop clear remote assessment and care pathways, and staff training to support new ways of dealing with. Publications on mental health and psychological effects of COVID-19 outbreak provide important information and recommendations for all three levels of suicide prevention: primary, secondary, and tertiary.

**Conclusions:** The challenge of the COVID-19 outbreak might bring with it an opportunity to advance the field of suicide prevention and, thus, to save lives, which also represent a public health priority. The mental health community, backed by active vigilance and international collaboration, should be prepared and can use this challenging period to advance suicide prevention.

**Keywords:** COVID-19; Suicide prevention; Suicide

## EPP1414

### Sociodemographic and clinical profile of attempted suicide patients

S. Bader<sup>1\*</sup>, W. Abbes<sup>2</sup>, W. Mahdhaoui<sup>2</sup>, M. Tiffha<sup>3</sup>, I. Rjeb<sup>3</sup> and L. Ghanmi<sup>2</sup>

<sup>1</sup>Psychiatry, regional hospital of Gabed, gabes, Tunisia; <sup>2</sup>The Department Of Psychiatry, Hospital of gabes, Gabes, Tunisia and

<sup>3</sup>Department Of Psychiatry, regional hospital of gabes, gabes, Tunisia

\*Corresponding author.

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**Introduction:** Suicide attempts are common and constitute a serious problem for public health. Thus, it is very important to evaluate risk factors for suicidal behavior.

**Objectives:** The purpose of this study was to explore the socio-demographic and clinical profile of attempted suicide patients consulting in the psychiatry department in Gabes (southern of Tunisia).

**Methods:** It was a retrospective descriptive and analytical study covering all patients who had attempted suicide during the period from the 1st of May, 2009 to September 25th, 2020 and who were referred to the psychiatry department in the regional hospital of Gabes. Sociodemographic and clinical data of the patients as well as characteristics of the suicide attempts were assessed.

**Results:** Socio-demographic profile of the suicidal consultant in psychiatry department corresponded to a single (73.4%) female (78.8%), with a mean age of 26 years, from an urban area (46%). Suicide attempts were most often by the intentional drug ingestion (67.8%), committed between March and August in 54% of cases. At most of the time, the suicidal person was alone (85%) at home (94%) when he committed his suicidal attempt. He did not communicate his intention to commit suicide in 46% of the cases and only 22 cases (7.9%) notified a person before the suicide attempt and 12.6% afterwards. Suicide behavior was impulsive in 79.5% of the cases and a verbal expression of a desire to die was only noted in 24.5% of cases.

**Conclusions:** Our results suggest a systematic and specific psychiatric evaluation of any patient who attempts suicide.

**Conflict of interest:** No significant relationships.