

Objectives:

- Understanding the definition and characteristics of cluster suicides.
- Analyzing common risk factors and triggers in cluster suicide cases.
- Evaluating prevention and support strategies for affected individuals and communities.

Methods: We conduct an analysis of this concept based on a sample of suicides that occurred in a Spanish region over an 8-year period (2015-2022).

We will Analyze the following aspects:

- Definition and characteristics of cluster suicides.
- Risk factors contributing to the occurrence of cluster suicides.
- Examples of real cases or case studies illustrating this phenomenon.
- The role of imitation and contagion in cluster suicides.
- Prevention and support strategies, including education on warning signs and access to mental health services.
- The impact of media coverage and how it can amplify the contagion effect.
- Measures to reduce access to lethal means of suicide.

Results: We will discuss about the results found:

- Definition and characteristics of cluster suicides.
- Risk factors contributing to the occurrence of cluster suicides.
- Examples of real cases or case studies illustrating this phenomenon.
- The role of imitation and contagion in cluster suicides.
- Prevention and support strategies, including education on warning signs and access to mental health services.
- The impact of media coverage and how it can amplify the contagion effect.
- Measures to reduce access to lethal means of suicide.

Conclusions: The main conclusions of our presentation are :

- The importance of recognizing cluster suicides as a real and concerning phenomenon.
- The need to address specific risk factors and triggers in affected communities.
- The effectiveness of prevention and support strategies in reducing cluster suicide cases.
- The importance of promoting media responsibility in suicide coverage.

BIBLIOGRAPHY

1. **Cluster Suicides: A Critical Review and Theoretical Framework** (2019) - Este estudio proporciona una revisión crítica de la literatura sobre cluster suicides y presenta un marco teórico para comprender mejor este fenómeno
2. **“Clusters of Suicides and Suicide Attempts: Identification, Prediction, and Prevention”** (2016) - Aunque este estudio no se centra exclusivamente en España, ofrece información sobre la identificación y prevención de clusters de suicidio que puede ser relevante.
3. **“Epidemiology of Suicide in Spain, 1981–2008”** (2012) - Proporciona una visión general de la epidemiología del suicidio en España, lo que podría ayudar a contextualizar los estudios específicos sobre clusters.

Disclosure of Interest: None Declared

EPV1037

Exploring the Role of Attachment Styles, Life Scripts, and Parental Mandates in Suicidal Behavior: Implications for Prevention and Intervention

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doi: 10.1192/j.eurpsy.2024.1621

Introduction: The scientific literature widely acknowledges the multitude of factors contributing to suicide, emphasizing the intricate and dynamic interplay among genetic, biological, psychological, and social dimensions (Van Heeringen, 2001). Despite this consensus, each suicide case is unique, shaped by an exclusive combination of these factors. One relatively underexplored risk factor in the realm of suicidal behavior is attachment style. As posited by attachment theorists, avoidant and anxious/insecure attachment styles may hold predictive value for suicide attempts (Sheftall et al., 2014).

Objectives: This study undertakes a comprehensive review of the relationships between attachment styles, life scripts, parental mandates, and suicidal behavior.

Methods: This study delves into the interconnections between attachment styles, life scripts, parental mandates, and suicide, drawing from an extensive body of research and theory. A comprehensive review of existing literature was conducted to elucidate the intricate relationships among these variables and their potential influence on suicidal behavior.

Results: The synthesis of existing research highlights a compelling link between attachment styles, life scripts, and parental mandates. Attachment styles, formed in early life, profoundly influence an individual's interpersonal relationships, emotional regulation, and sense of self-worth. These attachment patterns lay the foundation for the development of life scripts—internalized narratives that dictate one's beliefs, values, and expectations regarding their life course. Parental mandates, often transmitted explicitly or implicitly during childhood, further shape these life scripts by imposing conditions or constraints on the individual's choices and aspirations.

Crucially, within this framework, suicidal behavior emerges as a possible outcome. Individuals with maladaptive attachment styles, burdened by parental mandates that discourage autonomous living or impose conditional acceptance, may perceive suicide as a way to escape perceived unmet expectations or alleviate emotional distress.

Conclusions: This study underscores the intricate interplay between attachment styles, life scripts, parental mandates, and suicidal behavior. Understanding these complex relationships is pivotal in both prevention and intervention efforts. Recognizing the significance of family history, parental approaches, maladaptive beliefs, attachment patterns, and early caregiver interactions can inform the development of targeted strategies aimed at mitigating suicide risk in diverse contexts, including schools, communities, and clinical settings. By identifying these factors and their influence on suicidal behavior, practitioners and researchers alike can contribute to more effective prevention and intervention initiatives tailored to individual needs.

Disclosure of Interest: None Declared