

evaluate suicidal ideation one month and three months after discharge.

Results Considering suicide rates in other psychiatric wards, we retrospectively analyzed in our mood disorder unit the inpatient suicide rate of the last 3 years. In this period, we admitted 1794 patients. The suicide rate has been cumulatively of 0.17% (4 patients): 0.16% in 2014, 0.16% in 2015, and 0.19% in 2016. In the same period, outpatient suicide rate has been of 0.39%; 57.14% of outpatient suicides happened within three months after discharge.

Conclusions Hospitalization and discharge are critical circumstances for psychiatric patients. Evaluation of risk factors will contribute to explain our ward suicide rate and hopefully to reduce it in the future.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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EV1484

Suicidal ideation expressed in online video diaries: New form of sharing intention to die

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Introduction Suicide risk is increasing among all population groups, and no effective prevention method has been established due to high variability of risk factors.

Objectives To (1) determine risk factors in people, who video-streamed unsuccessful suicide attempt, and (2) assess whether screening video blog websites is an effective suicide prevention.

Methods Participants ($n=24$, 14M and 10F, age range=19 to 53) with past history of suicidal attempts were recruited online to participate in encrypted video qualitative interview. Three scales assessed suicidal tendencies and Internet addiction: Columbia–suicide severity rating (C-SSRS), suicide assessment five-step evaluation and triage (SAFE-T), validated Internet addiction scale of own design. Reported data are mixed quantitative and qualitative measures.

Results Participants were stratified into two age categories (students vs. working professionals), and all were determined to be addicted to Internet. Each group engaged in minimum 15 suicides ideation-related postings, prior to attempting suicide. Young participants typically posted impulsive, quick messages capturing distress caused by peers and family conflicts; seeking short-time recognition was evidenced by eliciting more “likes” and “comments” for each post. Working professionals posted less, but each video was lengthier and messages were emotional, usually ending in tearful summary of life events leading up to suicidal thoughts. While students expressed anger with “the system” as motivation to die, working professionals had financial problems and trouble forming long-lasting friendships.

Conclusion People of all age groups increasingly document intention to die via blog video posts. These messages can be captured by prevention professionals who can reach out to troubled students and working adults.

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EV1485

Suicidal intent in people with major depression

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Background Depression is most common underlying contributor among cases of attempted/completed suicide. There is dearth of information regarding suicidal intent among people with depression and its relationship with hopelessness among Indians.

Objective To evaluate and describe the intent of suicide in people with depression among north Indian population.

Methods This cross-sectional single point, study was performed at the department of psychiatry, King George's Medical University, Lucknow, India. Cases were in the age group of 18–60 years with major depressive disorder as per DSM-IV TR criteria. Following tools e.g. Hamilton depression rating scale (HRS), Beck's hopelessness scale (BHS) and suicide intent questionnaire (SIQ) were used for assessment.

Results Suicidal intent was observed among 68.1% ($n=49$) of study sample ($n=72$). There was no significant ($P>0.05$) association of suicidal intent with socio-demographic factors except domicile status. Suicidal intent was common among people with moderate to severe depression and those with hopelessness. The hopelessness was present among 70.8% of subjects.

Conclusion Suicidal intent is prevalent among people with major depression. Intervention at initial stage of suicidal intention would of importance for successful preventive measure. This emphasizes the need for evaluation of suicidal intent in cases of depression.

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EV1486

Implementation of the national register of suicide attempts as a preliminary strategy for the prevention of suicides in Poland

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Studies show that suicide attempts are a major independent predictor of suicide. Only in some countries of the world, there are national registers of these behaviors. Poland is among the countries where suicide prevention is at the stage of implementation of these strategies. One is the initial diagnosis of the prevalence of suicidal behavior (SB) in selected populations. The aim of the study was to assess the prevalence of SB in Poland on the basis of available databases, including data such as age, sex and mental disorders and the analysis of differentiation of selected indicators of SB.

Material and methods We analyzed available registers of completed suicides (CS) and suicide attempts (SA), carried out under reporting of the central statistical office (CSO, in the general population, based on death certificates), Police Headquarters (PH, the number of reported SB in the country) and the Institute of Psychiatry and Neurology in Warsaw (IPiN, the number of SB in all psychiatric institutions) and the department of adolescent psychiatry in Łódź (SB among hospitalized youth).

Results and conclusions Reported data on dissemination of SB in Poland are incomplete, which may affect the reliability of the assessment of the effectiveness of implemented strategies for the prevention of suicides. The aim should be to create a central register of SB, which will not only gather a well-defined data but also monitor how it is obtained.

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EV1487

Clinical and psychological characteristics of patients with suicidal thoughts during prolonged depressive and anxiety disorders and their therapeutic correction

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Introduction This is an extremely important problem of determining clinical-psychological and personality-typological characteristics of patients with suicidal intentions. In the complex therapeutic correction of suicidal behavior, there is almost no use of such psychotherapy method as katathym imaginative psychotherapy (KIP).

Objective Study of clinical-psychological and personal-typological peculiarities and development of an optimal adaptation of KIP for the treatment of patients with suicidal thoughts.

Methods The study was included 52 patients with anxiety-depressive disorder and suicidal intentions; was used K. Leongard questionnaire, SCL-90-R, SR-45, J. Vagin questionnaire of suicidal motivation.

Results The investigated patients were divided into three groups with acute reaction on stress, personality disorder and schizotypal disorder. The first group has revealed the predominance of instrumental, anemic, anesthetic motivation, emotive and anxiety types of accentuation and high level of suicidal readiness. The second has identified anesthetic motivation, anxiety and cyclothymia type of accentuation with a moderate level of suicidal readiness. The third group included patients with symptoms of anemic motivation suicidal motivation, anxiety type of accentuation and a high level of suicidal readiness. The reduction of psychopathological symptoms in patients of the first group occurred in a shorter period of 18.0 ± 2.1 days, compared with the second – 25.0 ± 5.6 days, and the third group – 21.2 ± 2.1 days.

Conclusion In the main group, the highest suicide rates were in patients with anemic, anesthetic and motivation and anxiety type accentuation. Patients of the first group showed the best response to a comprehensive pharmacological and psychotherapeutic treatment.

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EV1488

The confrontation of those who remain: Qualitative reports of relatives about 3 cases of suicide in a small city in the Northeast Brazil

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Introduction Suicide is serious public health problem. In Brazil, suicides are more frequent in countryside and small cities.

Objective To understand how informants have confronted emotionally the suicide at home by listening to viewpoints reported by such relatives of the deceased.

Method Qualitative, exploratory design, conducted in a basic health unit area, in “Pau dos Ferros”, a city with 30,000 inhabitants, State of Rio Grande do Norte (RN), Brazil. Sample constructed by technique of “snowball”, in which the health team presented us the first family, whose member informed about the following; and this, the third one. Data collection through semi-directed interviews with open-ended questions in depth, and submitted to thematic analysis.

Results Individuals from relatives who had family bond with the suicidal people were interviewed. From analysis of transcribed interviews, three categories emerged:

- “she has never demonstrated” – possible non-perception of potential suicidal behavior by the family;
- “I got crazy” – feelings of relatives facing a hard scene of suicide and determined cultural questionings;
- “we have no professional support in following days” – absence of psychosocial support and healthcare problems.

Conclusions Possible mood oscillations from suicidal persons were masked by opposite emotional reactions of themselves, and/or oscillations were denied by the observers. Suicide scene seems to have provoked feelings of helplessness and guilt for relatives in not being able to avoid the dramatic act. Feelings of discomfort occurred facing curiosity from many persons who would raise uncomfortable assumptions about suicidal motivations. Family members complained about lack of more effective psychosocial care.

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EV1489

Predicting suicidal behavior by an accurate monitoring of RNA editing biomarkers in blood samples

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Introduction Predicting suicidal behaviors is one of the most complex challenges of daily psychiatric practices. Alterations of RNA editing of neurotransmitter receptors and other proteins have been shown to be involved in etiology of different psychiatric disorders and linked to suicidal behavior. Additionally, an increase in expression levels of ADARs, the RNA editing enzymes, has also been observed.

Objective The objective of the present study was to test whether modifications in RNA editing profile of prime targets allow identifying disease-relevant blood biomarkers and evaluating suicide risk in patients.

Methods A clinical study was performed to identify an RNA editing signature in blood of depressed patients with and without history of suicide attempts. Patient’s samples were drawn in PAX-gene tubes and analyzed on Alcediag’s proprietary RNA editing platform using NGS. In addition, gene expression analysis by quantitative PCR was performed.

Results We generated a predictive algorithm comprising various selected biomarkers to detect patients with a high risk to attempt suicide. We evaluated the diagnostic performance using the relative proportion of the phosphodiesterase 8A (PDE8A) mRNA editing at different sites as well as the expression of PDE8A and the ADARs. The significance of these biomarkers for suicidality was evaluated using the receiver-operating characteristic (ROC) curve. The generated algorithm comprising the biomarkers was found to have strong diagnostic performances with high specificity and sensitivity.