

## EV1232

**How much does depressive mood affect sleep for high school students?**

S. Kim\*, J. Park, H. Kim, T.K. Kim, Y. Min, J. Kim, J. Lee, J. Yang  
 Korea International High School KIS, Jeju, Bioscience research,  
 Seogwipo-si-Je-ju do, Republic of Korea

\* Corresponding author.

**Background** This research examined gender variations in depressive mood for high school students affected by emotional upset and how such depressive mood affect their sleep quality.

**Methods** Research was conducted from September 2015 to October 2015. Both males and females were divided into normal group and depressive group by Zung Self-rating Depression Scale (ZSDS). Each group adopted the Pittsburgh Sleep Quality Index (PSQI) to measure sleep quality.

**Results** Analysis was made on a total of 155 students, which were 83 male students and 72 female. The average ZSDS for all high school students was 43.38 and the average PSQI was 5.39. The number of male students in the normal and depressive group who were diagnosed with sleep disorder were 2 (3.8%) and 9 (29.0%), respectively ( $P < 0.05$ ). But the number of female students in the normal and depressive group who were diagnosed with sleep disorder were 11 (32.4%) and 33 (86.8%), respectively ( $P < 0.05$ ). Both males and females shared a meaningful result over sleep latency, sleep disturbance, use of sleep medication, and daytime functional disturbance among 7 items of PSQI for sleep quality, and female students had a significantly meaningful result over sleep duration, habitual sleep effects ( $P < 0.05$ ).

**Conclusion** This research showed that sleep quality of all high school students was not too bad but it can be problematic for those with depressive mood. Especially, female students were diagnosed with sleep disorder more than male students.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.2217>

## EV1235

**Recurrent hypersomnia: Kleine-Levin syndrome**

L. Rodríguez Andrés\*, A. Rodríguez Campos, L. Gallardo Borge, G. Isidro García, E. Mayor Toranzo

Hospital Clínico Universitario de Valladolid, Psychiatry, Valladolid, Spain

\* Corresponding author.

**Introduction** Kleine-Levin syndrome was first described by Kleine in 1925 and elaborated on by Levi in 1936. It is an infrequent syndrome that predominantly affects to teenagers, and boys are four times more likely to be affected than girls. It is rare for patients over 30 years although some cases have been reported. Kleine-Levin syndrome is a recurrent hypersomnia characterized by episodes of hypersomnia lasting for 2 days to 4 weeks associated with symptoms of hyperphagia, hypersexuality and cognitive impairment. It can be accompanied by other abnormal behavior such as aggression, personality changes and irritability. Deficits are resolved between episodes.

**Case report** It is presented the case report of a patient that suffers from recurrent episodes of hypersomnia associated with hyperphagia and abnormal behavior.

**Electroencephalography** EEG demonstrates slowing of drowsiness and a decrease in REM sleep. The test of multiple sleep latency is abnormal and the rest of complementary test are normal.

**Diagnosis** F51.1 Recurrent hypersomnia (Kleine-Levin syndrome) [307.44].

**Discussion** Kleine-Levin syndrome is an intriguing, severe and homogenous disease with no obvious cause or treatment. Treatment is generally supportive. It should be considered in any

teenager presenting with recurrent episodes of hypersomnia concurrent with cognitive changes or disinhibition.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.2220>

**Suicidology and suicide prevention**

## EV1238

**Depression and suicide ideation in medical students**

A. Alonso Sanchez, A. Alvarez Astorga, H. De la Red Gallego\*, R. Hernandez Antón, S. Gómez Sanchez, C. Noval Canga, I. Sevillano Benitez, G. Isidro García, M. Hernandez García, F. De Uribe Ladrón de Cegama

HCU Valladolid, Psychiatry, Valladolid, Spain

\* Corresponding author.

**Background** Medical students have higher levels of depressive symptoms than the general population. Additionally, depressed students are more likely to commit suicide. Recent studies find up to 10% of medical students experiment depression and suicidal ideation, which is meaningfully higher than general population of similar age (5–8%). However, little is known about depression and suicidal ideation in medical students in Spain.

**Objective** This study aims to create a self-administered questionnaire to investigate the prevalence and factors involved in depression and suicidal behaviour in medical students from a Spanish University.

**Methods** We evaluated the main risk factors leaning to suicide in students. In addition, we selected an appropriate scale to assess depression among the existing ones. The evaluated items included demographic reports, academic information (academic course, unfinished subjects and accomplishment) and sanitary data (psychiatric family history, psychiatric personal history, psychotropic drug consumption, distress emotional events in the last twelve months and drugs consumption). Furthermore, we selected the 9-item Patient Health Questionnaire (PHQ-9) because of its rapidly implementation and proven efficacy.

**Conclusions** Rates of depression and suicidal ideation are high in medical students. Currently, there is no program to detect and prevent depression neither suicide in students. For that reason, we consider that creating a new instrument to evaluate mental health in student is useful in order to offer early detection and treatment at medical school.

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

**Further reading**

Tan Siew T, Sherina Mohd S, Lekhraj Rampal P. Prevalence and predictors of suicidality among medical students in a public university. *Med J Malaysia* 2015;7(1).

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.2223>

## EV1239

**Description of the autolitic acts attended in a mental health unit in 2014**

A.M. Alvarez Montoya<sup>1,\*</sup>, C. Diago Labrador<sup>2</sup>, T. Ruano Hernandez<sup>3</sup>

<sup>1</sup> Algeciras, Spain

<sup>2</sup> Clinica Privada, Psiquiatria, Algeciras, Spain

<sup>3</sup> Clinica Privada, Psicologia Clinica, Malaga, Spain

\* Corresponding author.

**Objective** The objective of the study is the analysis and the description of patients who committed autolitic acts and were attended in a mental health hospital unit in 2014.

**Method** We analyze the patient registry for the attended emergencies in our mental health hospital unit, extracting the following variables: gender distribution, age range, type of method applied in the attempt and diagnosis based on DSM-IV TR.

**Results** The study reveals a larger share of autolitic acts in the feminine population between 14 and 69 years old. A total of 31 patients needed to be attended in an emergency hospital unit (11.74%). The most common method is the medical substance abuse (23 patients, 74.19% from the admitted patients in our Mental Health Hospital Unit). The diagnoses in order of frequency were; affective disorders (13 patients, 41.93%), personality disorders (8 patients, 25.80%), adaptative disorders (7 patients, 22.58%) and psychotics disorders (3 patients, 9.68%).

**Conclusion** Our population-based sample confirms the epidemiologic data found in the consulted literature as well as in other population groups.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.2224>

## EV1240

### Multimodal validation of facial expression detection software for real-time monitoring of affect in patients with suicidal intent

F. Amico<sup>1,\*</sup>, G. Healy<sup>2</sup>, M. Arvaneh<sup>3</sup>, D. Kearney<sup>4</sup>, E. Mohedano<sup>2</sup>, D. Roddy<sup>1</sup>, J. Yek<sup>1</sup>, A. Smeaton<sup>2</sup>, J. Brophy<sup>1</sup>

<sup>1</sup> Newcastle Hospital, Psychiatry, Newcastle, Ireland

<sup>2</sup> Dublin City University, The Insight Centre for Data Analytics, Dublin, Ireland

<sup>3</sup> The University of Sheffield, Department of Automatic Control and Systems Engineering, Sheffield, United Kingdom

<sup>4</sup> University of Maynooth, Biomedical Engineering Research Group, Maynooth, Ireland

\* Corresponding author.

Facial expression is an independent and objective marker of affect. Basic emotions (fear, sadness, joy, anger, disgust and surprise) have been shown to be universal across human cultures. Techniques such as the Facial Action Coding System can capture emotion with good reliability. Such techniques visually process the changes in different assemblies of facial muscles that produce the facial expression of affect.

Recent groundbreaking advances in computing and facial expression analysis software now allow real-time and objective measurement of emotional states. In particular, a recently developed software package and equipment, the Imotion Attention Tool™, allows capturing information on discreet emotional states based on facial expressions while a subject is participating in a behavioural task.

Extending preliminary work by further experimentation and analysis, the present findings suggests a link between facial affect data to already established peripheral arousal measures such as event related potentials (ERP), heart rate variability (HRV) and galvanic skin response (GSR) using disruptively innovative, noninvasive and clinically applicable technology in patients reporting suicidal ideation and intent compared to controls. Our results hold promise for the establishment of a computerized diagnostic battery that can be utilized by clinicians to improve the evaluation of suicide risk.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.2225>

## EV1241

### Availability and accessibility of medications and toxic substances and suicidal behavior

M. Arsenyan<sup>1,2,\*</sup>, S. Sukiasyan<sup>3</sup>, T. Hovhannisyan (Member)<sup>4</sup>

<sup>1</sup> “St. Grigor Lusavorich” MC, Republican Child Psychiatric Department, Yerevan, Armenia

<sup>2</sup> Yerevan State Medical University Hospital “Muratsan”, Toxicology Center, Yerevan, Armenia

<sup>3</sup> “Artmed” MRC, Department of Mental Health “Stress”, Yerevan, Armenia

<sup>4</sup> Armenian Psychiatric Association, Yerevan, Armenia

\* Corresponding author.

**Introduction** Scientific research indicates that accessibility of suicide means has a significant influence on the choice of method. Since the choice of suicide method largely depends on availability of suicide means, the lethality of method at hand plays a crucial role in a period of suicidal crisis.

**Aims** We aimed to reveal the associations between accessibility and availability of medications and toxic substances and suicidal behavior of teenage girls in Armenia.

**Objective** Our objectives were to determine whether accessibility and availability of medications and toxic substances have any impact on development of suicidal behavior among teenage girls in Armenia and whether toxicity and quantity of medications and toxic substances at hand or purchased by attempters are associated with severity of outcome.

**Methods** A qualitative analysis of patient histories of 26 teenage girls, hospitalized in the ICU, Toxicology Center “Muratsan”, Yerevan, RA, diagnosed as having acute deliberate self-poisoning was performed.

**Results** In majority of cases, conflict situation preceded suicidal behavior and decision on attempting suicide was impulsive. Being emotionally distressed teenage girls reached for medications and toxic substances readily available in the household or bought medications from a pharmacy.

**Conclusion** The vast majority of teenage girls attempted suicide by medications and toxic substances at hand. Admittedly, both, type of medication and quantity of pills or amount of toxic substances utilized, affected the severity of outcome. Hence, the availability and accessibility of medications and toxic substances played a crucial role in development of suicidal behavior and severity of outcome.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.2226>

## EV1242

### Mental health and suicidal risk in lesbian, gay and bisexual population

P. Azevedo\*, J. Vitória, A. Norton

Magalhães Lemos Hospital, Inpatient Unit C, Porto, Portugal

\* Corresponding author.

**Introduction** Nowadays, the lesbian, gay and bisexual (LGB) community still suffers from prejudice and social stigma, including from medical professionals.

Thus, it is urgent to draw attention to this population since these individuals have an increased risk of mental disorders, substance abuse and dependence, suicidal ideation and suicide attempt or complete suicide.

**Aims** To underline the prevalence of mental disorders and increased suicide risk in the LGB population.

**Objectives** To summarize the latest literature about this field.

**Methods** A brief review of the latest literature was performed on PubMed using the keywords “mental health”, “suicidal risk”, “LGB population”.