It seems righteous to propose this basically objectively validated model as a plausible explanation of the depressed suicide.

Disclosure of interest   The author has not supplied his declaration of competing interest.

EV1283

Predictors of suicidal behaviour persistence and recurrence

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Introduction   Suicidal behaviour represents a global public health issues; personal suicidal history is the most common predictor of the persistence and recurrence of suicidal ideation and behaviour in general.

Objective   This paper proposes to elaborate a synthesis of the scientific literature, concerning the main predictive factors of the persistence and recurrence of suicidal behaviour, considering that the current diagnostic criteria available fail to make a distinction and to specify clearly the differences between all psychiatric disorders without self-harming behaviour and the same nosological entity accompanied by suicidal behaviour.

Materials and methods   I conducted a literature review, by analyzing the data concerning the predictors of the persistence and recurrence of self-harming behaviour, obtained from articles published between January 2013 and January 2015. I browsed the PubMed website, by keywords such as suicide, suicidal risk, suicide predictor, persistent suicidal ideation, and suicidal behaviour recurrence.

Results   The scientific literature underscores that that entrapment and defeat are two elements often neglected; however, they should be a priority criterion, alongside traditional predictive factors, such as the following: gender, age, history of suicide attempts, socio-familial status, etc. All of these factors must be considered within the complex endeavour of assessing suicidal risk. However, there is still only scarce validated data concerning the mechanism that leads to entrapment and the one that determines its relation with self-harming behaviour.

Conclusions   This paper proposes to synthesize the current data concerning suicide predictors, in order to obtain new research assumptions. The final purpose is to develop proper preventive and therapeutic approaches.

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

EV1284

Risk factors for attempted suicide: A prospective study on psychiatric consultations in the emergency room

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Introduction   Studies conducted on Italian samples suggested that 70% of self-harms referred to the emergency room (ER) were suicide attempts. Suicide attempts are associated with societal, relationship and individual risk factors, which vary with age and gender, occur in combination, and may change over time. We conducted a previous study on a sample of psychiatric consultations in ER from 2008 to 2011. We observed that female gender, a permanent job and being in the warmer months of the year were risk factors for suicide attempts.

Aim   To update knowledge about risk factors for attempted suicide analyzing a larger sample of ER psychiatric consultations.

Methods   Determinants of emergency room visits for psychiatric reasons were studied prospectively in a period of 8 years, from 2008 to 2015 at the "Maggiore della Carità" Hospital in Novara. The psychiatric assessment of patients was performed by experienced psychiatrists with a clinical interview. For each patient, a data sheet was filled in order to gather demographic and clinical features. Comparison of qualitative data was performed by means of the Chi^2 test while differences between groups for continuous variables were assessed through a t-test. Statistical significance was set at $P \leq 0.05$. A multivariate analysis was performed using logistic regression in order to assess the potential predictors of attempted suicide. Results are expressed as odds ratio (OR) with 95% confidence intervals (95% CI).

Conclusions   We have collected data from more than 500 psychiatric consultations for attempted suicide. Data collection and statistical analyses are still ongoing. Implications will be discussed.

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

EV1285

Are suicidal thoughts in adolescents dependent on substance abuse?

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Substance abuse is common issue in youth and may influence youth's suicide thoughts or actions. It can lead to social isolation, low self-esteem, loss of work or school, estrangement from family and friends – all these may create a core of stresses that may lead to suicidal tendencies.

Analysis addictive factors correlating with occurrence of suicidal thoughts and behaviours among adolescents at the age of 18–20.

Study was based on authorial, previously validated questionnaire, included 16 questions about suicidal thoughts. Questionnaires were filled by adolescents (age 18–20) of 21 Secondary Schools in Katowice.

From the group of 965 adolescents, 28.8% had suicidal thoughts. From all respondents: 31.3% smoked, 92.7% drunk alcohol, 16.0% used legal hights and 30.9% – drugs; 35.8% of smoking adolescents had suicidal thoughts. In group of non-smoked adolescents – 25.6%. There was statistical significant difference ($P=0.0012$) between these groups. Among adolescents who drunk alcohol, 28.8% had suicidal thoughts. In the group of non –drinking alcohol adolescents – 27.9%. There was no statistical significant differences ($P=0.88233$) between these groups. There were 43.7% adolescents with suicidal thoughts who used legal hights. In the group of non-users of legal hights, 26.0% adolescents had suicidal thoughts.

Adolescents that are using examined stimulants are in the group risk of suicidal thoughts and autodestructive behaviours. Results show the need of psychiatric and psychotherapeutic support that is aiming to prevent suicides and autodestructive behaviours in this group. Screening questionnaires that are assessing the problem of

addiction within the adolescent may help to identity persons with suicidal tendencies.

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EV1286

A salivary biochemical analysis of certain recruits associated with suicidal ideation

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Objective To explore the biochemical indicators of the persons at high risk of suicide.

Aims To achieve early screening of the persons at high risk of suicide.

Methods Suicide ideation of new recruits was generally investigated with self-rating idea of suicide scale (SIOSS). Twenty-five recruits whose scores were more than 12 were recognized as the suicide ideation group. Another 25 recruits without suicide ideation were randomly selected as the control group. Saliva samples of each group were collected for biochemical analysis after one month and three months. The SIOSS was used again for evaluation of suicide ideation.

Results After one month, the concentrations of Ca, Mg, Amy and SA in saliva were demonstrated to be statistically different between the two groups. After three months, the concentrations of Ca, Mg, Amy and SA in saliva between the two groups showed no significantly difference. According to SIOSS results, only 7 persons of the original suicidal ideation group were recognized as suicidal ideation group, the other 18 people's SIOSS scores were less than 12. And the SIOSS scores of the control group (without suicidal ideation group) were also less than 12. There was no statistical difference in the three groups for comparison of salivary Ca, Mg, Amy and SA.

Conclusion The biochemical indicators l of saliva lack specificity for suicidal ideation screening.

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Telemental health

EV1287

Online mindfulness as therapy for fibromyalgia patients

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Introduction Fibromyalgia is a chronic disease. This diagnosis has been controversial in scientific society. However, there is one fact: there are women who feel not only uncontrollable and non-specific body pain, but also psychological symptoms.

Objective To compare the efficacy of online sessions versus in onsite sessions. To demonstrate that online mindfulness sessions could help to reduce pain in patients with a diagnosis of fibromialgya.

Method A website created to give education and advice to women with fibromyalgia related to the disease was used as a platform to offer online mindfulness sessions.

Two hundred and thirty-four patients with fibromalgia asked to participate in the online sessions, but only 13 were included in the study. Nineteen other women received onsite mindfulness sessions. Patients were evaluated before and after intervention. Two analyses were undertaken: intragroup and intergroup.

Results No differences were found between online mindfulness session and onsite mindfulness session. In both cases, an improvement in the questionnaire scores was demonstrated. Mindfulness as a kind of psychotherapy helped patients to control pain and symptoms of anxiety.

Discussion The new ICTs offer a huge of possibilities in medicine and mental health. With respect to psychiatry, not only intervention, like psychotherapy, can be offered but also psychoeducation. However, there are factors such as age and educational level that make online intervention difficult.

Conclusion In the near future, most people will interact with technology and it would be easier to supply online interventions and psychoeducation e-patients already exist, so e-doctors and e-psychiatrists should be online soon.

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EV1288

Online psychoeducation: E-patients are looking for e-doctors

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Method A website was designed to offer psychoeducation and advice to women who demand more information about health after traditional visit to GPs. A total of 564 patients visited the website in three months. Women asked for information and interacted with different topics on the platform. Only the women who completed all the form (age, previous diseases, current treatment) were analyzed. A total of 226 e-patients were included.

Results The most demanded information was about: excess weight, fibromyalgia, depression, anxiety, bipolar disorder and the menopause although other topics related to medicine such as HTA, breast cancer, and pregnancy were part of the website contents.

Discussion Even when many topics about medicine were available on the website, women were more interested in, and showed the need for information about mental health.

Online psychoeducation could help the clinician to save time at the personal consultation and could be especially useful in following the patient for a long time.

However, there are technological barriers and at least one first face-to-face interview is required in complicated cases to determine a correct diagnosis.

Conclusions A high demand for e-mental online health education does exist. It would be useful for professionals to be trained in information technology in order to cover that demand and avoid misinforming patients.

It would be interesting to undertake a meta-analysis with all the studies around the world and determine the profile of the patient that could be helped through online attention.

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