

EV1232**How much does depressive mood affect sleep for high school students?**

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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.

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EV1235**Recurrent hypersomnia: Kleine-Levin syndrome**

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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.

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Suicidology and suicide prevention**EV1238****Depression and suicide ideation in medical students**

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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).

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EV1239**Description of the autolitic acts attended in a mental health unit in 2014**

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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 Hospitalary 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.

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EV1240

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

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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.

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EV1241

Availability and accessibility of medications and toxic substances and suicidal behavior

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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.

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EV1242

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

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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".