EPP1418

Individual factors associated with suicidal recurrence in patients of southern tunisia

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Introduction: Nowadays, suicide is a global public health problem thus detection of risk factors more specifically individual factors can be used as a method for prevention and intervention.

Objectives: The aims of our study were to assess the incidence of suicidal recurrence and its individual associated factors.

Methods: A retrospective descriptive and analytical study was undertaken including all patients consulting for the first time at Gabes psychiatry department (in southern Tunisia) from the 4th March 2009 to the 25th September 2020 for suicidal attempt. Sociodemographic and clinical data as well as suicidal attempts' characteristics were assessed. The statistical analysis was executed on the software SPSS (20th edition).

Results: 278 patients were collected including 217 female. The mean age was 26. Suicidal patients were unmarried (75.9%), childless (79.1%) and unemployed (47.5%). The common suicidal attempt method was voluntary drug intoxication (67.8%). Interference of individual factors was reported in 77% of cases, especially difficulties to cope with stress (46.4%), followed by low self-esteem (36.5%), personal psychiatric history (17.3%), personal medical history (8.3%) and alcohol or drug abuse (6.1%). A suicidal re-attempt was notedin 24.9 % of cases. Recurrence was associated with the female gender (72.4%), difficulties to cope with stress ($<10^{-3}$) and low self-esteem (p=0.012).

Conclusions: After the first suicidal attempt, it's crucial to identify the individual factors that seems to have an influence on subsequent suicidal behaviour in order to ensure a proper treatment.

Keywords: suicidal attempts; suicidal recurrence; individual factors; Suicide prevention

EPP1416

Warning signs of suicide attempts and risk of suicidal recurrence

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Introduction: Detecting warning signs of suicide attempts is a particular difficult task. However, people who plan to commit suicide almost always announce it to someone in some way.

Objectives: Aims of this study were to describe signs preceding the suicide attempt in a group of suicidal persons and its links with suicidal recurrence.

Methods: It was a retrospective study that included all the patients who attempted suicide during the period from May 1st, 2009 to September 25th, 2020 and who were referred to the psychiatry department of the regional hospital of Gabes. Sociodemographic and clinical data as well as suicidal attempts characteristics were assessed.

Results: 278 patients were included (female=78.1%), with mean age of 26. The common suicidal attempt method was intentional drug intoxication (67.8%). At least, one clinical manifestation was reported by 75.2% of suicide patients. The most common signs were the tendency to isolation (47.1%), a change in character or behavior (46.6%), thoughts of death (29.6%), anxiety or agitation (24.8%) and recent worsening of the pre-existing psychiatric symptoms (24.3%). Suicidal recurrence affected 24.8% of patients. It was correlated to the presence of a mental disorder (p<10-3), the presence of reflections on death (p=0.02), the onset of a state of anxiety or agitation (p<10-3), recent worsening of pre-existing psychiatric symptoms (p = 0.001) and verbal expression of suicidal thoughts (p<10-3).

Conclusions: The pre-suicidal syndrome is frequently heralded by changes in the patient's character or behavior. Some suicidal warning signs are associated with the risk of suicidal recurrence.

Conflict of interest: No significant relationships.

EPP1418

Relationship to pain and suicidal-related experience: Validation of discomfort intolerance scale и the pain catastrophizing scale in russian female adolescents

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Introduction: Perception of and relationship to pain are considered as important factors of suicidal behavior (Joiner, 2005, Klonsky & May, 2015, O'Connor & Kirtley, 2018, Galynker, 2017). Some studies of pain demonstrated that there are common mechanisms of emotional and physical pain (DeWall & Baumeister, 2006, MacDonald & Leary, 2005, Eisenberger, Lieberman, & Williams, 2003).

Objectives: The aim was to validate Discomfort Intolerance Scale and Pain Catastrophizing Scale on the female adolescent sample and to reveal their relationship to suicidal experience.

Methods: 183 adolescents females (13-21 years old) filled Discomfort Intolerance Scale (Schmidt, Richey, & Fitzpatrick, 2006) and The Pain Catastrophizing Scale (Sullivan, Bishop, & Pivik, 1995). Then they replied to items related to their own or their friends' suicidal experience.

Results: Factor analysis for PCS explained 73.6% of variance with Cronbach's alphas .77-.91. Factor analysis of DIS explained 67.1% of variance with Cronbach's alphas .63-.70. There were no relationships between suicidal-related experience and pain-related experience.

Conclusions: Discomfort Intolerance Scale and Pain Catastrophizing Scale could be used as reliable and valid methods of measuring relationship to pain in studies of adolescents, although we found no associations between them and suicidal intentions.

Keywords: relationship to pain; discomfort intolerance scale; the pain catastrophizing scale

EPP1419

Suicidal behaviors: Relationship with body mass index and serological indicators

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Introduction: Current research has demonstrated associations between variables of a biomedical nature with the presence of psychological indicators.
Objectives: To analyze the relationship between levels of total cholesterol, triglycerides, and Body Mass Index (BMI) with suicidal behaviors, on a non-smoking sample, without women who take birth control pills and participants without depressive pathologyTo analyze the relationship between levels of total cholesterol, triglycerides, and Body Mass Index (BMI) with suicidal behaviors, on a non-smoking sample, without women who take birth control pills and participants without depressive pathology.
Methods: We used a sociodemographic questionnaire and the Suicidal Behaviors Questionnaire - revised (SBQ-R) to evaluate the suicide ideation, suicide attempt and the probability of committing suicide. The sample is composed of 166 participants with ages between 18 and 89-years-old, 54.2% are men and 45.8% are women.
Results: We observed a weak association between serological indicators with some components of suicidal behaviors. It is also observed that higher cholesterol levels are associated with a higher probability of suicide; normal BMI is related to an increase of suicidal ideation; and the age group of 41 to 89 years-old presents a higher probability of committing suicide.
Conclusions: It is further concluded that age, gender, marital status, place of residence, education and professional status are significantly associated with suicidality. Yet, the influence of cholesterol, triglycerides, and BMI levels on suicide behaviors was not supported.

Keywords: Total cholesterol; Triglycerides; BMI; Suicidal behaviors.

EPP1420

Tobacco smoking in non-psychotic patients with suicidal ideation

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Introduction: Tobacco smoking (TS) is a major public health concern worldwide because of its association with a number of unfavorable health-related outcomes. According to recent studies TS negatively affects both physical and mental health. Suicidal ideation (SI) is more prevalent in people with mental disorders than in the general population. Factors associated with the transition from SI to suicide attempt (SA) should be detected to prevent suicide in this high-risk population.
Objectives: The aim of the study is to evaluate the influence of tobacco smoking on risk of lifetime suicide plan (SP), SA and nonsuicidal self-injury (NSSI) in patients with nonpsychotic mental disorders (NPMD) and SI.
Methods: Four hundred and 78 consecutive patients with NPMD and SI were included into the study. All patients were evaluated by a psychiatrist, underwent Self-Injurious Thoughts and Behavior Interview as well as semi-structured interview designed to gather information on demographic and biographical features. Mann-Whitney, Fishers exact test, chi-square test and stepwise logistic regression were used as statistical methods.
Results: Three hundred and 24 (67.8%) patients have smoked at least 100 cigarettes in their entire life. No differences were found between smokers and non-smokers in terms of age, gender, educational and occupational statuses as well as age at onset of self-injurious thoughts and behavior, and total number of SP, SA and NSSI (all: $p>0.05$). The lifetime smokers were at higher risk of SA (OR=2.379; 95% CI 1.58-3.581: $p<0.001$) and NSSI (OR=1.591; 95% CI 1.064-2.38: $p=0.024$).
Conclusions: Lifetime smoking in patients with NPMD and SI is associated with SA and NSSI.

Keywords: Suicide; NSSI; Tobacco smoking; Ideation-to-action framework

EPP1421

Quality of life of patients with nonsuicidal self-injury: The role of suicidal ideation.

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Introduction: Lower quality of life (QoL) scores are associated with suicidal behavior, both in the general population and in psychiatric patients. Nonsuicidal self-injury (NSSI) behavior is a public health concern because of its increasing prevalence and high risk of