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Depression Education in Primary Care is a Basis of Suicides Prevention

N. Kornetov¹

¹Psychiatry Addictology and Psychotherapy, Siberian State Medical University, Tomsk, Russia

Introduction: A depressive disorder (DD) is wide spread disease with severe burden and high suicide risk. Depressive disorders [DD] haven't got proper attention for a long time in the countries of Eastern Europe and the former USSR. Depression in Primary Care in Russian specific educational program does not exist yet.

Objectives: To create educational **R**ecognition of **D**epressive disorders **P**rogram (REDEP) to decrease suicides in Tomsk city and Tomsk Area (TA).

Methods: Educational Program WPA/PTD on DD (Russian version) was used as a basis of REDEP, comparative analysis of mortality ratio of suicides (MRS) during 2004-2013 among Russian Federation (RF), Siberian Federal Region(SFR) and TA. Also, we conducted analysis of suicide decrease in Tomsk city.

Results: We conducted the comparative analysis of suicides in RF, SFR and TA; we also assessed the dynamics of suicides reduction in TA under the influence of Educational Program on DD. In 2004 MRS in RF, SFR and TA was 34,3; 47,6; 38,3 per 100000 accordingly. During 9 years there was the trend of suicides' decreasing for all three population groups. The most prominent MRS decline was in TA ($p < 0,03$). MRS showed annual reduction in TA – 17,5-23,7/100000 in 2012-2013. This model can be extrapolated to other regions of the country with high MRS. During 2008-2013 MRS is being hold below 10/100000.

Conclusions: The prevention of suicides is possibly provided with the persistent and continual education of doctors, clinical psychologists, social workers to recognize and manage depression and comorbid conditions with high risk of suicides.