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Cannabis use and violent behavior

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Introduction: Cannabis is the most commonly used psychoactive drug, particularly among adolescents and young adults. Accordingly, to the European Drug Report 2021, the prevalence of cannabis use is about five times that of other substances, so that last year cannabis use among EU inhabitants aged 15 to 24y is estimated at 19.2 %. Even though most human research has concluded that Δ^9 -tetrahydrocannabinol (THC), tends to dampen rather than provoke aggression in acute doses, recent evidence suggests a relationship between cannabis usage and violent behavior, especially when associated with neurodevelopment stages.

Objectives: To review the existing evidence on the association between cannabis and violence in young adults and provide an overview of possible mechanisms explaining this relation.

Methods: Literature review was based on PubMed/ MEDLINE, using key words inclusive for violence, cannabis and adolescence. Studies included focused the young-adults population and considered the relation between cannabis use and behaviors reported as acts of physical violence. Studies were excluded if they included self-harm behaviors.

Results: Recent studies, including case-reports, showed a global moderate association between cannabis use and violence. Preliminary data has even highlighted a potential larger effect in more frequent users. Also, the cannabis role in the central nervous system (CNS), with most expression in the limbic cortices, and especially as it participates in a variety of brain function modulations - including executive functions, inhibition/impulsivity, and emotional control, has been pointed as one of the main arguments for this relation.

Conclusions: Further studies may shed light on the effects of cannabis use on behavior.

Disclosure: No significant relationships.

Keywords: Cannabis; THC; young-adults; violence

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Association between Mood Disorders, Problematic Internet Use and Online Gambling Addiction: A Systematic Review

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Introduction: New technologies have become widespread in the last decades, becoming an essential tool for today's population. However, due to the increase in its use, multiple problems have surfaced at a psychopathological level.

Objectives: The main goal of this study is to review, in an updated manner, the existing bibliography on the problematic use of the Internet and online gambling in the adult population and its relationship with Mood Disorders, exploring beyond Major Depressive Disorders so as to include Bipolar Disorders.

Methods: A search was carried out in Medline, Tripdatabase and in the Virtual Health Library. We use the terms "Bipolar Disorder", "Mood Disorders"; "Depressive disorders"; "Comorbidity"; "Problematic Internet use" and "Internet Gaming disorder". Narrowing the search to the last 4 years and obtaining a total of 14 articles, of which only 10 were included after a thorough review.

Results: A significant association was found between internet addiction in its different forms (Smartphone, Social Networks, Internet in general and IGD and MDD). A neuroanatomical correlation between Internet Gaming Disorder and Major Depressive Disorder was also established. A heterogeneity of criteria for addiction evaluation was observed. However, little information was found regarding the association between the addictive disorders and Bipolar Disorder.

Conclusions: The correlation between the behavioral addiction forms previously mentioned and bipolar disorder must be further studied. There is a clear association between internet addiction and major depressive disorder. The established neuroanatomical correlation promotes the study of the applicability of brain stimulation techniques as a potential treatment for this type of pathology.

Disclosure: No significant relationships.

Keywords: bipolar disorder; problematic Internet use; internet gaming disorder; depressive disorder

Suicidology and Suicide Prevention

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Impact of interpersonal relationships and acquired capability for suicide on suicide attempts: An observational study

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Introduction: The Interpersonal-Psychological Theory of Suicide (IPTS) specifically predicts that acquired capability, perceived burdensomeness, and low belongingness are collectively necessary and sufficient proximal causes of serious suicidal behavior. Although the interpersonal theory of suicide is clinically reliable, most previous studies have been conducted on clinical groups including suicidal ideators with no suicide attempters or including only a few suicide attempters

Objectives: This study aims to investigate interpersonal needs and acquired capability for suicide through questionnaire surveys following suicide attempts in people admitted to hospitals for medical treatment.

Methods: A total of 344 participants (200 depressed patients with attempted suicide, 144 depressed patients with suicidal ideation) were enrolled for this study. Depression, anxiety, emotional regulation, interpersonal needs, and acquired capability for suicide were evaluated. A model with pathways from emotional regulation difficulties and interpersonal needs to suicide attempts was proposed. Participants were divided into two groups according to the presence of suicide attempts or suicidal ideation.

Results: Acquired capability for suicide mediated the path from depression to suicide attempts. In the path model, difficulties in emotional regulation and interpersonal needs predicted depression significantly. Although depression itself was not significantly related to acquired capability for suicide, depression was significantly related to acquired capability for suicide in suicide attempter group.

Conclusions: Interventions with two factors affecting suicide attempts will clarify the suicide risk and contribute to finding risk factors. It will also help reduce suicide rates through interventions in the processes leading to suicide attempts by identifying variables to predict the attempts through the path to suicide attempts.

Disclosure: No significant relationships.

Keywords: interpersonal relationships; acquired capability; Suicide

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The association between self-esteem and suicidal risk: a meta-analysis

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Introduction: Background: Existing evidence poses low self-esteem as a risk factor for both suicidal ideation (SI) and suicide attempts (SAs) in the general population.

Objectives: The present study assesses the relationship between self-esteem level and SI/SA, considering across the lifespan. Two separate meta-analyses, one for SI and the other for SA are herein reported since they substantially overlap in terms of eligibility procedures and search strategies.

Methods: Eligible studies documented at least one suicidal, and a non-suicidal group. Data were analyzed using the Cochrane Collaboration Review Manager Software (RevMan, version 5.4.1) under the random-effects models. Values were standardized owing to the anticipated heterogeneity of self-esteem rating tools. Sensitivity analyses were performed to control for heterogeneity.

Results: Out of 3,310 initial hits, 24 studies were deemed eligible for inclusion. The meta-analyses showed that individuals with lower levels of self-esteem, compared to those with higher levels, were more likely to endorse both SI and SA. SI reached a standardized mean difference of -0.43 (CI: -0.81, -0.05), while SA reduced by -0.89 (CI: -1.02, -0.76), overall. Limitations: The herein presented results rely on standardized mean differences rather than odds of either SI or SA since the original studies failed to systematically fetch rates of the events.

Conclusions: Lower levels of self-esteem represent a risk factor for both SI and SA across the lifespan. Forthcoming studies should systematically account for multiple moderators to allow meta-

analytic synthesis including sub-group and meta-regression analyses assuming high-heterogeneity would still be concerned.

Disclosure: No significant relationships.

Keywords: Suicide; self-esteem; suicidal risk; meta-analysis

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Internet Use Related to Suicidal Thoughts and Help-Seeking – Preliminary Results of a Study with Depressive Patients

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Introduction: Suicide-related Internet use is becoming more common, and many research study its potential risks and benefits.

Objectives: Data on suicidal thoughts and Internet use of patients with depressive disorders were collected to assess their suicide-related Internet use and its relation to help-seeking preferences.

Methods: Semi-structured interviews were completed to assess Internet use patterns and suicidal thoughts among patients treated with depressive disorders, and preferred forms of help-seeking were also examined.

Results: 113 patients completed the interviews, most of them spend more hours a day using the Internet. More than 80% came across suicide-related contents while browsing, a quarter reported specific search for suicidal contents. In case of suicidal thoughts, three-quarters of depressed patients would seek help from a mental health professional, two-thirds from their partners, half from friends, and nearly one-third from parents, other relatives or from GPs. Most patients would prefer offline (personal) help for their psychological problems and suicidal thoughts, online methods were less preferred, with only one-fifth choosing these options. However, a third of them also considered it probable that they would not ask anyone for help.

Conclusions: Despite of the frequent use of the Internet, online help-seeking is less common in depressive patients. However, in the times of pandemic, online help facilities may provide an opportunity to prevent suicidal behavior for those, who have suicidal thoughts and use the Internet regularly, especially searching for suicide-related contents. In the future, further research is needed to develop more effective online suicide prevention programs and applications.

Disclosure: No significant relationships.

Keywords: suicidal thoughts; help-seeking; Internet use; suicide prevention

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Cancer diagnosis and suicide outcomes: prevalence and risk meta-analysis

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