

evidence of publication bias was reported in the main analysis (lifetime SA).

Conclusions: Collected data are therefore in line with previous literature on this topic, which considered physical pain an extremely relevant risk factor for suicidal thoughts and behaviours. Future studies should specifically focus on alternative types of physical pain (such as medically unexplained pain or psychogenic pain) or explore the different impact of acute versus chronic pain in terms of increased suicide risk.

Keywords: Suicidal Thoughts; suicidal behaviours; meta-analysis; Physical Pain

EPP1390

Forensic data on adolescents who died by suicide in Greece

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Introduction: Suicide is the second most common cause of adolescent mortality worldwide.

Objectives: To study the characteristics of a sample of adolescents (<18years of age) who died by suicide in Greece.

Methods: We investigated all suicides that took place within the area of the Piraeus Department of Forensic Medicine (population covered ~700,000) for the period 1992-2016, based on the victims' forensic records.

Results: During the 25-year period, 16 adolescents (and 1162 adults) died by suicide. They were mostly males (11/68.75%) and of Greek Nationality (14/87.5%). The mean age was 15.56 years (range: 12-17, standard deviation: 1.46). Two (12.5%) were under psychiatric medication (an antipsychotic and an antidepressant, respectively); none was receiving a benzodiazepine or a mood-stabilizing antiepileptic. None had used amphetamine, cannabis, cocaine or heroin. Two (12.5%) -one girl one boy- had consumed alcohol. The suicides took place primarily at home (12/75%), followed by outdoors (3/18.75%); one (6.25%) took place in a correctional facility. Hanging was the most prevalent method (6/37.5%), followed by jumping (5/31.25%), shooting by a firearm (2/12.5%), drowning (1/6.25%), medication overdose (1/6.25% -amitriptyline poisoning) and a case of suffocating death (1/6.25%). Most suicides happened in September (5/31.25%) and April (3/18.75%). No significant differences were noted with the adult sample.

Conclusions: The methods chosen by the adolescents who died by suicide in our sample differ strikingly from those of usual suicide attempts at that age (medication overdose/self-cutting). The periods when the suicides took place may imply a role for school stress. Our study was retrospective and focused primarily on a large urban area.

Keywords: Forensic; Suicide; adolescent; Greece

EPP1391

Suicidal behaviour in medicine students and residents.

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Introduction: Among medical students the rate of depression varies between 5-32% and it is known that the suicide rate is higher than in the general population.

Objectives: Clear and current data are needed to design studies for the diagnosis and treatment of students and residents of Medicine with psychological and psychiatric disorders in order to reduce rates of suicidal behavior in this population group.

Methods: A systematic search for articles on the UpToDate, PubMed and Mendeley platforms has been conducted with the keywords "suicide", "suicidal behavior", "suicidal ideation", "medicalschoo" and "medical students". We found 435 items from which a total of 42 items were selected.

Results: The prevalence of depression is 27.2%, of which only 15.7% of them are under treatment. Burnout, has a high prevalence of 45-50%. The prevalence of suicidal ideation in the last year is 11.1%. The most commonly used method is medication overdose. Suicidal behavior is greater among students who choose to choose Psychiatry or Family and Community Medicine as a specialty.

Conclusions: The rate of suicidal ideation among medical students is 11.1%. Nearly one out of every three medical students suffers from depression in some degree, and only one in five is treated. The similar prevalence of burnout at all levels supposes poor management of stress from the faculty. Medical schools should reduce the associated stigma and should encourage depressed students to seek treatment.

Keywords: Medicine students; Suicide; Depression; suicidal behaviour

EPP1392

Patients with substance use disorder who have higher alexithymia levels present more suicidality history: Preliminary results in an outpatient addiction treatment center in Spain.

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Introduction: Patients with substance use disorders (SUD) have higher alexithymia levels and present frequently suicidal ideation (SI) and suicide (SA) [1,2]. Beside, alexithymia has been related to suicidal behaviors in several psychiatric disorders[3]. Although, there are some studies on alexithymia and suicidality in SUD patients, to our knowledge there are no studies on this issue in Spanish population.

Objectives: To compare the alexithymia levels in SUD patients with and without SI and SA in an outpatient addiction treatment center in Spain.

Methods: This is a cross-sectional study performed on 110 patients (74.3% males; mean age 43.6±14.5 years old) for whom we had information from the Toronto Alexithymia Scale (TAS-20) and the presence or not of lifetime SI and SA.

Results: Lifetime SI and SA were present in 55.5% and 35.5% of the sample respectively. The mean score of TAS-20, difficulties identifying feelings (DIF), difficulties describing feelings (DDF), and externally-oriented thinking (EOT) were 57.2±13.3, 20.0±7.0, 14.7±4.5, and 22.5±4.5 respectively.

TAS-20 scores (total and subfactors)		Suicidal ideation		t	p	Suicide attempts		t	p
		Yes (n=49)	No (n=61)			Yes (n=39)	No (n=71)		
DIF	Mean	21.8±7.2	18.8±6.6	2.300	0.024	22.3±7.6	18.9±6.5	2.311	0.024
DDF	SD	15.7±4.6	13.8±4.3	2.216	0.029	16.0±5.3	13.9±4.1	2.257	0.027
EOT	Mean	22.6±4.9	22.4±4.2	0.197	0.847	22.3±5.3	22.3±4.0	0.614	0.575
Total	SD	60.1±14.6	55.0±12.1	1.985	0.050	61.2±15.9	55.2±11.5	2.078	0.042

Conclusions: SI and SA may be related to alexithymia levels. Hence, alexithymia should be further analyzed in SUD patients in longitudinal studies in order to analyze the bilateral association with suicidal spectrum behaviors. REFERENCES Rodríguez-Cintas L, et al. Factors associated with lifetime suicidal ideation and suicide attempts in outpatients with substance use disorders. *Psychiatry Res.* 2018;262:440-5. Morie KP, et al. Alexithymia and Addiction: A Review and Preliminary Data Suggesting Neurobiological Links to Reward/Loss Processing. *Curr Addict Rep.* 2016;3(2):239-48. Hemming L, et al. A systematic review and meta-analysis of the association between alexithymia and suicide ideation and behaviour. *J Affect Disord.* 2019;254:34-48.

Keywords: alexithymia; Substance Use Disorder; Suicidal ideation; Suicide attempts

EPP1393

Can narcissism be considered a risk factor for suicidal thoughts and behaviors? A systematic review of the literature

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Introduction: Although suicide showed an association with personality disorders, few studies focused on narcissism. This association is interesting, especially in what authors called a “narcissism epidemic”, considering narcissistic wounds to which subjects could be subjected.

Objectives: To systematically review studies investigating the association between narcissism and suicidal risk.

Methods: We focused on the association between narcissism (NPD, narcissistic traits) and suicide (Suicidal Ideation (SI), Non-suicidal Self-Injury (NSSI), Deliberate Self-Harm (DSH), Suicide Attempt (SA) and Suicide (S)). Studies were identified through a PubMed-based search. Reference lists were examined to extract additional articles. This review was performed according to PRISMA Statement.

Results: We included 33 studies. Most studies evaluated narcissism through DSM, showing heterogeneous results. NPD was associated with low impulsivity and high planning, but also with a higher number of SAs. Studies evaluating narcissism as a trait were more coherent. SI, NSSI and DSH showed an association with vulnerable narcissism. These associations were explained by mediation and moderation models including shame and dissociation. The grandiose component was associated with severe repetitive NSSIs and S in high suicidal risk samples. Impulsivity showed no effect.

Conclusions: It is possible to develop hypothesis, even if not causal relationships, on the association between narcissism and suicidal risk. Grandiose narcissism seemed to be protective for suicidal outcomes with low intent to die, while vulnerable narcissism seemed to be associated. However grandiose narcissism seemed to be a risk factor for suicidal outcomes with high intent to die, showing low impulsivity and high planning and severity. New studies, differentiating between narcissistic components, are needed.

Keywords: Narcissism; Suicidal risk; Systematic review; Suicide prevention

EPP1395

Suicidal tendencies in university students during the COVID-19 outbreak

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Introduction: Suicidogenic effects COVID-19 pandemic are expected to reveal themselves not immediately, but within a longer period.

Objectives: To evaluate the prevalence of suicidal tendencies in university students during the COVID-19 outbreak and specify the psychosocial characteristics of the students with a low anti-suicidal barrier to mitigate their suicide risks.

Methods: The research was done via an on-line survey, which covered 536 students of both sexes (aged 21.46±2.95), who studied in Russian universities and who filled in a structured questionnaire during their distance learning due to COVID-19 outbreak.

Results: We revealed that 11.38% of the respondents (57.47% of whom are males) with a low anti-suicidal barrier showed suicidal tendencies by allowing the possibility of committing a suicide in a certain situation. Among them were more Russian students than international ones (p=.0272). They also certainly exceeded the students with the developed anti-suicidal barrier in taking alcohol (p=.0126), in underestimating their own health (p=.0053), in expressing happiness (p=.0001), and in degree of religious belief (p=.0001). They perceived the situation associated with the COVID-19 outbreak with a more strongly manifested anxiety due to the fear of their own infection with coronavirus (p=0.0347). At the same time, they acted less responsibly in following personal restrictive measures aimed to reduce the risk of infection (p=.0002).

Conclusions: Students with suicidal tendencies during the COVID-19 outbreak present a risk group in COVID-19 spread and infection. The pandemic can intensify anti-vital sufferings and enhance the risk of committing suicide in individuals with suicidal tendencies, which should be taken into account in prevention programs.

Keywords: suicidal ideations; University Students; COVID-19 outbreak