

Conclusions: We found two profiles of people with suicidal behavior based on the presence of mental disorders. Each of the suicidal subtypes had different associated risk factors. They also had a different profile of suicidal behavior.

Disclosure of Interest: None Declared

EPP0391

Suicide in adolescents exposed to the youth justice system: A 22-year retrospective data linkage study from Queensland, Australia

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Introduction: Little is known about the epidemiology of suicide in young people exposed to the youth justice system (YJS).

Objectives: We aimed to estimate the suicide rate in a large cohort of young people exposed to the YJS in Australia, and to identify the demographic/criminogenic risk factors associated with these deaths.

Methods: Data relating to all young people who had any contact with the YJS in Queensland between January 1993 and December 2014 (N=49,228) were linked to Australia's National Death Index. We calculated the incidence rate of suicide within the cohort, stratified by sex and Indigenous status. Poisson regression was used to assess the change in suicide rates over time. Crude mortality rates (CMRs) were calculated for all-suicide and method-specific suicides, both overall and within subgroups.

Results: Of the 48,228 participants, 1452 (3%) died during the follow-up period. For 31% (458) of decedents, the cause of death was suicide. The proportion of deaths due to suicide was highest for Indigenous females (37.9% of all deaths), followed by Indigenous males (36.8%), non-Indigenous males (30.1%) and non-Indigenous females (25.8%). Hanging was the most common method of suicide (83%).

Conclusions: The disproportionately high incidence of suicide following contact with the YJS is a cause for concern. There is a pressing need to better understand the trajectories of young people after discharge from the YJS. This missing epidemiological knowledge would inform targeted, preventive interventions to be implemented during the window of opportunity when these vulnerable young people are under the care of the YJS.

Disclosure of Interest: None Declared

EPP0392

Attitudes towards suicidal behavior in medical students of Lahore, Pakistan

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Introduction: The increasing global suicide rates pose a considerable strain on healthcare professionals. Subsequently, their attitudes toward suicide prevention may influence suicide risk and management, affecting the quality of care.

Objectives: To investigate the attitudes of Pakistani medical students toward suicide and its comparison with different sociodemographic factors.

Methods: A total of 1392 undergraduate medical students belonging to all five years took part in the cross-sectional study conducted in September 2022. In addition to socio-demographic factors, participants were asked about their attitudes toward suicide on a 5-point Likert scale using the ATTS (Attitudes towards suicide) questionnaire. Questions explored competence, religion, experience, and views on suicidal behavior and its treatment. Data were analyzed by using SPSS 26.

Results: The majority of respondents had no prior experience of looking after patients with suicide attempts (88.9%), the experience of having known someone who died by suicide (67.1%), or participation in suicide workshops (94.3%). Statistically significant items showed that males believed more strongly that suicide could be used to end suffering and would consider the possibility of doing it, revenge is the major driving factor, talking about suicide lessens its incidence, and people should have the right to take their own lives. Females more strongly believed that loneliness is the major driving factor, and that suicide is preventable. Preclinical students more strongly believed thought suicide was less justified, especially among young people, not a solution to end incurable illnesses, and that people should not have the right to take their own lives. 996 (71.6%) of respondents expressed their willingness to participate in workshops regarding suicide.

Conclusions: Our study suggests that medical students have little experience in handling suicidal patients and vastly differ in their attitudes. There is a need for suicide management training and further study data to support these findings.

Disclosure of Interest: None Declared

Training in Psychiatry

EPP0393

When Will Life Return to Normal? Parental Mental Health Post Quarantine and Extended Lockdown

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Introduction: Research exploring the mental health impact of the early stages of the pandemic among parents has found that 1 in 4 parents experienced increased psychological distress and reported more than one negative mental health symptom, especially quarantined parents. Ongoing stressors for parents related to the Covid-19 pandemic abound, yet the long-term impact of the pandemic on parental mental health remains largely unexplored, limiting the development and effectiveness of prevention and intervention efforts.

Objectives: This study aims to fill this gap and explore the implications of the pandemic on parental mental health post-lockdown periods.

Methods: The Covid Care Calls Program (CCC) was designed to address developing needs in response to the pandemic in highly marginalized communities across Guatemala. For the baseline study at the onset of the pandemic, 330 individuals participated. Convenience sampling was used. Callers administered a semi-structured interview to elicit information regarding health and mental health status, household composition, and nature of parenting and offspring functioning. For the current study, the same procedure of telephone surveying was used. A random sample of 100 baseline participants was included. Calls were administered between June 2021 and August 2021, 6-months post lifting of lockdown restrictions. Paired t-tests were used to examine differences in mental health impairment (anxiety, depression, stress, burnout) from immediately post-lifting of lockdown restrictions to 6-months following lifting of lockdown measures. Multiple linear regressions were used to examine predictors of mental health impairment.

Results: We found that 6-months post lifting of stringent mitigation measures, parents reported engaging in increased negative parenting behaviors; observed increased negative behaviors from their children; reported increased anxiety, depression, and stress; and, reported increased burnout, especially mothers.

Conclusions: Our findings regarding increased parental stress and burnout well after quarantine and lockdown periods are cause for concern. In addition to their own stress, children are likely to experience a negative downstream effect from their parents' mental health impairment. Increased negative responses from children further exacerbate parental maladjustment which in turn increases negative child behaviors, and thus the cycle begins, resulting in an often conflictual, harsh, or disengaged home environment and dysfunctional parent-child relationships. This type of parental strain (has been noted to confer risk of psychopathology across generation. Family level intervention and increased access to community-based supports for parents are key to mitigating this persistent impairment.

Disclosure of Interest: None Declared

EPP0394

European federation of psychiatric trainees - Exchange Programme - appreciated by trainees in spite of language-related challenges

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Introduction: Differences in psychiatry training vary substantially across Europe. Such organisations as the European Federation of Psychiatry Trainees (EFPT), the European College of Neuropsychopharmacology, and the European Psychiatry Association, have

committed to offer international experiences based on the premise that it could foster international collaboration, aid early career professionals to progress professionally and spark discussion regarding different practices across Europe.

To date, there are no studies that focus on the exchange experience in mental health professionals.

Objectives: We present the synthesis of the first seven years answers from 2012 to 2019 to the post-exchange online evaluation form, which trainees had to fill in in order to receive an attendance certificate.

Methods: The present study analysed the answers of 182 psychiatry trainees or recent graduates who took part in the EFPT exchange program during 2012 and 2019 and filled in the internet-based evaluation form. The inclusion criteria were currently in training or recently finished training as a psychiatrist in Europe and filling in the questionnaire. The exclusion criterion was participation in the EFPT exchange program for the second or subsequent time.

All trainees were systemically asked to complete the online evaluation form after the exchange period. The form includes socio-demographic, training in host country-related, and exchange experience-related questions. Experience measures were evaluated using the 4-point Likert scale. Data was anonymized before the analysis. The study followed the principles of the Declaration of Helsinki.

Results: From the 198 individuals who filled the questionnaire, 182 were involved in final analyses. The majority of participants were females in the second half of their training. The average age was 29 years. The largest number of applicants were from Turkey, whereas the United Kingdom hosted the most participants. One-third of the participants had previous international exchange experience.

Most trainees were exposed to both outpatient and inpatient treatment settings and were involved in educational or research activities. 96.7% of participants indicated that they were satisfied or very satisfied with the experience, 95.6% said that the exchange was useful or very useful, and 98.9% were likely or very likely to recommend exchange to colleagues. A description of trainees and exchange placements is presented in a table (couldn't be uploaded).

Conclusions: To our knowledge, this study is the first to assess the experience of psychiatry trainees who went on exchange during their professional training. Vast majority of trainees were satisfied with their exchange, thought it would be useful for their clinical practice and would recommend it to their colleagues. These findings are in line with other studies that examined medical exchange experiences .

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EPP0395

SafePsych: Improving patient safety by delivering high-impact simulation training on rare and complex scenarios in psychiatry

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