

**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

## EPV1568

### 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

## EPV1569

### 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

## EPV1570

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

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