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EV1487

Clinical and psychological characteristics of patients with suicidal thoughts during prolonged depressive and anxiety disorders and their therapeutic correction

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Introduction This is an extremely important problem of determining clinical-psychological and personality-typological characteristics of patients with suicidal intentions. In the complex therapeutic correction of suicidal behavior, there is almost no use of such psychotherapy method as katathym imaginative psychotherapy (KIP).

Objective Study of clinical-psychological and personal-typological peculiarities and development of an optimal adaptation of KIP for the treatment of patients with suicidal thoughts.

Methods The study was included 52 patients with anxiety-depressive disorder and suicidal intentions; was used K. Leongard questionnaire, SCL-90-R, SR-45, J. Vagin questionnaire of suicidal motivation.

Results The investigated patients were divided into three groups with acute reaction on stress, personality disorder and schizotypal disorder. The first group has revealed the predominance of instrumental, anemic, anesthetic motivation, emotive and anxiety types of accentuation and high level of suicidal readiness. The second has identified anesthetic motivation, anxiety and cyclothymia type of accentuation with a moderate level of suicidal readiness. The third group included patients with symptoms of anemic motivation suicidal motivation, anxiety type of accentuation and a high level of suicidal readiness. The reduction of psychopathological symptoms in patients of the first group occurred in a shorter period of 18.0 ± 2.1 days, compared with the second – 25.0 ± 5.6 days, and the third group – 21.2 ± 2.1 days.

Conclusion In the main group, the highest suicide rates were in patients with anemic, anesthetic and motivation and anxiety type accentuation. Patients of the first group showed the best response to a comprehensive pharmacological and psychotherapeutic treatment.

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The confrontation of those who remain: Qualitative reports of relatives about 3 cases of suicide in a small city in the Northeast Brazil

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Introduction Suicide is serious public health problem. In Brazil, suicides are more frequent in countryside and small cities.

Objective To understand how informants have confronted emotionally the suicide at home by listening to viewpoints reported by such relatives of the deceased.

Method Qualitative, exploratory design, conducted in a basic health unit area, in “Pau dos Ferros”, a city with 30,000 inhabitants, State of Rio Grande do Norte (RN), Brazil. Sample constructed by technique of “snowball”, in which the health team presented us the first family, whose member informed about the following; and this, the third one. Data collection through semi-directed interviews with open-ended questions in depth, and submitted to thematic analysis.

Results Individuals from relatives who had family bond with the suicidal people were interviewed. From analysis of transcribed interviews, three categories emerged:

- “she has never demonstrated” – possible non-perception of potential suicidal behavior by the family;
- “I got crazy” – feelings of relatives facing a hard scene of suicide and determined cultural questionings;
- “we have no professional support in following days” – absence of psychosocial support and healthcare problems.

Conclusions Possible mood oscillations from suicidal persons were masked by opposite emotional reactions of themselves, and/or oscillations were denied by the observers. Suicide scene seems to have provoked feelings of helplessness and guilt for relatives in not being able to avoid the dramatic act. Feelings of discomfort occurred facing curiosity from many persons who would raise uncomfortable assumptions about suicidal motivations. Family members complained about lack of more effective psychosocial care.

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Predicting suicidal behavior by an accurate monitoring of RNA editing biomarkers in blood samples

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Introduction Predicting suicidal behaviors is one of the most complex challenges of daily psychiatric practices. Alterations of RNA editing of neurotransmitter receptors and other proteins have been shown to be involved in etiology of different psychiatric disorders and linked to suicidal behavior. Additionally, an increase in expression levels of ADARs, the RNA editing enzymes, has also been observed.

Objective The objective of the present study was to test whether modifications in RNA editing profile of prime targets allow identifying disease-relevant blood biomarkers and evaluating suicide risk in patients.

Methods A clinical study was performed to identify an RNA editing signature in blood of depressed patients with and without history of suicide attempts. Patient’s samples were drawn in PAX-gene tubes and analyzed on Alcediag’s proprietary RNA editing platform using NGS. In addition, gene expression analysis by quantitative PCR was performed.

Results We generated a predictive algorithm comprising various selected biomarkers to detect patients with a high risk to attempt suicide. We evaluated the diagnostic performance using the relative proportion of the phosphodiesterase 8A (PDE8A) mRNA editing at different sites as well as the expression of PDE8A and the ADARs. The significance of these biomarkers for suicidality was evaluated using the receiver–operating characteristic (ROC) curve. The generated algorithm comprising the biomarkers was found to have strong diagnostic performances with high specificity and sensitivity.