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### **Loneliness and Hopelessness in Teenagers**

**T. Pavlova<sup>1</sup>, G. Bannikov<sup>2</sup>**

<sup>1</sup>Center for Urgent Psychological Assistance, Moscow State University of Psychology and Education, Moscow, Russia ; <sup>2</sup>Suicidology Department, Moscow Research Institute of Psychiatry, Moscow, Russia

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**Introduction:** feeling of hopelessness (Beck depressive triad) may be a manifestation of depression, as well as predictor of suicidal behavior.

**Aim:** investigation of factors of hopelessness and loneliness in teenagers.

**Methods:** Beck Hopelessness Inventory (A. Beck), The UCLA loneliness scale D.W. Russell (version 3). Participants were 1499 schoolchildren (840 female and 659 male) aged from 14 to 18 years (medium age 15.7 years). 763 teens were surveyed before leaving for summer camp, 738 during the school year. 279 of 739 adolescents live in rural areas, 460 in Moscow.

**Results:** A comparative analysis by gender, the time of the study and place of residence was conducted. Mean rates for Beck hopelessness and loneliness scale Russell were higher in the group of students than in the group of summer camp children (4.9, 4.0,  $P < .001$  and 26.2, 23.07  $P < .001$ ). Girls were tend to "believe in their future" less than boys and feel more lonely and misunderstood. Teenagers living in rural areas were more likely to believe that they have "no hope for now and there is no reason to believe that they will in the future" ( $P < .025$ ).

**Conclusions:** onset of feelings of hopelessness and loneliness during the school year, especially in undergraduates, due to the tightening of requirements for the graduation exams, increased pre-examination stress. Therefore we suggest the development of the system for preventing manifestations of hopelessness and loneliness, taking into account children's age, gender and socio-demographic data.