Conclusions: We think that this case shows how, within the immense etiological variety of suicidal behavior, there may be a cause conditioned exclusively by brain damage.

Disclosure of Interest: None Declared

EPV1045

Content analysis of suicidal notes - the verbal behaviour

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Introduction: There have been numerous studies on attempted and completed suicides in an attempt to understand better the phenomenon - the tragedy- of self-destructive behaviour through the analysis of the suicidal notes – their last personal documents, that many individuals write before carrying out suicide. Understanding and interpretation of these analyses could happen on several theoretical frameworks and background Research has systematically demonstrated what most clinicians assume, namely that individuals sharing significant patterns of nonverbal behavior express these tendencies in their manner of speaking and writing (e.g. in suicidal notes, farewell letters) . Through this research – by analyzing these texts, documents," messages",- was it possible to study not only semantic,and lingistic aspects of them but likely also as manifestations of psychological defense or coping mechanisms or reflected psychopathology in speech by isolating categories. A number of clinical investigations have been carried out to associate speech pattern and verbal style (spoken or written) with these psychopathological states
Objectives: The purpose of the present study is to understand better of written "suicidal" communication; to analyze suicidal notes - namely, as last "messages" of the self destructed individuals in suicidal notes in an empirical sample.
Methods: The present study compared the content of suicide notes (n=113) from attempted suicides, completed suicides and a non-suicidal controls. The content analysis examined formal, syntactical characteristics, as well as speech patterns and verbal expressions (Weintraub method, Absolutists index, SPSS, - Anova, KW)
Results: The notes from completed suicides had significantly higher scores for heteroaggression (blaming others, evaluators) negations, absolutistic expressions, nonpersonal references and lower scores for expression of feelings. Sex (male versus female) and age had no impact on these differences.
Conclusions: The suicide notes had reflected irrational thinking, characterized by frequent negation, and absolutistic words, self-preoccupation, high scores for emotional categories and a tendency toward polarized thinking These results may help in the understanding of the psychodynamic background or suicidal individuals' risk assessment, in clinical work or in suicide hotlines, but also in prevention

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EPV1046

The role of suicide severity in the association between anxiety symptoms and suicidal ideation: a mediation analysis

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Introduction: Suicide is one of the leading causes of death worldwide and scientific community investigates suicide risk factors relentlessly. Among these, anxiety symptoms were strongly related to suicidal ideation in several studies. Moreover, sleep and its disturbances are closely connected to mental well-being and psychiatric disorders in a bidirectional pathway.
Objectives: The main purpose of the present study is to assess the relationship between anxiety symptoms and suicidal ideation in a sample of psychiatric patients and the mediational role of insomnia in this association.
Methods: Participants were 116 consecutive adult psychiatric inpatients (61 women and 55 men) enrolled to the psychiatric inpatient unit of Sant'Andrea Hospital in Rome. The measures used were a socio-anamnestic form, the Columbia Suicide Severity Rating Scale (C-SSRS), the Hamilton Anxiety Rating Scale (HAM-A), and the Insomnia Severity Index (ISI).
Results: Based on the results of statistical analysis, patients with suicidal ideation showed higher severity of insomnia and higher severity of anxiety symptoms than patients with no suicidal ideation. Moreover, the intensity of suicidal ideation was positively and significantly associated with the severity of anxiety symptoms and with the severity of insomnia. Finally, the mediation analysis showed that the effect of anxiety symptoms on suicidal ideation was completely mediated by insomnia severity.
Conclusions: The main result of the study indicates that patients who perceive more anxiety symptoms were more likely to experience higher suicidal ideation intensity through higher levels of insomnia. These findings implies that screening for sleep disturbances may help identify individuals at risk for suicide, and improving sleep quality through psychosocial and pharmacological treatments could mitigate the association between anxiety and suicidal ideation.

Disclosure of Interest: None Declared

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