5. Superficial responsiveness
6. Enmeshment and over involvement

- 9 themes regarding factors related to cessation of intentional self-harm

1. Negative perception to self-harm and desire to stop
2. Increase of adaptive coping
3. Finding life purposes
4. Improvement of psychiatric symptoms
5. Supportive relationships and verbalization
6. Treatments / interventions
7. Unwanted consequences of self–harm
8. Situations related to positive feelings
9. Behavioral control

Moreover, this study demonstrated the important functions of self-harm as an intrapersonal strategy for emotional regulation.
Conclusions: This study underscored the importance to view self-harm as a complex phenomenon and it is essential to understand the developmental pathways as well as the pathways to cessation of these complex behaviors. Moreover, various internal and external factors related to cessation of intentional self-harm were demonstrated and verbalization in safe and supportive atmosphere tended to be an important process to promote the cessation or decrease of intentional self-harm.

Disclosure of Interest: None Declared

EPV1079

More folate intake, less suicide attempts: is there a link?

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doi: 10.1192/j.eurpsy.2023.2369

Introduction: Suicide is a major health problem, mostly related to mental health disorders. However psychological autopsies have revealed the presence of unexpected suicide factors such as dietary patterns particularly folate intake. Which is a naturally occurring form of B9 essential for neurogenesis, nucleotide synthesis and methylation of homocysteine.
Objectives: The aim of our study is to identify the link between folate intake and suicidality.
Methods: Our literature review was based on the PubMed interface and adapted for 2 databases: Science Direct and Google Scholar using the following combination (suicide [MeSH terms]) AND (folate [MeSH terms]) AND (prevention [MeSH terms]).
Results: Stress-induced neuronal dysfunctions interact with genetic and environmental factors, including diet, to precipitate mental health disorders in vulnerable or predisposed individuals especially mood disorders.
In one hand, studies showed delayed onset of clinical improvement even treatment resistance in depressive patients treated with fluoxetine associated with low folate levels.
In the other hand Folate depletion has been linked to serotoninergic metabolism disturb.
Moreover, co-administration of methylfolate, a highly absorbable form of folic acid, has been found to augment the effects of SSRIs .A duration-response analysis (1-mg dosage) revealed a 5% decrease in suicidal events per month of additional treatment.
Conclusions: Accumulating data have shown that these nutrients can enhance neurocognitive function, and may have therapeutic benefits for depression and suicidal behaviors . But the pathological mechanism remains unclear that's why further studies are needed for a better comprehension and efficiency.

Disclosure of Interest: None Declared

EPV1080

Suicide and Culture: A Reflection on Suicidal Behaviour Through Cultural Context

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doi: 10.1192/j.eurpsy.2023.2370

Introduction: The cultural meaning of suicide has been gaining attention in mainstream psychiatry literature, as an attempt to comprehend the dynamic relationship between culture and suicidality. Moreover, an understanding of the sociocultural and contextual factors in the aetiology of suicidal behaviour is important to develop culturally appropriate suicide prevention and intervention strategies.
Objectives: Through the lenses of critical cultural suicidology, we aim to reflect on the relationship between suicide and sociocultural aspects, emphasizing the importance of context, cultural meanings, and the role of culture in suicide research and prevention strategies.
Methods: We conducted a qualitative review on the topic using PubMed database. Search terms used: *"suicidal behaviour"; "suicidal ideation"; "suicide"; "culture"; "cultural"*.
Results: Studies revealed that culture might be significant to understand suicidal behaviour. Therefore, suicidologists have often referred to a cultural meaning of suicide. Several studies argue that qualitative studies that focus on the meanings of suicidal behaviour in different cultural contexts are more relevant for suicide prevention than much of the quantitative risk factor research that is currently being conducted. Scholars conceptualize culture as either a protective factor or a risk factor that shapes an individual's likelihood of engaging in a suicidal act. To locate culture's influence on suicidal behaviour is essential to begin with an examination of social interaction. The meanings of suicide from a group of people living in a cultural community might vary along subcultural groups and time. Thus, the meaning of suicide is dynamic rather than static. Such a view acknowledges culture as both occurring outside the person, as well as within the person and between persons. It provides a view of a dynamic relationship between the individual and his or her contextual circumstances in which the individual is not just a passive recipient of cultural influences but also an active meaning-making agent who interacts meaningfully with the environment.
Conclusions: Although the medical view of suicidality is a dominant perspective in suicidology, understanding cultural dynamics in suicidality and the conceptualization of suicide as a culturally guided act, is crucial to better understand suicidal behaviours. Further studies are needed in order to understand this complex and dynamic relationship.

Disclosure of Interest: None Declared