complex social and personal phenomenon. Such knowledge forms the foundation for the creation of effective prevention strategies.

Disclosure of Interest: None Declared

EPV1042

Design of a homelessness-focused suicide prevention program

F. Calvo[1]*, C. Giralt[2], R. Alfranca[3], X. Solench-Arco[4], I. Forcada[3] and S. Font-Mayolas[5]

[1]Departament de Pedagogia, Institut de Recerca sobre Qualitat de Vida; [2]Institut Català de la Salut, Centre d'Atenció Primària Blanes 2; [3]Institut Català de la Salut, Centre d'Atenció Primària Santa Clara; [4]Universitat de Girona and [5]Departament de Psicologia, Institut de Recerca sobre Qualitat de Vida, Girona, Spain
*Corresponding author.
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Introduction: This project proposes a program for the promotion of mental health and prevention of suicidal behavior among individuals experiencing homelessness, with the aim of reducing suicidal ideation and suicide mortality within this vulnerable population.
Objectives: The project aims to implement an evidence-based program to reduce suicidal ideation and suicide mortality among homeless individuals. This will be achieved through two phases: a review of scientific literature and the development of the program in collaboration with experts and homeless individuals.
Methods: The first phase of the project involved a review of scientific literature to identify the most effective content and programs for improving mental health and preventing suicide. These findings were adapted for application in the program and for dissemination to professionals who will directly engage with individuals experiencing homelessness.
In the second phase, the program content was designed in collaboration with experts and validated through the input of educational professionals. Additionally, individuals experiencing homelessness actively participated in the creation of materials and the definition of the approach to be utilized. Subsequently, a four-hour training was provided to professionals working in specialized homeless shelters to guide groups of individuals experiencing homelessness.
Results: The program consists of the following components:

- Training and Awareness: Workshops and campaigns to reduce the stigma surrounding suicide.
- Early Detection and Risk Assessment: Staff training in recognizing suicide indicators and risk assessment protocols.
- Psychological and Social Interventions: Crisis teams, individual and group therapy.
- Access to Services: Mobile mental health clinics and collaborations with healthcare professionals.
- Ongoing Support and Monitoring: Temporary housing programs and support groups.

Conclusions: The proposed program seeks to mitigate the risk of suicide among individuals experiencing homelessness through a comprehensive approach. The collaboration of experts and homeless individuals ensures that the solutions are appropriate and effective. The implementation of this program has the potential to make a significant difference in promoting mental health and preventing suicide within this vulnerable population.

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EPV1044

Suicidal impulsivity secondary to traumatic brain injury

J. Fernandez Logroño*, C. I. Vazquez Arjona and I. Romero Mañas
UNIDAD DE SALUD MENTAL, HOSPITAL UNIVERSITARIO CLINICO SAN CECILIO, GRANADA, Spain
*Corresponding author.
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Introduction: I present the case of a 58-year-old patient who developed frequent, unpredictable and prolonged suicidal impulsivity (more than 8 years of evolution) after one year of suffering a traumatic brain injury, with very serious suicide attempts in the context of very brief periods of dysthymia and no history of mental illness or any other accompanying psychopathology.
Throughout this admission, a progressive dehospitalization has also been carried out, with afternoon outings in the company of his wife or son up to a full weekend.
Objectives: Shortly before, frequent "déjà vu" crises had also begun. Additional imaging tests (CT and cranial MRI) had been performed privately, which had been normal, and an EEG with sleep deprivation had been requested, but the patient had not attended.
For 8 years he had started various successive antidepressant treatments that had always been ineffective or had produced agitation, which was diagnosed as akathisia, after a week of treatment. In a single previous hospital admission, with the initial diagnosis of major depressive disorder finally ruled out, he was discharged apparently asymptomatic, and was readmitted after making three new successive serious attempts at self-lysis a week after discharge.
Methods: Throughout this hospitalization (37 days), a practically invariable mental state is observed from the first day in which only rambling thoughts with very limited content stand out, with permanent and apparently credible criticism regarding previous self-harming behaviors, without appearance of new impulses or self-harming behaviors and reporting a significant decrease in the frequency and emotional impact of "déjà vu" type crises, which are now limited to the moment of waking up in the afternoon, after a brief nap, and occasionally.
Results: He was discharged from the hospital with the diagnosis of post-concussive syndrome (ICD 10-F0.78.2) and remains stable for the moment (one month later) in improvement, maintaining anxiolytic and antidepressant treatment, as well as anticonvulsants, and pending continuation of the study for part of neurology.

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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.

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EPV1045

Content analysis of suicidal notes - the verbal behaviour

J. D. Fekete[1]* and S. Fekete[2]

[1]Dept of Language and Communication and [2]Dept of Psychiatry, University of Pecs, Pecs, Hungary
*Corresponding author.
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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

M. Cifrodelli[1]*, E. Rogante[2], A. Moschillo[1], L. Longhini[1], M. A. Trocchia[1], D. Erbuto[3], S. Sarubbi[2], I. Berardelli[3], M. Pompili[3] and M. Innamorati[4]

[1]Psychiatry Unit, Sapienza University of Rome, Faculty of Medicine and Psychology, Psychiatry Residency Training Program, Via di Grottarossa, 1033-1035, 00189, Rome; [2]Department of Human Neurosciences, Sapienza University of Rome, Viale Dell'università, 30, 00185, Rome; [3]Department of Neurosciences, Mental Health and Sensory Organs, Faculty of Medicine and Psychology, Suicide Prevention Centre, Sapienza University of Rome, Via di Grottarossa, 1033-1035, 00189, Rome and [4]Department of Human Sciences, European University of Rome, Via degli Aldobrandeschi, 190, 00163, Rome, Italy
*Corresponding author.
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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.

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