EPV1065

An Explorative Study to Assess the Suicidal Risk Amongst Infertile Patients

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Introduction: This given study was designed to qualitatively and quantitatively examine the Psychosocial – emotional consequences of infertility on female infertile patients . Suicidal risk amongst infertile patients was a incidental yet significant finding with 25 percent of the study population reporting a positive result by the MINI scale. There are very few studies conducted in the Indian context that analyses the psychosocial aspects of infertility and the impact of ART treatment on the quality of life.
The finding in our study indicates that both infertility and stress associated with ART treatment contributes to psychological turmoil namely depression , anxiety, psychopathology and quality of life impairment in addition to suicidal ideation and suicidal risk.
Objectives: Aims
To assess the psychosocial impact of infertility amongst female infertile patients including suicidal risk/ suicidal ideation in the given study population.
Methods: A total of 300 women attending the Obstetrics and Gynecology out patients department of a tertiary hospital in Kolkata, India were selected by simple random sampling. 100 fertile women attending the routine ante natal clinic were selected as cases and 100 infertile women seeking fertility treatment were selected as controls. 100 women didn't follow up with the study. The following questionnaires were administered to both case and control group- BAI, BDI, SCL-90-R, SF-36, MINI and socio demographic proforma ; by trained clinic psychologist .
The raw scores & adjusted scores were analysed statistically by SPSS using the following tests, independent t test, chi square test and Z test.
Results: The results of the MINI scale indicate that up to 25% of the infertile cohort suffer from suicidal risk/ suicidal ideation which is statistically significant in comparison to the control group.
The other psychosocial parameters are also statistically significant in the case in comparison to the control population.
Conclusions: Although the psychosocial impact of infertility has been well researched and documented. Few studies have been conducted globally which assess suicidal risk amongst infertile patients. Our results corroborate earlier studies such as the Danish administrative population-based registry study by Trille Kristina Kjaer et al which found a causative link between infertility and suicidal risk. Further research is needed in this direction

Disclosure of Interest: None Declared

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Protective Factors against Suicide and Violence against Women in Azerbaijan: Shedding light on Suicide in Muslim-Majority Countries

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Introduction: Suicide rates in Azerbaijan rank among the top 3 highest of all Muslim majority countries. Further, approximately 40% of women in Azerbaijan report being physically or sexually abused. Women experiencing interpersonal violence report higher rates of suicide ideation and attempts (34%) than women in the general population. No prior studies have specifically explored protective factors against suicide and interpersonal violence in Azerbaijan.
Objectives: This study aims to address this gap and to identify culturally relevant protective factors against suicide and violence against women in Azerbaijan.
Methods: A total of 51 women with lived experience and mental health providers participated in either in-depth qualitative interviews or focus groups. The interview guide for the focus groups and one-on-one interviews were developed by the study PI. A list of questions served as the basis for the discussions and was revised and expanded as the groups progressed. For the qualitative analyses, conventional content analysis following a systematic process of coding and classification was utilized.
Results: Three main protective factors against suicide were identified: 1) psychological support (33%); 2) psychoeducation to raise awareness of suicide and reduce stigma (28%); and 3) providing financial opportunities/supports (10%) and for violence against women 1) advocacy (28%); 2) psychological support (28%); and 3) changing cultural values (17%).
Conclusions: This study fills a much-needed gap in our understanding of suicide and violence against women in Muslim populations. Our findings suggest that for intervention to be relevant and effective, prevention programming needs to span micro, mezzo, and macro levels.

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Relieving pandemic-related psychological distress: Key protective factors against mental health impairment

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Introduction: Despite studies pointing to the important role of relational and community factors in influencing mental health during times of crises such as the current pandemic, little research has examined protective factors at the relational/community level that serve protective factors against mental health impairment in response to the current pandemic.
Objectives: This study aims to address this gap and examines protective factors against adverse mental health consequences related to the pandemic at the relational and community levels among individuals residing in high-risk marginalized low-resourced settings in Guatemala at one and a half years post onset of the pandemic
Methods: Telephone surveys were administered to 100 participants to assess sociodemographic characteristics, psychosocial functioning, and protective factors (interpersonal support, psychoeducation, community resources, and adaptive coping) against psychological distress. (anxiety, depression, stress, burnout). Mul-

tiple linear regressions were used to examine predictors of mental health impairment.
Results: Our findings demonstrate that only psychoeducation serves a protective factor against psychological distress.Interpersonal support was found to predict increased levels of anxiety and depression and adaptive coping was found to predict increased levels of anxiety, depression, and burnout. No significant relationship between community resources and any type of mental health impairment was found.
Conclusions: Public mental health efforts should capitalize on the effectiveness of psychoeducation to promote strategies for managing symptoms of psychological distress as well as providing information regarding resources and services. In the context of complex emergencies that have an immediate effect on already scarce resources at a personal, community, and institutional levels, psychoeducation has the advantage of a low-cost intervention, easily transferable between communities, providing immediate support as well as sustainability over time.

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EPV1066

The Suicidal Physician: When the Doctor Wants to Die

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Introduction: Medical-related professions are at high suicide risk. Suicide is a major cause of premature death among physicians, but the prevalence of suicide-related behaviors is inconsistent across studies.
Objectives: Presenting a review of the prevalence and risk factors of suicide among physicians.
Methods: Search on Pubmed® and Medscape® databases with the following keywords: "physicians" and "suicide". We focused on data from systematic reviews and meta-analyzes. The articles were selected by the authors according to their relevance.
Results: Female and US physicians were at higher risk of suicidal behavior. Suicide decreased over time, especially in Europe. Some specialties might be at higher risk such as anesthesiologists, psychiatrists, general practitioners and general surgeons. It is well established that anesthesiologists tend to have much higher rates of substance abuse than other physicians. Psychiatrists are also known to have more mental distress, mental illness and burnout compared with other physician groups and have concerning rates of depression and psychotropic. Physicians are less likely to seek mental health services out of career concerns, culture and/ or a predisposition toward self-reliance. Additionally, retrospective toxicology screening of suicide data finds that physicians are more likely than nonphysicians to have positive results for antipsychotics, benzodiazepines, and barbiturates but not antidepressants.
Conclusions: Physicians are an at-risk profession of suicide, with women particularly at risk. The rate of suicide in physicians decreased over time, especially in Europe. The high prevalence of physicians who committed suicide attempt as well as those with suicidal ideation should benefits for preventive strategies at the workplace. Physician suicides are multifactorial, and further research into these factors is critical. Appropriate preventive and treatment measures should be implemented to reduce the risk of suicide-related behaviors in this population.

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Another Tragic Pandemic Strikes: It Is Suicide

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Introduction: Another pandemic besides COVID-19 stalks the land. This one takes a heavy toll on the young.
Suicide occurs throughout the lifespan and is the second leading cause of death among 15-29 years old globally.
Objectives: The objective of this review is to highlight for another tragic pandemic, with main emphasis on the preventable character.
Methods: Data was obtained through an internet-based literature review, using the research platform Pubmed and the World Health Organization website. Seven articles from the last two years were included.
Results: Improved surveillance and monitoring of suicide attempts and self-harm is a core element of suicide prevention and desirable worldwide.
A public health surveillance system based on medical records would provide and disseminate data that would guide and prioritize the best interventions in each context and contribute to an effective overall suicide prevention strategy.
Conclusions: Close to 800 000 people die due to suicide every year, which is one person every 40 seconds.
According to current data, for each adult who died by suicide there may have been more than 20 others attempting suicide.
Effective and evidence-based interventions can be implemented to prevent suicide and suicide attempts.

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Suicide in the Azores Archipelago - a epidemiological study and review

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Introduction: The phenomenon of suicide and self-harm is one of the most intriguing and disturbing human behaviours. Suicide is global public health problem, with multiple and complex contributing factors. Global trend show a stabilizing or descending curves in the last years. The Portuguese atlantic archipelago of Azores has had an opposite trend that together with regional proctective and risk factors ought to be addressed for further tailored interventions.
Objectives: Review of the up-to-date literature on this topic and present the recent suicide-related data in the Azores.
Methods: Unsystematic review of the most recent and relevant literature.