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Examining predictors of non-suicidal self-injury among college students: A prospective cohort study

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Introduction: Non-suicidal self-injury (NSSI) refers to the deliberate act physical harm without intent of suicide. Common forms of NSSI include cutting, burning, and hitting oneself. The prevalence of NSSI among college students have been estimated to be between 15% to 25% and higher than in the general population. Investigating patterns associated neurobiological and personality traits may provide a more comprehensive understanding of NSSI.

Objectives: We aim to identify latent trajectory classes for NSSI behavior among college students. We expect that baseline personality and the behavioral inhibition/activation scales (BIS/BAS) will predict NSSI trajectory.

Methods: A total of 704 first-year university students at University of Victoria, Canada, were recruited in the beginning of the first semester over two consecutive academic years. Participants attended a baseline testing session completing self-report measures including the Ten Item Personality Inventory, BIS/BAS and NSSI instruments. There were monthly follow-up sessions from October to April. Longitudinal data will be analysed with latent growth curve modeling and group-based trajectory modeling, and baseline predictors will be analysed with multivariate logistic regression.

Results: Latent class growth analysis found three distinct classes of NSSI during the follow-up period. A small percentage (2.4%) of the participants had a high degree of self-injury throughout the follow-up period. A second class of 13.4% of the participants had a moderate degree of self-injury at baseline, which fell throughout the follow-up period. Lastly, a third class of the majority of the participants (84.3%) had minor or none self-injury both at baseline and in the follow-up period. Concerning baseline predictors, higher openness and BAS drive were associated with lower NSSI at baseline.

Conclusions: In line with previous studies, we identified three distinct trajectories of NSSI behavior among college students. Notably, low openness and low BAS drive were associated with a degree of NSSI at baseline. These findings suggest that openness and drive may play a protective role in NSSI, providing valuable insights for future prevention and intervention efforts. The project is part of the Collaborative Research Program at the International Society for the Study of Self-Injury.

Disclosure of Interest: None Declared

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Exploring the subjective role of diet for people living with severe mental illness: insights from a biopsychosocial perspective

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Introduction: People living with severe mental illness (SMI) face a life expectancy reduction of 10 to 20 years, often due to physical comorbidities. In addition to medication side effects, unhealthy lifestyle choices may contribute to this disparity.

Objectives: Understanding the experiences and views of people living with SMI regarding diet is essential in addressing these challenges.

Methods: To explore the role of nutrition and its determinants within a biopsychosocial framework, 28 semi-structured interviews were conducted with service users living in Germany, Austria, and Australia. A generic thematic analysis was applied to uncover key themes around implications of dietary behavior and its determinants.

Results: Both positive and negative effects of diet were reported. A prominent theme was the mental strain related to body weight, which contributed to feelings of guilt and experiences of stigma. Numerous biological, psychological, and social factors were identified as influencing dietary choices and behaviors. Many participants expressed a desire for greater support in achieving dietary balance and breaking the vicious cycle between diet and mental health.

Conclusions: From the viewpoint of people living with SMI, dietary interventions should be more integrated into mental health care. Psychosocial aspects, such as the emotional impact of eating, are as important as biological factors like nutrient intake, emphasizing the need for a holistic approach to addressing diet in mental health care.

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EPP300

Prevalence and Risk Profile of Depression Among Adolescents in Rural and Indigenous Communities of Mexico: A Cross-Sectional Study

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Introduction: Depressive disorders are the most prevalent chronic mental disorders globally, affecting approximately 322 million people, or 4.4% of the world's population, with a significant portion residing in the Americas, including Mexico. Adolescence represents a critical period for the onset of depression, where preventive interventions should focus on enhancing cognitive abilities, which are malleable and can mitigate the impact of early negative experiences, particularly in marginalized areas and indigenous communities.

Objectives: To identify the prevalence of depressive symptoms and characteristics associated with the presence or absence of depressive