

Conclusions: Adolescents with ADHD did not have a different level of perfectionism than the healthy control group only in 'Organization' trait. This result could add to the therapeutic work with adolescents diagnosed with ADHD with underlining the importance to focus on organizational skills. The result highlights that adaptive perfectionism appears to be a protective factor against suicidality.

Disclosure: No significant relationships.

Keywords: Suicide; adhd; perfectionism; riskfactor

EPP0374

Retrospective Chart Review of Patients with Self-Harm Seen as Liaison Psychiatry in Pakistan.

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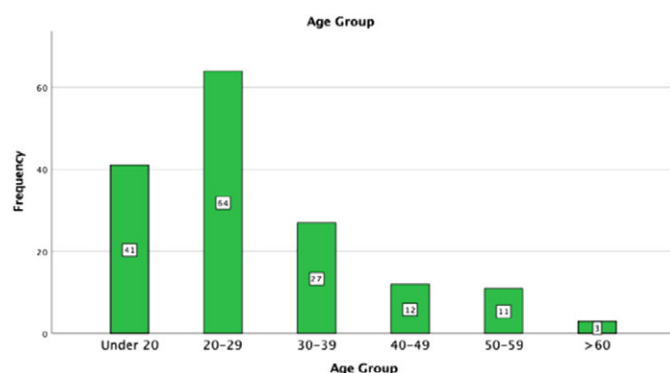
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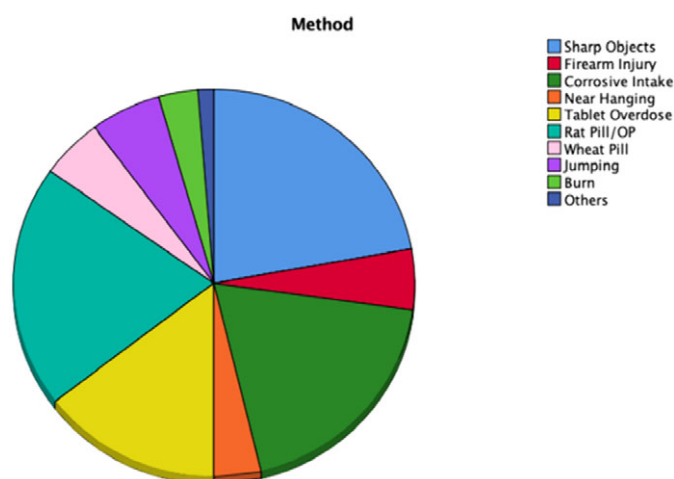
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Introduction: Self-harm is an 'act of self-poisoning or self-injury carried out by a person, irrespective of their motivation'. A history of self-harm is linked with suicide risk. A study in Pakistan found self-harm to be more common in young people with unemployment and interpersonal difficulties as common triggers. Expanding liaison psychiatry services leads to an earlier assessment of patients with self-harm. **Objectives:** To study the demographic and clinical variables of patients along with methods and precipitating factors of self-harm. **Methods:** A retrospective chart review of patients presenting with self-harm seen as a part of liaison psychiatry from October 2018 to June 2021.

Results: A total of 168 cases were seen of which 10 were excluded due to incomplete data. Of 158 cases gender split was roughly in the middle, with 49.4% males (n=78) and 50.6% females (n=80). The mean age of patients was 27.59 with a range of 12-70, 40.5% belonged to the age group of 20-29 (n=64) (Figure 1).



77.8% (n=123) had a past psychiatric history. The most common being depressive disorder 31.6% (n=50) and borderline personality disorder 30.4% (n=48). 35.4% of patients reportedly had previous attempts of self-harm. The most common methods being the use of sharp objects, rat-pill poisoning, and corrosive intake (Figure 2).



Conflicts with family and relationship difficulties were reported to be the most common precipitating factors.

Conclusions: Self-harm is a challenging and frequent presentation. Patients may present with diverse characteristics and varying needs. Hence physicians must be prepared for timely liaison and prompt management.

Disclosure: No significant relationships.

Keywords: pakistan; liaison; self-harm

EPP0375

Neuroinflammation Markers in Depressive Female Adolescents with Suicidal Attempts

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Introduction: Suicide is the second leading cause of death (8.5% of all deaths) in adolescents. The search for neurobiological markers of suicidal behavior seems to be highly actual. Such markers may include quantitative EEG parameters and signs of neuroinflammation that plays an important role in the pathogenesis of various mental disorders.

Objectives: The aim of the study was to reveal the relationships between pre-treatment clinical, EEG, and neuroimmunological parameters in depressive adolescents with suicidal attempts in their history.

Methods: 35 female depressive patients (all right-handed, age 16–25, mean 18.7±2.9 years old) were enrolled in the study. Total HDRS-17 scores varied from 13 to 43 (mean 27.7±8.1). Multichannel resting EEG was recorded with spectral power (SP) measurements in narrow frequency sub-bands. Functional activities of leukocyte elastase (LE) and of its antagonist $\alpha 1$ -proteinase inhibitor ($\alpha 1$ -PI), as neuroinflammation markers, were measured in the blood plasma. Leukocyte/inhibitory index (LII=LE/ $\alpha 1$ -PI) was calculated. Spearman's correlations between clinical, EEG, and neuroimmunological parameters were analyzed.

Results: Sum of anxiety cluster of HDRS-17 scale (items 9, 10, 11) correlated positively ($p < 0.02$) with LE and $\alpha 1$ -PI values, as well as with theta1 (4-6 Hz) and theta2 (6-8 Hz) SP in EEG leads of the right hemisphere. In turn, $\alpha 1$ -PI values correlated negatively and LII values correlated positively with alpha3 (11-13 Hz) SP in majority of EEG leads.

Conclusions: The data obtained confirm the contribution of neuroinflammation to clinical conditions, especially to anxiety level, and to EEG pattern in depressive female adolescents with suicidal attempts. The study supported by RBRF grant No.20-013-00129a.

Disclosure: No significant relationships.

Keywords: suicidal attempts; neuroinflammation; Adolescents; quantitative EEG

EPP0376

Reflections, impact and recommendations of a co-produced ecological momentary assessment (EMA) study with young people who have experience of suicidality and psychiatric inpatient care

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Introduction: Patient and public involvement (PPI) in suicide research is ethical, moral and can deliver impact. However, inconsistent reporting of meaningful PPI, and hesitancy in sharing power with people with experience of suicidality (i.e.co-researchers) in research makes it difficult to understand the full potential impact of PPI on the research, researchers and co-researchers.

Objectives: To describe how our ecological momentary assessment (EMA) study, examining the sleep-suicide relationship in young psychiatric inpatients (aged 18-35) transitioning to the community, has been co-produced, whilst reflecting on impact, challenges, and recommendations.

Methods: We built on our experience of co-produced mental health research to conduct meaningful PPI in our study. Young adults with experience of psychiatric inpatient care and suicidality were appointed November 2020 to work across all research stages. Reflections on challenges, recommendations and impact have been collected throughout.

Results: Three young people became co-researchers. Researcher and co-researcher reflections indicated establishing and maintaining safe environments for open discussion, and continued communication (e.g.WhatsApp group) were vital to effectively share power and decision making. Safeguarding and support requirements for both co-researchers (e.g.individualised strategy) and researcher (e.g.clinical supervision) were particularly evident. To date, the co-produced recruitment poster, research documentation, and research article have demonstrated significant impact.

Conclusions: This is the first EMA study focused on suicide-sleep during transitions to be co-produced with young people with experience of suicidality. Co-producing suicide research is

intensive, time-consuming, and challenging but makes a significant impact to the research, researchers, and co-researchers. We expect our learning will directly influence, and help others produce, meaningful co-produced suicide research.

Disclosure: No significant relationships.

Keywords: Ecological Momentary Assessment; Suicide; Transition; sleep

EPP0377

Nonsuicidal self-injury, psychiatric disorders and pathological internet use among adolescents

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Introduction: Previous studies underline the importance of internalising disorders as risk factors of nonsuicidal self-injury (NSSI), meanwhile only a few research draw the attention to the role of externalising disorders. The possible association between NSSI and pathological internet use (PIU) is also understudied.

Objectives: The purpose of this study was: 1) to investigate the frequency of NSSI among adolescents with different psychopathology and in different internet user groups of adolescents, 2) to understand the mediator role of psychiatric disorders between NSSI and PIU.

Methods: Adolescents were enrolled from a clinical (Vadaskert Child Psychiatric Hospital, Budapest, Hungary) and a school based population (high schools in Budapest, Hungary). The used measurements were: Strengths and Difficulties Questionnaire (SDQ), Deliberate Self-Harm Inventory, Young Diagnostic Questionnaire for Internet Addiction, Mini International Neuropsychiatric Interview Kid.

Results: There was significant difference in the frequencies of NSSI in SDQ subgroups ($U=2127.000$; $z=-6.170$; $p < 0.001$). There was also significant difference in NSSI frequency between normal- and pathological internet users ($U=2020.000$; $z=-2.501$; $p < 0.017$; $p=0.012$). According to the mediator model there was no direct association between PIU and NSSI, however it was mediated by different psychiatric disorders (affective disorders, anxiety disorders, attention deficit/hyperactivity disorder, conduct disorder, opposition defiant disorder, psychoactive substance abuse/dependence, psychotic disorders, suicidal behavior).

Conclusions: The results strengthen that both internalising- and externalising psychopathology are associated with NSSI. Moreover this study underlines the importance of careful screening and treating of comorbid disorders with PIU, which can have a role in the prevention of NSSI and suicide as well.