

Conclusions: Melatonin is one of the least toxic medication. Most common side effects of overdose are drowsiness, dizziness, fatigue, headache, confusion, nightmare, hypotension, tachycardia and hypothermia. Supportive measures and control of vital signs are essential for the treatment.

Disclosure: No significant relationships.

Keywords: emergency; melatonin; Suicide; overdose

EPV1577

Suicide attempts in patients with acute and transient psychotic disorders in in-patient centers in Latvia 2014-2019

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Introduction: Acute and transient psychotic disorders (ATPDs) are a group of diagnoses with acute onset and polymorphic psychotic symptoms, divided into 6 subtypes, which may or may not associate with acute stress. Suicide is a serious public health problem, having long-lasting effects on social well-being and economics. The prevalence of suicide attempts (SA) in Latvia remains unknown, several studies are currently in progress.

Objectives: To determine the prevalence of SA among patients with ATPDs and features of this subgroup of patients.

Methods: Retrospective study based on socio-demographic data and additional diagnoses of all patients with ATPDs provided by the National Center of Statistics of Diseases.

Results: There were 1779 patients with ATPDs in 2014-2019, 44 people were admitted with a SA (24 men, 54.5%). There was a significant difference between sexes in the mean age – 39.64±14.66 for women, 31.94±11.88 for men ($p<.001$), as well as in case of associated acute stress – 37.61±12.95 with and 35.33±13.15 without it ($p=.01$). There were no differences in age or ATPDs subtypes between patients with SA and without one. Men with SA abused alcohol in everyday life more than women and men without SA (20%, $p<.001$), women with SA had acculturational difficulties more often than men and women without SA (45%, $p<.001$). Intentional self-harm by sharp objects was more common among men ($p<.001$), intentional self-poisoning among women ($p<.001$).

Conclusions: The prevalence of SA among patients with ATPDs was 2.47%. Factors, which were more commonly observed in patients with SA were alcohol consumption and acculturational difficulties. Types of self-harming differ between sexes.

Disclosure: No significant relationships.

Keywords: Suicidology; PSYCHOTIC DISORDERS; Epidemiology

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Self-Immolation in the Arab World: A Systematic Review

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Introduction: Self-immolation is the centuries-old act of setting fire to oneself. Recent spikes in self-immolation events have been noticed in the Arab world, specifically in the aftermath of the Arab Spring in 2011.

Objectives: To examine the literature assessing the characteristics and patterns of suicide by self-immolation in the Arab world.

Methods: We registered our systematic review in Prospero [CRD42020207164]. We searched PubMed, Medline, PsycInfo, Embase, and Scopus databases from inception until 6 September 2021. We collected relevant articles via title and abstract screening followed by full-text screening. We then conducted a narrative synthesis of the results.

Results: We found 31 out of 314 articles that fit our inclusion criteria: 4 qualitative and 27 quantitative cross-sectional studies. The quantitative studies had a sample size ranging from 22 to 600 self-inflicted burn victims. The studies emanated from Iraq ($n=16$), Tunisia ($n=6$), Saudi Arabia ($n=2$), Libya ($n=2$), Jordan ($n=2$), and Egypt, Palestine and Bahrain collectively ($n=3$). Studies showed that self-immolators are commonly married females, age ranging between 13 and 66 years old, having no education or solely primary education, and of low socioeconomic status. Self-immolation was more likely to happen at home, usually following marital conflicts, with the primary motive being suicide. Studies highlighted an increase of self-immolation as a form of protest. Kerosene was the most commonly used accelerant. Depression was the most comorbid mental health diagnosis.

Conclusions: Self-immolation is not uncommon in the Arab world. Specific interventions directed at the population at risk are warranted.

Disclosure: No significant relationships.

Keywords: Suicide; self-immolation; arab world

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Possible utility of neutrophil/lymphocyte ratio as a predictor of suicidal risk in mood disorders

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Introduction: Correlations between neutrophil/lymphocyte, platelet/lymphocyte, and monocyte/lymphocyte ratios (NLR, PLR, and MLR, respectively) and psychopathological and clinical variables in the context of mood disorders are increasingly emerging in international scientific literature, being the former one of the most studied. The estimation of suicidal risk associated to affective disorders could benefit from such rapidly and easily available biomarker of inflammation, if significant in this regard.