

Methods: This case report describes a single patient. The methodology involves a comprehensive examination of the patient's clinical presentation, including diagnostic work-up, treatment adjustments, and outcomes.

Results: A 31-year-old male was admitted to the emergency department after intentionally ingesting 25 diazepam tablets. Eight months earlier, he had survived a suicide attempt via carbon monoxide poisoning, also during a dissociative fugue state. These fugue episodes were marked by sudden, unplanned disappearances, memory loss, significant behavioral changes, and temporary loss of personal identity. The latest episode followed an emotional conflict with friends, leading to a three-day disappearance, during which the patient traveled to various locations, frequented pubs, and slept in his vehicle. He attempted suicide on the final day by overdose. Medical assessments, including physical and neurological exams, blood tests, and cranial computed tomography (CT) scans, showed no abnormalities. The patient admitted to using alcohol and cocaine, but urine toxicology revealed no other substances. During psychiatric evaluation, he denied any current or past suicidal ideation and exhibited no psychotic or manic symptoms. He reported mild affective decline over recent months and a complex life history, but did not meet the DSM-5 criteria for post-traumatic stress disorder (PTSD).

Conclusions: The key diagnostic challenge in this case is distinguishing between substance intoxication and dissociative fugue. Although the patient was intoxicated with alcohol and cocaine during parts of the episode, intoxication was not consistent throughout the entire period. Moreover, the onset of symptoms was abrupt and triggered by an emotional conflict. Given the patient's history of dissociative fugue and the nature of the current symptoms, dissociative fugue remains the most plausible diagnosis. This case highlights the complexity of managing self-harm risk in patients with dissociative symptoms, where suicide attempts complicate the development of effective safety plans and pose significant challenges to intervention strategies.

Disclosure of Interest: None Declared

EPP526

The Effectiveness of Dialectical Behavior Therapy (DBT) in Reducing Suicidal Tendencies (ST) in Adolescents with Bipolar Disorder

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Introduction: Suicidal tendencies are among the most common problems faced by adolescents who encounter difficulties, issues, or challenges affecting various aspects of their psychological and social lives, often leading to high suicide rates. Bipolar disorder, various depressive disorders, substance abuse disorders, psychosis, and eating disorders are among the most common leading causes of suicide and suicidal tendencies among adolescents. Dialectical Behavior Therapy (DBT) is an integrative therapy employing a combination of techniques. DBT aims to assess the individual's ability to regulate emotions, manage relationships effectively, tolerate distress, reduce maladaptive responses, and decrease impulsive and self-destructive behaviors.

Objectives: The current study aims to investigate the effect of using Dialectical Behavior Therapy (DBT) techniques in reducing suicidal

tendencies (ST) among adolescents of both genders who suffer from bipolar disorder. Additionally, to verify the sustained effectiveness of these techniques in reducing suicide risk among adolescents.

Methods: A one-group experimental design was used. The study sample consisted of a (31) adolescents with high or moderate levels of suicidal tendencies who were diagnosed with bipolar disorder. Initially, the Bipolar Disorder Scale was used to identify adolescents exhibiting symptoms of the disorder for more than 6 months. This was followed by administering the Suicidal Tendencies Scale. Individuals with high or moderate suicidal tendencies scores on this scale were selected to participate in the study. They then underwent 23 sessions of psychotherapy based on DBT. After the completion of the therapy program, the Suicidal Tendencies Scale was administered again, and a third administration took place two months after the completion of the program. The research tools included a DBT-based therapy program consisting of 23 sessions, with an average of 3 sessions per week, each lasting 45-60 minutes.

Results: The results indicated a significant improvement among adolescents after the completion of the program. Participants reported benefiting from the program, expressing reduced feelings of despair and increased hope and optimism about life. The adolescents' scores on the Suicidal Tendencies Scale decreased after the program ended compared to their scores before the program. Additionally, their scores remained lower two months after the program ended compared to their pre-program scores. This indicates a positive impact of the counseling program in reducing suicidal tendencies among adolescents, as well as the sustained effectiveness of the program.

Conclusions: Dialectical Behavior Therapy (DBT) is effective in reducing suicidal tendencies and can be applied effectively to a range of other psychological disorders. It is essential to manage suicidal tendencies among adolescents to help decrease suicide rates.

Disclosure of Interest: None Declared

Training in Psychiatry

EPV1976

Impact of Psychiatry Clinical Internship on Medical Students' Specialty Choice

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Introduction: Medical students often harbor entrenched and somewhat negative views towards psychiatry, which can impact their interest in pursuing this specialty and pose challenges to recruitment efforts.

Objectives: To assess whether exposure to clinical placements in psychiatry can positively shift medical students' perceptions and influence their career decisions towards this field.

Methods: This study employed a "before/after" longitudinal design over an eight-month period involving 5th-year medical students who were starting their 4-week psychiatric rotation. Evaluations were carried out at the beginning and end of the internship using a comprehensive questionnaire that covered sociodemographic