

## EW0846

### Relationship between insomnia and tobacco smoking in alcohol-dependent patients

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**Introduction** Insomnia and tobacco use are frequent and important problems in alcohol-dependent patients. However, the relationship between sleep problems and cigarette smoking was not thoroughly investigated in this population.

**Aim** The purpose of the study was to investigate the relationship between tobacco smoking and severity of insomnia in alcohol-dependent patients in treatment. We also aimed at assessing other predictors of insomnia in this population.

**Methods** The study group comprised 384 alcohol-dependent patients. Standardized tools were used to assess: tobacco dependence (Fagerström Test for Nicotine Dependence [FTND]), sleep problems (Athens Insomnia Scale [AIS]), severity of alcohol dependence (Michigan Alcohol Screening Test [MAST]) and drinking quantities before entering treatment (Timeline Follow Back [TLFB]). Other comorbid psychiatric symptoms were assessed using Brief Symptom Inventory (BSI) and Barratt's Impulsiveness Scale (BIS-11).

**Results** The study group included 79.1% of current smokers, 62% of participants reported insomnia (AIS). The mean FTND score was  $6.05 \pm 2.18$ . The multivariate regression analysis revealed that the severity of tobacco dependence was significantly associated with the severity of insomnia (FTND,  $\beta = 0.140$ ,  $P = 0.013$ ). Other factors associated with insomnia that remained significant in multivariate model were severity of psychopathological symptoms (BSI,  $\beta = 0.422$ ,  $P < 0.0005$ ) and intensity of drinking (TLFB,  $\beta = 0.123$ ,  $P = 0.034$ ).

**Conclusion** Tobacco use may predict severity of insomnia in alcohol-dependent patients. This finding may have important clinical implications and influence strategies applied in treatment of alcohol use disorders.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EW0847

### The effect of aripiprazole on nicotine dependency in patients under methadone maintenance therapy

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**Introduction** The prevalence of smoking in patients under methadone maintenance therapy is high (85–98%). Most of these patients tend to quit smoking, but only a few of them receive treatment or referred to quit smoking. Recent study on aripiprazole, has been shown to reduce smoking.

**Aims** The aim of this study was to evaluate aripiprazole on smoking in patients under methadone maintenance therapy.

**Material and method** This study was a double-blind intervention study. Patients under Methadone maintenance therapy in 22 Bahman Hospital randomly divided into two intervention and control group. First with the FTQ questionnaire, nicotine dependency assessed in all patients. Then, 6-week aripiprazole administered to intervention group. Data were analyzed by SPSS version 21.

**Results** The age range of patients was 67–25 years. Two groups were matched in demographic characteristics. Finally, mean num-

ber of FTQ questionnaire in case group before intervention was  $8.9 \pm 1.4$  and after intervention was  $8.4 \pm 1.6$ . This difference was statistically significant ( $P = 0.0007$ ).

**Conclusion** The study results show the aripiprazole effect in reducing the desire to smoke in patients under methadone maintenance therapy. The overall level of dependency on nicotine on the basis of test FTQ has decreased. By choosing aripiprazole as adjunctive therapy to quit smoking, by reducing the tendency of patients to smoking, can decrease cardiovascular complications and other problems caused by smoking and we can reduce the mortality rate of these patients.

**Keywords** Methadone maintenance therapy; Aripiprazole; Smoking; Nicotine dependency

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## e-Poster Walk: Suicidology and suicide prevention – Part 2

## EW0848

### Motivations behind suicide attempts: A study in the ER of Maggiore hospital – Novara

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**Introduction** A previous study, conducted in the province of Novara stated that, from an epidemiological and clinical point of view, being a female, being a migrant, as well as being in the warmer months of the year, or suffering from an untreated psychiatric disease are associated with suicide attempts. Literature suggests there is a positive relation between negative life events and suicidal behaviours. In this study, we intend to deepen knowledge, individuating motivations and meanings underlying suicidal behaviours. This appears a meaningful approach to integrate studies and initiatives in order to prevent suicide and suicidal behaviours.

**Aim** To examine possible correlation between socio-demographic and clinical characteristics and motivations underlying suicide attempts.

**Methods** Patients aged > 16 years admitted for attempted suicide in the Emergency Room of the AOU Maggiore della Carità Hospital, Novara, Italy, were studied retrospectively from the 1st January 2015 to the 31st December 2016. Each patient was assessed by an experienced psychiatrist with a clinical interview; socio-demographic and clinical features were gathered. Analysis were performed with SPSS.

**Results and discussion** Data collection are still ongoing; results and implications will be discussed. We expect to find different motivations in relation to socio-demographic and clinical characteristics [1,2].

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

#### References

- [1] Zeppegno P, Gramaglia C, Castello LM, Bert F, Gualano MR, Ressler F, et al. Suicide attempts and emergency room psychiatric consultation. *BMC Psychiatry* 2015;15:13 [Published online 2015 Feb 5].