

**Objectives:** To compare the alexithymia levels in SUD patients with and without SI and SA in an outpatient addiction treatment center in Spain.

**Methods:** This is a cross-sectional study performed on 110 patients (74.3%males; mean age 43.6±14.5years old) for whom we had information from the Toronto Alexithymia Scale(TAS-20) and the presence or not of lifetime SI and SA.

**Results:** Lifetime SI and SA were present in 55.5% and 35.5% of the sample respectively. The mean score of TAS-20, difficulties identifying feelings (DIF), difficulties describing feelings (DDF), and externally-oriented thinking(EOT) were 57.2±13.3, 20.0±7.0, 14.7±4.5, and 22.5±4.5 respectively.

| TAS-20 scores (total and subfactors) |      | Suicidal ideation |           | t     | p     | Suicide attempts |           | t     | p     |
|--------------------------------------|------|-------------------|-----------|-------|-------|------------------|-----------|-------|-------|
|                                      |      | Yes (n=49)        | No (n=61) |       |       | Yes (n=39)       | No (n=71) |       |       |
| DIF                                  | Mean | 21.8±7.2          | 18.8±6.6  | 2.300 | 0.024 | 22.3±7.6         | 18.9±6.5  | 2.311 | 0.024 |
| DDF                                  | SD   | 15.7±4.6          | 13.8±4.3  | 2.216 | 0.029 | 16.0±5.3         | 13.9±4.1  | 2.257 | 0.027 |
| EOT                                  | Mean | 22.6±4.9          | 22.4±4.2  | 0.197 | 0.847 | 22.3±5.3         | 22.3±4.0  | 0.614 | 0.575 |
| Total                                | SD   | 60.1±14.6         | 55.0±12.1 | 1.985 | 0.050 | 61.2±15.9        | 55.2±11.5 | 2.078 | 0.042 |

**Conclusions:** SI and SA may be related to alexithymia levels. Hence, alexithymia should be further analyzed in SUD patients in longitudinal studies in order to analyze the bilateral association with suicidal spectrum behaviors. REFERENCES Rodríguez-Cintas L, et al. Factors associated with lifetime suicidal ideation and suicide attempts in outpatients with substance use disorders. *Psychiatry Res.* 2018;262:440-5. Morie KP, et al. Alexithymia and Addiction: A Review and Preliminary Data Suggesting Neurobiological Links to Reward/Loss Processing. *Curr Addict Rep.* 2016;3 (2):239-48. Hemming L, et al. A systematic review and meta-analysis of the association between alexithymia and suicide ideation and behaviour. *J Affect Disord.* 2019;254:34-48.

**Keywords:** alexithymia; Substance Use Disorder; Suicidal ideation; Suicide attempts

### EPP1393

#### Can narcissism be considered a risk factor for suicidal thoughts and behaviors? A systematic review of the literature

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**Introduction:** Although suicide showed an association with personality disorders, few studies focused on narcissism. This association is interesting, especially in what authors called a “narcissism epidemic”, considering narcissistic wounds to which subjects could be subjected.

**Objectives:** To systematically review studies investigating the association between narcissism and suicidal risk.

**Methods:** We focused on the association between narcissism (NPD, narcissistic traits) and suicide (Suicidal Ideation (SI), Non-suicidal Self-Injury (NSSI), Deliberate Self-Harm (DSH), Suicide Attempt (SA) and Suicide (S)). Studies were identified through a PubMed-based search. Reference lists were examined to extract additional articles. This review was performed according to PRISMA Statement.

**Results:** We included 33 studies. Most studies evaluated narcissism through DSM, showing heterogeneous results. NPD was associated with low impulsivity and high planning, but also with a higher number of SAs. Studies evaluating narcissism as a trait were more coherent. SI, NSSI and DSH showed an association with vulnerable narcissism. These associations were explained by mediation and moderation models including shame and dissociation. The grandiose component was associated with severe repetitive NSSIs and S in high suicidal risk samples. Impulsivity showed no effect.

**Conclusions:** It is possible to develop hypothesis, even if not causal relationships, on the association between narcissism and suicidal risk. Grandiose narcissism seemed to be protective for suicidal outcomes with low intent to die, while vulnerable narcissism seemed to be associated. However grandiose narcissism seemed to be a risk factor for suicidal outcomes with high intent to die, showing low impulsivity and high planning and severity. New studies, differentiating between narcissistic components, are needed.

**Keywords:** Narcissism; Suicidal risk; Systematic review; Suicide prevention

### EPP1395

#### Suicidal tendencies in university students during the COVID-19 outbreak

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**Introduction:** Suicidogenic effects COVID-19 pandemic are expected to reveal themselves not immediately, but within a longer period.

**Objectives:** To evaluate the prevalence of suicidal tendencies in university students during the COVID-19 outbreak and specify the psychosocial characteristics of the students with a low anti-suicidal barrier to mitigate their suicide risks.

**Methods:** The research was done via an on-line survey, which covered 536 students of both sexes (aged 21.46±2.95), who studied in Russian universities and who filled in a structured questionnaire during their distance learning due to COVID-19 outbreak.

**Results:** We revealed that 11.38% of the respondents (57.47% of whom are males) with a low anti-suicidal barrier showed suicidal tendencies by allowing the possibility of committing a suicide in a certain situation. Among them were more Russian students than international ones (p=.0272). They also certainly exceeded the students with the developed anti-suicidal barrier in taking alcohol (p=.0126), in underestimating their own health (p=.0053), in expressing happiness (p=.0001), and in degree of religious belief (p=.0001). They perceived the situation associated with the COVID-19 outbreak with a more strongly manifested anxiety due to the fear of their own infection with coronavirus (p=0.0347). At the same time, they acted less responsibly in following personal restrictive measures aimed to reduce the risk of infection (p=.0002).

**Conclusions:** Students with suicidal tendencies during the COVID-19 outbreak present a risk group in COVID-19 spread and infection. The pandemic can intensify anti-vital sufferings and enhance the risk of committing suicide in individuals with suicidal tendencies, which should be taken into account in prevention programs.

**Keywords:** suicidal ideations; University Students; COVID-19 outbreak