

adolescents, there is observed a decrease in the interest to Internet games (from 48.4% at 11-14 y.o. to 37.6% at 15-18 y.o.) and to social media (from 49.5% to 43.1%). At the same time, interest to other types of content is growing (from 27.5% to 41.3%).

**Conclusions:** Boys with internet addiction are more likely to be addicted to internet games, while girls are more likely to get engaged in social media. Older adolescents show a decrease in the interest both to Internet games and social media, while their interest to other types of content increases. The study was funded by RFBR project № 18-29-2203218.

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**Keywords:** Internet; Addiction; Siberia; adolescents

### EPP1385b

#### Leading patterns of internet-addicted behavior in adolescents in central siberia according to the results of the CIAS test

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**Introduction:** Knowing the leading patterns will help timely predict that addictive behavior is being formed.

**Objectives:** To identify the leading patterns of addictive behavior in adolescents in Central Siberia according to the results of the CIAS test.

**Methods:** 200 adolescents aged 11-18, 69 males and 131 females, with Internet addiction living in an urban area (Krasnoyarsk) were surveyed. The patterns of addictive behavior were assessed using the CIAS test, which includes scales of key symptoms: “Com” (compulsive symptoms), “Wit” (withdrawal symptoms), “Tol” (tolerance symptoms); and negative consequences scales: “IH” (intra-personal and health problems), “TM” (problems with time management).

**Results:** The mean results (M) of key symptoms were obtained at 14.56 on the “Com” scale, 15.27 on the “Wit” scale, 12.23 on the “Tol”. The mean indices of negative manifestations were obtained at 17.00 on the “IH” scale and 13.94 on the “TM” scale. When comparing the mean results of the scales of addicted behavior by the method of one-way analysis of variance (ANOVA), statistically significant differences between representatives of different sex and age groups were not revealed ( $p > 0.05$ ).

**Conclusions:** The leading key symptoms of Internet-addicted behavior in Central Siberia adolescents include withdrawal symptoms: decreased mood, anxiety and irritation in the absence of access to the Internet. Symptoms of negative consequences include decreased social contacts, reduced communication with family members, and problems at school. When such symptoms emerge, one should suspect the formation of Internet addiction and carry

out the necessary diagnostics for timely intervention. The study was funded by RFBR project № 18-29-2203218.

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**Keywords:** Internet; Addiction; patterns; adolescents

### EPP1385c

#### Internet addiction and excessive daytime sleepiness in adolescents

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**Introduction:** Internet addiction (IA) is associated with personal peculiarities, psychosocial characteristics, and physiological factors. Excessive daytime sleepiness (EDS) is one of the most common sleep disorders in adolescents associated with social behavior patterns.

**Objectives:** To evaluate the association of IA with EDS in Siberian adolescents.

**Methods:** 4637 urban Siberian (Krasnoyarsk, Abakan) school-based adolescents (aged 12-18; boys/girl ratio 2215/2422) were tested with Chen Internet Addiction Scale (CIAS). Internet users were categorized into three groups: adaptive Internet users (AIU) (scoring 27–42); maladaptive Internet users (MIU) (scoring 43–64); and pathological Internet users (PIU) (scoring  $\geq 65$ ). EDS was assessed by Pediatric Daytime Sleepiness Scale (PDSS); cutoffs for EDS were PDSS 95% percentiles for each age group: 12 y.o. – 20 points, 13 y.o. – 21 points, 14-16 y.o. – 22 points, 17-18 y.o. – 23 points. Quantitative data are shown as median (25-75% quartiles). Chi-square and Kruskal-Wallis tests were used.

**Results:** EDS prevalence increase with IA severity: AIU group (n=2402) – 1.4%, MIU group (n=1905) – 3%, and PIU group (n=330) – 12.4% ( $p_{AIU-MIU}=0.001$ ;  $p_{AIU-PIU}<0.001$ ;  $p_{MIU-PIU}<0.001$ ). Positive association was detected between IA severity and PDSS score: AIU group – 10 (6-13), MIU group – 14 (10-17), and PIU group – 17 (13-21),  $p(K-W)<0.001$ .

**Conclusions:** EDS is associated with IA in Siberian adolescents. The possible explanations of this relation may be: (1) the higher rate of night activity, (2) night sleep disturbances and (3) the presence of common pathogenic factors in IA and EDS, such as personality characteristics, depression, anxiety. The study was funded by RFBR project № 18-29-2203219.

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**Keywords:** Internet; Addiction; sleep disorders

## Suicidology and suicide prevention

### EPP1386

#### Managing ethical issues in community-based adolescent self-harm research. ethical practice in an adolescent self-harm preventative intervention research project with pupils in secondary schools in wales.

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**Introduction:** Adolescent self-harm in Europe is a major public health challenge and shares a risk continuum with suicide. Recent research demonstrates a strong risk correlation with attempting suicide in the community-based adolescent self-harm population group, similar to research findings for populations in health setting-based research. In the UK increasing rates in hospital admissions represent the “tip of the iceberg” within the community, with potentially two thirds of the population group not accessing health services for support. This brings many health risks, including an increased suicide risk. Finding a solution to these issues requires a preventative intervention approach for young people, including community-based delivery to address service access barriers. Secondary schools are posited as key settings where this type of support could be delivered. But emerging UK research demonstrates challenges in completing adolescent self-harm research with young people in schools.

**Objectives:** This paper centres on a current adolescent self-harm preventative intervention research project in Cardiff University. It focuses on ethical research practice in community-based adolescent self-harm research.

**Methods:** This paper appraises some of the core ethical issues, challenges and their management in completing adolescent self-harm prevention intervention research in secondary school settings in Wales. It also provides an overview of the project’s innovative safety protocol design.

**Results:** This project was successful in managing the potential risks to the school-based adolescent research participants.

**Conclusions:** This work helps address some of the current research barriers to completing adolescent self-harm prevention intervention research in schools, to facilitate shared solutions to the urgent public health challenge of adolescent self-harm.

**Keywords:** adolescent self-harm; preventative intervention research; secondary schools; ethics in research practice

### EPP1388

#### The relationship between physical pain and suicidal thoughts and behaviors in adolescents: A meta-analysis

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**Introduction:** Suicide is the third leading cause of death in adolescents (15-19 years). Physical pain is an important risk factor for suicidal thoughts and behaviors, especially in a delicate phase as adolescence.

**Objectives:** Several studies investigated this association and the aim of this meta-analysis was to synthesize data in literature about this topic in adolescents (11-20 years).

**Methods:** We started from a systematic review published by Hinze and colleagues in 2019 and we searched on PubMed (January 2019-June 2020) studies comparing rates of suicidal outcomes (Suicidal Ideation, Suicide Plan, Attempt, Self-Harm: SI, SP, SA, SH) in individuals with any type of physical pain (head, back, neck, chest, stomach, abdomen, muscle, joint, arthritis) vs. those without it. Data were analyzed with Comprehensive Meta-Analysis software (CMA, version 3).

**Results:** Of the 16 included studies, eleven focused on SI (68.8%), six (37.5%) on SA, four (25%) on SH and two (12.5%) on SP. Adolescents with physical pain were more likely to report SI ( $p < .001$ ), SH ( $p < .001$ ), SA ( $p = .004$ ) and SP ( $p = .006$ ). In all analyses, the between study heterogeneity was high. The presence of publication bias has been detected in SI ( $k \geq 10$ ).

**Conclusions:** Results are in line with previous literature on this topic. Future research should investigate the specific impact of: acute vs. chronic pain; different types and intensities of pain; planned vs. impulsive action and therefore suicidal intent; role of psychological factors (in particular sensitivity and tolerance to physical pain).

**Keywords:** Suicide; Suicidal Thoughts and Behaviors; adolescents; Physical Pain

### EPP1389

#### Physical pain – suicidality association in adults: A meta-analysis

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**Introduction:** Multiple epidemiologic and clinical studies have explored the relationship between physical pain and suicidal thoughts and behaviours.

**Objectives:** The aim of this meta-analysis was to provide an update of the data already present in literature about this specific association in adults.

**Methods:** Starting from a meta-analysis published by Calati and colleagues in 2015, 28 studies were included in this work. After searching on Pubmed (until March 2020), data were extracted from articles comparing the rates of current and lifetime suicidal thoughts and behaviours (death wish, suicidal ideation, suicidal planning, suicide attempt and suicide death: DW, SI, SP, SA, and SD) in adults with any type of physical pain and in individuals who did not report this condition. Data were analysed using Cochrane Collaboration Review Manager software (RevMan, version 5.4).

**Results:** Although high between-study heterogeneity was detected in most analyses, results suggested that adults with physical pain are more likely to report any form of suicidal outcome, except for death by suicide, compared to individuals not affected by pain. No