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EVALUATION OF SUICIDAL BEHAVIOUR AND DEPRESSION AMONG NURSING STUDENTS IN NORTHERN GREECE

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Introduction: Suicide has become a leading cause of mortality and morbidity in adolescents and young adults worldwide and has been identified as one of the key mental health problems affecting students. The aim of our study was to determine the prevalence of depressive symptoms and suicidal ideation among nursing students in Greece.

Methods: A total of 142 nursing students of the Department of Nursing of the Technological Educational Institute of Thessaloniki agreed to participate in the study. The Beck Depression Inventory II (BDI-II) was administered. Question 9 of the scale was evaluated to examine suicidal tendency.

Results: 43.9% of the students experienced depressive symptoms. The mean scores on the BDI were higher in year 1 and 3, while the lowest score was observed in year 2. The evaluation of suicidal ideation per year of studies indicated that the percentage of students who thought of suicide but wouldn't commit it were mainly in the first or in the last (graduate) years. 88% of our total sample reported never having thoughts of suicide. Significant differences on the basis of gender were observed concerning suicidal thoughts, without actually carrying it out (males>females).

Discussion: The stressors in nursing education have been consistently acknowledged in the literature. In our sample can be assumed that 2nd year students are more adjusted to the demands of their studies and appear more confident about their choice. Higher levels observed in the last study years are maybe the result of student worries about their professional future.