

P-1426 - DEPRESSION AND SUICIDAL IDEATION AMONG ITALIAN ADOLESCENTS. PRELIMINARY RESULTS FROM THE SEYLE PROJECT

M.Iosue¹, V.Carli^{1,2}, M.D'Auliero^{1,3}, _____

¹Department of Health Sciences, University of Molise, Campobasso, Italy, ²National Prevention of Suicide and Mental Ill-Health (NASP), Karolinska Institutet, Stockholm, Sweden, ³New York State Psychiatric Institute, Columbia University, New York, NY, USA

Introduction: Depressive and suicidal symptoms are common in adolescence, yet often underestimated. The Youth Risk Behavior Surveillance (2009) found that 6.3% of High School students in the United States had attempted suicide and that 13.8% had seriously considered attempting suicide, during the previous year.

Objectives: Investigating the prevalence of depression and suicidal behaviours in the Italian sample of the SEYE study.

Aims: SEYLE (Saving and Empowering Young Lives in Europe) is a randomized controlled trial evaluating school-based health promotion interventions for suicide prevention. The study comprises 12, 395 adolescents from 11 European countries.

Methods: Italian sample consists of 1195 students (mean age 15.3 ± 0.6 ; 68% females) from the Molise region. A self-report questionnaire including a number of well-established instruments was administered. For the current analysis, based on baseline data, we focus on the Beck Depression Inventory-II and the Paykel Suicide Scale.

Results: Mean BDI-II score was 8 ± 6.48 . Total BDI-II scores were significantly higher in females than males (8.83 ± 6.72 vs 6.22 ± 5.55 ; $p < 0.0001$), even after controlling for age. 210 adolescents (17.8%) scored higher than 13, indicating some degree of clinical depression. Mean PSS score was 1.14 ± 2.38 . Females also scored higher than males on the PSS (1.28 ± 2.45 vs 0.83 ± 2.20 ; $p = 0.002$), even after controlling for age.

Conclusions: Our results show a high prevalence of depressive symptoms and suicidal thoughts among Italian adolescents, especially among females. Knowing that more than 90% of adolescents who commit suicide suffer from an associated psychiatric disorder, an early detection and appropriate care becomes of particular importance.