

**Conclusions:** Improving mental health education in healthcare with up-to-date knowledge of evidence-based best practices is a top priority. Enhancing skills and knowledge can lower clinicians' anxiety in this emotionally challenging and burdensome task. There is a high demand for mental health workshop training among healthcare workers in both undergraduate and post-graduate education. We expect positive changes in attitude and self-perceived competencies in participants.

**Disclosure of Interest:** None Declared

## EPP0349

### Basic beliefs about self and the world in people with suicidal ideation

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**Introduction:** Basic beliefs can be defined as a person's implicit, global, stable ideas about the world and about himself. The psychological features of people with suicidal ideas can be considered as characteristics of the value sphere of a person who is ready to choose a destructive way of solving problems.

**Objectives:** The relationship of basic beliefs regarding the general «Benevolence of the surrounding world», its «Meaningfulness» and «Worthiness of the Self» with the presence of suicidal ideas was investigated.

**Methods:** The study involved 140 people, (117 women). The Janoff-Buhlman World Assumptions Scale (WAS), the short Epstein Rational-Experiential Inventory (REI), Symptom Check List-90-Revised (SCL-90R), moral dilemmas (proposed by J.D. Green), as well as separate questions about the suicidal ideation, risk tendency were used.

For analysis, the subjects were divided into two subgroups: 98 people without thoughts of suicide; and 42 people answered that they had thoughts of suicide of varying severity. The subgroups did not differ by gender; in the group with suicidal ideation, the average age of the subjects was lower.

**Results:** In the subgroup with suicidal ideas, almost all indicators of basic assumptions, such as "Benevolence of the World" (average values of  $16.10 \pm 3.28$  and  $12.13 \pm 4.80$  for the control subgroup and the subgroup with suicidal ideas), were lower: "Benevolence of the People" ( $15.35 \pm 3.07$  and  $12.42 \pm 4.97$ ), "justice" ( $12.46 \pm 3.30$  and  $10.46 \pm 3.60$ ), "value of one's own self" ( $16.21 \pm 3.93$  and  $11.83 \pm 5.15$ ), etc., with the exception of the "Self-controllability", which does not differ between subgroups. Also, in the subgroup with suicidal ideas, the indicators of "randomness" were increased ( $15.67 \pm 3.64$  and  $18.67 \pm 3.96$ ). Indicators on the clinical scale "Hostility" of the SCL-90R questionnaire are also significantly higher in the group with suicidal ideation (average values  $0.53 \pm 0.5$  and  $1.29 \pm 0.8$ ). In the group with suicidal ideation, there is a higher tendency to take risks. At the level of a statistical trend, the rational method of decision-making in the

"Rational - Intuitive" questionnaire is lower (average values 14.3 and 13.0; significance level of differences 0.05). In the "Moral Dilemmas" test, in the subgroup with suicidal ideas, the ratio of choices in personal and impersonal dilemmas is statistically higher (0.67 and 0.93).

**Conclusions:** It was shown that the presence of suicidal ideas is associated with a reduced indicator of the Worthiness of the Self, the meaningfulness of the world and its benevolence, and with an increased sense of randomness as a principle for distributing ongoing events, which can manifest itself in a propensity for risk, impulsive decisions, devaluation of human life.

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## Addictive Disorders

### EPP0351

#### Relationship between childhood stressful events and drug consumption among university students

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**Introduction:** The purpose of this study is to investigate the potential relationship between stressful events experienced in childhood and subsequent toxic substance consumption among university students majoring in Social Education at a Spanish university during the academic year 2022-2023.

**Objectives:** The primary objective is to analyze whether an association exists between stressful life events in childhood and patterns of substance consumption among university students.

**Methods:** A cross-sectional, observational, and analytical design was employed. The target population encompassed 258 students enrolled in the Social Education program in 2023. The final sample consisted of 161 students. A questionnaire incorporating the Childhood Trauma Questionnaire - Short Form (CTQ-SF) and the Severity of Dependence Scale (SDS) was administered to assess trauma history and substance consumption.

**Results:** A high percentage (95.03%) of students reported having consumed toxic substances at some point in their lives. The most common substances were alcohol (95.03%) and cannabis (52.8%). A statistically significant correlation was observed between childhood emotional abuse and increased alcohol consumption currently ( $p = 0.015$ ). Furthermore, a significant relationship was identified between childhood sexual abuse and heightened alcohol consumption ( $p = 0.015$ ). Moreover, positive correlations were found between sexual abuse and the consumption of specific drugs, such as cocaine and psychopharmaceuticals ( $p < 0.05$ ).

No statistically significant differences were observed in drug consumption with regard to other forms of childhood maltreatment, such as emotional or physical neglect.