Suicidal ideation among international medical students studying medicine in Romania

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Background The burden of mental health impairment in medical students is an important research subject. Evidence shows that medical students have a higher prevalence of symptoms of depression and anxiety than the general population. A number of studies regarding suicidal ideation among medical students have been carried out, but this topic has largely been ignored in regard to international medical students coming from Western European countries studying medicine in Eastern European countries. Suicidal ideation is the early symptom of suicidal actions. The students are the most vulnerable and easily influenced by cases of suicide, especially in a closed group with little connections with the general population like the international students.

Objectives Following 2 suicides in our university, we aim to measure the prevalence of suicidal ideations in international students.

Methods Overall, 150 medical students from the French section studying at the University of Medicine and Pharmacy "Iuliu Hatieganu", Romania, were evaluated for symptoms of depression using BDI and for suicide ideation using Beck HS.

Results Suicidal ideation was present in 28.57% of the French international medical students. Depression and the lack of social support had a significant relationship with suicidal ideation.

Conclusions Suicide is a serious issue that has to be dealt with immediately. It is important to assist medical students who are considering the possibility of committing suicide, so that they overcome their difficulties. There is a need to identify the prevalence of suicidal ideation among medical students and for student counselling.

Disclosure of interest The authors have not supplied their declaration of competing interest.

Migrants and psychosomatic symptoms: An evaluation in an emergency centre

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Introduction In recent years, there has been an increase in migration in Europe. Particularly, Italy has been one of the most important landing place. Currently, migrants in the province of Avellino, South Italy city, amount to about 1400, housed in 40 facilities in 23 municipalities. Psychological interest on migration and its impact on lifestyle patterns has increased in recent years.

Objectives There are few studies that evaluated the frequent psychosomatic symptoms in these populations. Despite the trauma experienced, they are not able to give a name to the suffered and somatized pain.

Aim Assessment of somatic symptoms reported by the immigrant cohort after a three-month observation period.

Methods We included 50 migrants (21.3 mean years) hosted in emergency centre in Avellino, Italy. All guests have conducted psychological clinical interviews. At baseline, were administrated following scales: the patient health questionnaire (PHQ-9); Illness Behaviour Inventory (IBI); Symptoms checklist-90-Revised (SCL-90-R) scale. Same data was collected after three months.

Results The migrant group was a heterogeneous group. Overall data on IBI and PHQ-9 scale indicate a statistically significant variation baseline vs deadline Data of IBI scale is statistically significant [T-Score: 3.921; P: 003]; also with PHQ-9 [T0 vs. T1: T-Score: 3.986; P: 003]. Similar results have been found with SCL-90-R.

Conclusions In their vocabulary, terms such as anxiety, sadness, fear exist hardly. They tend to minimize the psychological pain, not because I do not feel, but because move it on the body. They have difficulty to talk about emotions, not just a matter of culture and language, but also because they are ashamed.

Disclosure of interest The authors have not supplied their declaration of competing interest.