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Bullying Including Cyber Bullying Increases the Risk of Suicidal Behaviour

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Introduction: Suicidal behaviour is one of the most common reasons for presentation to the emergency rooms. Bullying is a universal public health concern that affects significant number of adolescents. Many children and adolescents are recurrently involved in school bullying. Research suggests that both bullies and victims are overrepresented amongst those seen by mental health professionals.

Objectives: Understand the the relationship between bullying and suicidal behaviour, prevalence of different kinds of bullying in patients with mental health problems and prevalence of cyber bullying and it's affect on the victim

Aim: Increase public awareness on importance of cyber bullying. We feel that many patients won't disclose that they had been or are being cyber bullied because the characteristics are unclear.

Method: Charts of all patients who visited emergency room from 2011 to 2013 with a mental health complaint were reviewed. Variables understudy were gender, history of bullying, type of bullying (verbal, physical, emotional), DSM-IV-TR diagnosis and outcome following the assessment.

Results: Our study shows significant association between bullying, and suicidal behaviours, although based on our study, this predictor was not commonly assessed .

Conclusion: Our study showed that there was a significant link between bullying and future suicidal behaviour which is not commonly assessed. It is important that physicians identify these risk factor while assessing suicidality. Involvement in current cyber bullying was found to be less frequent than other forms of bullying such as verbal and physical. However, significant links were observed between cyber bullying and suicidal behaviour.