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Prevalence of problematic alcohol consumption in patients with anxiety of depressive disorders

M.D.C. García Mahía*, Á. Fernández Quintana
 CHU A CORUÑA, Psychiatry, A Coruña, Spain

* Corresponding author.

Introduction Depression and alcohol problems are common in psychiatric outpatients, but there are few studies including patients with anxiety disorders.

Aims To study the prevalence of problematic alcohol consumption in a sample of patients diagnosed of anxiety or depressive disorder and treated in a mental health clinic and to analyze clinical and sociodemographic variables associated to alcohol consumption.

Methods The sample studied included 194 outpatients (31.9% men and 68.1% women) treated in an outpatient clinic and diagnosed of any anxiety or depressive disorder included in DSM-IVTR as main diagnose. Instruments used were Beck Depression Inventory (BDI), and the Alcohol Use Identification Test (AUDIT). Other variables studied included age, civil status, level of studies, and specific psychiatric diagnoses.

Results A total of 64.9% were diagnosed of anxiety disorder and 35.1% were diagnosed of depressive disorder. The prevalence of problematic alcohol consumption was 7.8%, being more frequent in men, especially in men and in middle ages. Problematic alcohol consumption was found with more frequency in patients with generalized anxiety disorder and major depression, in this order. Patients with other comorbidity disorders in Axis II presented the highest prevalences of problematic alcohol consumption.

Conclusions Problematic alcohol consumption presents high prevalence in patients with anxiety or depressive disorders and dual diagnose usually is associated with poor prognosis. It is necessary to make efforts to detect alcohol problematic consumption in psychiatric patients and develop specific treatment programs directed to this group of patients in both primary and specialized care units.

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

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Study of sleep disturbances in patients with alcohol abuse or dependence

M.D.C. García Mahía*, Á. Fernández Quintana
 CHU A CORUÑA, Psychiatry, A Coruña, Spain

* Corresponding author.

Introduction Previous studies inform that psychiatric patients often report problems with their sleep and alcohol increase sleep disturbances.

Aims To analyze the prevalence of sleep disturbances in patients diagnosed of Alcohol Abuse or Dependence and to study clinical and sociodemographic variables associated with sleep disorders.

Methods The sample is composed of a randomized sample of patients diagnosed of Alcohol Abuse or Dependence following DSM-IV-TR criteria and treated in a Mental Health Clinic in a period of 3 years. Medical records were reviewed. Quality and patterns of sleep were evaluated using the Pittsburg Sleep Quality Index (PSQI) with a cut-off point 5-6.

Results A total of 102 patients were included in the study, 69% were male and 31% were female. Mean age 39.4 years (SD 9.26). Sleep disorders were found in 91.6% of patients. The most altered subscales in the overall sample were the Use of Sleeping Medication and Sleep Disturbances. Women presented worse sleep quality compared to men ($P < 0.01$) with higher number of altered sub-

scales. The most altered subscales in women were Subjective Sleep Quality ($P < 0.005$) and Sleep Disturbances ($P < 0.02$).

Comorbidity with other psychiatric disorders and other clinical and sociodemographic variables are analyzed.

Conclusions Sleep disorders have high prevalence in patients with alcohol abuse of dependence, especially in women and patients with other psychiatric comorbidity. Poor quality sleep may have a powerful impact on the global functioning and prognosis of these groups of psychiatric patients.

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

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Dual pathology in users of early intervention program in psychosis

B. Girela Serrano^{1,*}, M. Guerrero Jiménez¹,
 C.M. Carrillo de Albornoz Calahorra¹, J.A. Rodrigo Manzano²,
 O.B. Martínez García¹

¹ Hospital Santa Ana Motril, Psiquiatría, Motril, Granada, Spain

² Hospital Santa Ana Motril, Psicología, Motril, Granada, Spain

* Corresponding author.

Introduction The existence of independent services and facilities for mental health and for addictions in Andalusia stand in the way of addressing dual pathology. The strong comorbidity between substance use and early psychosis has been deeply studied in recent literature. The aim of this paper is to analyse a group of consumers in the First Episode Psychosis Program (FEP) to address the lack of the actual interventions performed.

Methods Descriptive statistical analysis of demographic and clinical variables of a group with drug consumption ($n = 17$) is compared to a non-consumer group ($n = 7$).

Results Our sample of patients included, consumers who represent 71% of the sample. All consumers were users of cannabis or derivatives and 35% of consumers were diagnosed at some point of Toxic psychosis. Only 23% received care in drug addiction centers. They have less education. The duration of untreated psychosis (DUP) is greater than in non-users and only 35% of the cases were detected in Primary Care. PANSS with higher scores. Greater differences in general psychopathology. The Social Functioning Scale (SFS) were worse in the Isolation scale. The Family Questionnaire (FQ) showed more difficulties in the family setting. Finally the Global Assessment of Functioning (GAF) gives an average of 8 points lower (severe symptoms).

Discussion We would like to point out the low percentage of users who receive specialized care for their addiction. Better collaboration with Primary Care is required to improve the capacity of detection to reduce the time slot of untreated symptoms.

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

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Psychiatric manifestations in porphyria: A case report of psychosis

S. González-Parra*, T. Aparicio Reinoso, M. Leonor,
 J.D.D. Molina, I. Hernan, F. Ricote
 Hospital Dr Rodríguez Lafora, Psychiatry, Madrid, Spain

* Corresponding author.

Introduction Porphyrias are rare inherited disorders due to specific enzyme abnormalities of heme biosynthesis. Among the hepatic forms, three of them are clinically characterized by acute abdominal pain and neuropathy, sometimes associated with psychiatric disorders like mood changes, organic brain syndrome and psychosis.