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Introduction We present three community case studies for how community development and cultural enhancement affected mental health as an epiphenomenon.

Methods An initiative was undertaken in 3 Northern Canadian aboriginal communities to enhance spiritual and cultural fluency and to provide opportunities to healthy interaction among community members. We began each process with a narrative investigation of the community by eliciting stories about perceived problems in the community. We collected further narratives at the end of the intervention about how it had affected people personally. We reviewed the narratives for commonalities and themes using modified grounded theory and dimensional analysis. We measured numbers of patients presenting to behavioral health services with mental health diagnoses, number of people sent to hospital for mental health treatment, and number of suicide attempts. We collected quality of life data using the My Medical Outcome Profile 2.

Results Community development and cultural enhancement efforts reduced all of the variables we were tracking. Follow-up interviews revealed common themes of people becoming more present-centered, feeling higher quality in their relationships; feeling more connected to god, creator, nature, or higher power; feeling more peaceful; feeling more accepting of death and change; and having a greater sense of meaning and purpose. As an interesting side effect, people began to eat more traditional diets and to be more active.

Conclusions Creating opportunities for community interaction and shared community projects and enhancing interactions with spiritual elders resulted in improvement in indices of mental health in three indigenous communities in Northern Canada.

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EW0363

Female genital mutilation [FGM] and emotional support: A research study exploring the value and sustainability of offering emotional support to women exposed to FGM

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Introduction Global estimates suggest over 130 million girls and women have undergone FGM. While practiced in Africa, Asia and the Middle East, due to immigration trends it is now prominent in Western society. While studies have focused on physical health consequences, post-2000 a small but growing number of studies have reported on the psychological impact of FGM. This paper reports on a project exploring the mental health consequences of FGM, the effectiveness of therapeutic support, and the sustainability of a new service through training peer mentors.

Objectives To establish and evaluate 3 drop-in clinics, offering emotional support to women who have experienced FGM. Build capacity through training peer mentors to continue the work of supporting women.

Method Community-based participatory research (CBPR) was used for this two-part project. In part 1, 30 women participated, data being collected via the Warwick-Edinburgh Mental Well-being Scale (WEMWS) and follow-up interviews. Part 2 involved the training of 12 peer mentors. Data was analysed using descriptive statistics and thematic analysis and evaluation respectively.

Results Improvement was found in the women's mental well-being, with themes (1) Speaking the unspoken (2) Emancipation of emotion (3) Harnessing hope, being identified. Of the 12 peer mentors successfully completing the course, 9 are now volunteering.

Conclusion Mental health professionals are best placed to enable women to address FGM traumas and improve their mental well-being. Additionally, they can raise public and professional awareness and, through research, can help develop more appropriate and sensitive services for migrant women from practicing communities.

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Korean public knowledge and perceptions about treatment of attention-deficit hyperactivity disorder

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Objective The aim of this study was to examine (1) public knowledge and perceptions about attention-deficit hyperactivity disorder (ADHD) and (2) factors influencing the public's decisions to adhere to ADHD pharmacotherapy.

Methods In this study, 396 participants responded to the Internet survey regarding their experiences, beliefs and treatment preferences about ADHD.

Results Two hundred and fifty-two respondents (63.6%) were reluctant to pharmacological treatment of ADHD. The respondents chose the functional impairment of the brain as the main cause of ADHD were favorable to pharmacological treatment and scored significantly high on the ADHD Knowledge Questionnaire. On the other hand, the respondents who regarded ADHD as an overly active personality rather than a disease were skeptical to pharmacotherapy and scored significantly low. The respondents who were acquainted with someone who had been diagnosed with ADHD perceived themselves relatively well informed about ADHD. However, the subjective perception of the degree of knowledge of ADHD was not correlated with the objective score of the ADHD Knowledge Questionnaire.

Conclusion The Korean public is not well informed about ADHD and its treatments. Culturally appropriate psychoeducational strategies based on the media and the Internet are needed. Providing biomedical conceptualization of ADHD to the public may aid with treatment decisions and promote adherence to pharmacological treatment.

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

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A systematic review and case report of the Koro syndrome in an intellectually disabled Caucasian patient

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Introduction Koro syndrome has traditionally been considered a culturally bound syndrome, characterized by the delusional belief that one's genitalia are retracting and the anxiety caused by the