

to increase. The aim of the study was to estimate the quality of sleep habits in children with CP.

**Materials and Methods:** 93 boys and girls with CP aged 1-18 years participated in the study. A control group included 300 healthy children matched in age. The study was conducted using internally developed questionnaires of sleep disorders and sleep habits in the Department of Developmental Neurology of the Poznan University of Medical Sciences.

**Results:** The health status of a child with CP was most frequently estimated as fairly good. In our study, 53.7% children with CP slept with another person in the same bed, 78.5 % of children slept in one room with other family members. Almost 53,3% of children with CP needed over 20 minutes to fall asleep, while in the CG only 35.0%; it was statistically significant difference. Day naps occurred in 41.9% of CP children and 27.7% of healthy ones. The statistical analysis shows a significant correlation between CP and the sleep habits.

**Conclusions:** The quality of sleep habits in children with CP was significantly different than in the CG children. Additional research on larger group of patients with CP is needed to correlate the prevalence of sleep disorder symptoms with motor impairment, Gross Motor Function Classification System (GMFCS) level and epilepsy.

## P0206

Sleep habits and sleep disorders in children with headache

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**Purpose:** The purpose of the study was to investigate the sleep habits and sleep disorders in children and adolescents with headache.

**Methods:** Three hundred children and adolescents with headache and 284 children without headache were investigated using a questionnaire developed by the authors.

**Results:** In Our study we observed difference is all the more important as some phenomena like bed co-sleeping (27.7%) and watching TV (20.3%) during falling asleep and sleep disorders awakenings from night sleep (43.7%), sleep talking (48.3%), snoring (27.3%), bruxism (23.3%), nightmares (16.7%), sleep terror (9.0%) are observed statistically more frequently in children with headache.

**Conclusions:** Sleep habits described by parents in the children with headache are significantly different than those in healthy. Sleep disorders are very common in the group of children with headache. There is a need of additional research to find correlation between the different types, frequency of headache and sleep habits and disorders.

## Poster Session III: Miscellaneous

### P0207

Deliberate self harm in the emergency department: An audit on psychosocial assessments

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**Background and Aims:** The Emergency Department serves a population of over 300,000 people. This comprise a mix of different nationalities such as Irish, Other EAA citizens and non-EAA nationals.

Presentation to the Emergency Department after deliberate self harm is quite common. Although patient assessment do not reliably predict risk of future self harm (Hawthorn et al, 1995), they can identify treatable psychiatric disorders and other psychosocial problems.

**Methods:** All records of patients aged 16 years and over, presenting to the Emergency department with deliberate self harm between 1st January 2006 to 31st December 2006 were examined. The quality of assessments analysed using an audit protocol developed from the Royal College of Psychiatrist guidelines for assessment following self harm in adult (RCPsych Council report 2004).

**Results:** A total of 319 patients presented within this period of which 284 case notes were traceable. Alcohol consumption prior to deliberate self harm was documented in only 75% of cases.

Also majority of precipitating factors for deliberate self harm were social issues but patients' social circumstances were assessed in only 57% of cases.

**Conclusion:** At the end of the assessments, over 70% of patients were discharged home, some without proper details of social support network. Also alcohol consumption need be assessed in all patients presenting with deliberate self harm (Royal college of Physician guidelines).

In conclusion, the assessments within this period fall short of the Royal College of Psychiatrist guidelines.



### P0208

Quality care: Fears and expectations of patients and relatives in admission process

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**Background and Aims:** Describe and analyze the sequence of facts that families and patients have to cope with during the admission process at the hospital.

**Methods:** Based on a simple questionnaire applied to patients and relatives at the entrance of the hospital we obtain some interesting information about expectations and fears that may interfere in the relationship between users and staff. This information is very useful in order to plan not also the sequence of persons that may talk to the patient and/or their relatives but the content of the conversation to aim the best relationship and minimize stressors during hospitalization.

**Results:** We list the main fears that appear in the process classified in four topics:

1. Fears previous to admission
2. Fears at first contact
3. Fears in proper admission process
4. Fears in relationship with the therapists

We also list main expectations in two topics:

1. Relative's expectations
2. Patient's expectations: related to diagnosis, therapeutic process, staff, structures and rooms of the hospital and other circumstances.

**Conclusions:** Fears and expectations of patients and relatives interfere in admission process but also in hospitalization and post discharge period.

It is very useful to know those fears and expectations in order to plan the hospitalization process.

This information is also useful to plan staff training and edit an information guide given at the entrance. This may also improve quality care parameters at Hospital.

## P0209

A Survey of patients' sources of knowledge of medication side effects and implications for compliances

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**Objectives:** Assess the sources of patients' knowledge of medication side effects and the effects of their knowledge on compliance with prescribed medication.

**Methods:** 476 patients attending psychiatric services were randomly selected and asked to fill a questionnaire designed to assess parameters relevant to the objectives of the study.

**Results:** Overall, 44% said they had learnt of side effects of their medication from multiple sources including doctors (52.31%), leaflets (54.2%), internet (14.29%), books (13.02%), chemist (11.34%), other patients (5.67%), friends/relatives (7.35%), self-help groups (2.94%) and other sources (4.2%). 8% said they were not aware of any side effects of the medicines they are taking presently.

13.44% of patients reported that they never find out about side effects of their medication before taking it for the first time with a high proportion of these being males (17.93% vs. 10.69%,  $p = 0.0366$ ). 46.2% reported that they have had concerns about taking medication because of their knowledge of side effects with females more likely to have such concerns than males (49.83% vs. 40.76%,  $p = 0.0269$ ). Finally, when asked if they would have taken the medicines prescribed for them now if they were told initially of all the side effects, 51.05%

answered 'more likely', with a higher proportion of these being males (56.67% vs. 49.46%,  $p = 0.06$ )

**Conclusion:** Doctors and information leaflets are the leading sources of patients' knowledge about side effects of medication. The knowledge of side effects of medication has a potential to impact more on the compliance of female patients compared to males.

## P0210

Culture and psychopharmacology

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**Introduction:** Culture is defined as the sum total of the way people think, feel, and act as members of a social group. Culture is learnt. Cultures can overlap and individuals can belong to several cultures. cross-cultural psychopharmacological studies have mainly focused on differences in the pharmacokinetics and pharmacodynamics of psychotropic medications among various ethno-cultural groups and research on many socio-cultural non-biologic contextual factors in psycho-pharmacotherapy is sporadic and often not widely known. In this paper, the authors review the relevant literature in all these areas.

**Methods:** Searching the recent thirty years studies on cultural issues in psycho-pharmacology in a wide area and then screening them systematically, fifteen relevant studies were selected and evaluated. Results were conceptually re-arranged and re-classified and are presented in the format of a narrative review.

**Results and Discussion:** In a general aspect, cross-cultural factors affecting psycho pharmacotherapy can be divided in two groups i.e. primary variables which directly influence pharmacodynamics and pharmacokinetics and confounding variables which indirectly interact with drug treatment, selection, usage and response. In another point of view, trans-cultural psychopharmacological issues are classified in the domains of patient variables, doctor variables and environmental variables, each including many different factors and considerations which are elaborated and discussed in the full-text of this material.

**Keywords:** culture, race, ethnicity, psychopharmacology, cross-cultural, trans-cultural

## P0211

Association between psychological distress, subjective sleep quality and health-related quality of life in patients with obesity: A preliminary study

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**Objective:** Recently, increasing prevalence of obesity has been elucidated for a major public health problem. Previous research propose that obesity may be significantly associated with psychological distress, considerable disturbances of sleep and health-related quality of life (HRQL). The aim of this study is to examine the psychological distress, subjective sleep quality and HRQL in a group of patient diagnosed with obesity.

**Methods:** A total of 57 obesity patients and 53 healthy control subjects were involved in the study and self-administered questionnaires was submitted to measure by using the General Symptomatic