Introduction   Further research is still needed to demonstrate the benefits of animal-assisted therapy (AAT) for specific participant profiles, such as children with behavioural disorders.

Objectives   We wanted to find out if AAT could be considered an efficient therapeutic strategy for the treatment of children with behavioural disorders.

Aims   We wanted to study the effects of a preestablished AAT program on the behaviour of children with emotional and behavioural issues in 6 different reception centres for children under government guardianship.

Methods   Forty-five children (12 to 17 years old) with emotional and behavioural issues participated in a 14-session AAT program. Behavioural measures were those routinely scored as part of therapy; an observational report of 3 different problematic behaviours (such as impulsivity, lack of social skills or lack of personal recognition) was made twice a week for each child (with a score of frequency and intensity). A pre- and post-treatment "global behaviour score" was calculated for each child, as an average value of the 3 problematic behaviours measured during the month pretreatment and the month post-treatment.

Results   The 45 participants attended, on average, 72.8% of AAT sessions. Independent behaviour scores differed between the pre- and post-intervention evaluations ($n = 135$ behaviours) (Wilcoxon test; $P < 0.0001$). Based on the global behaviour score for each child ($n = 45$), significant change was found between pre- and post-intervention evaluations (Wilcoxon test; $P = 0.0011$).

Conclusions   Our results suggest AAT could be a beneficial intervention for children with behavioural issues in terms of program adherence and behaviour improvement.

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

EV0090

Exercise for depression in adolescents: A meta-analysis of randomised controlled trials

T. Carter [1,*], I. Morres [2], O. Meade [3], C. Patrick [3]
[1] The University of Nottingham, School of Health Sciences, Nottingham, United Kingdom
[2] University of Thessaly, School of Physical Education and Sport Science, School of Physical Education and Sport Science, Greece
[3] University of Nottingham, School of Health Sciences, Nottingham, United Kingdom
* Corresponding author.

Background   The reported lifetime prevalence of depression in adolescents has increased drastically in recent decades. Depression in this population can be particularly damaging and can frequently have a long-lasting adverse impact. The common treatment approach includes psychological therapy and/or anti-depressant medication. However, the efficacy of these approaches, both singularly and combined, is far from conclusive. Recently, there have been an increased number of studies investigating the effect of exercise and physical activity on adolescent depression, however, despite this increased attention, there are no recent reviews and meta-analyses synthesising such studies.

Aim   The review examines the treatment effect of exercise on depression symptoms for adolescents aged 13–17 years of age.

Methods   A systematic search of seven electronic databases identified relevant randomised controlled trials. Screening, data extraction and trial methodological quality were undertaken by two independent researchers. Standardized mean differences were used for pooling post-intervention depressive symptom scores.

Results   Eleven trials met the inclusion criteria, eight of which provided the necessary data for calculation of standardized effect size. Exercise showed a statistically significant moderate overall effect on depressive symptom reduction. Sensitivity analyses were also conducted and will be presented.

Discussion   Exercise and physical activity appear to improve depression symptoms in adolescents, especially in clinical samples, suggesting that exercise may be a useful treatment strategy for adolescents with depression.

Conclusion   Despite the positive findings, large clinical trials that adequately minimise bias are required for firmer conclusions on the effectiveness of exercise as an antidepressant treatment.

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

EV0091

Sixteen-year population-based cohort study of main class International Classification of Diseases associated with psychiatric disorders in a sample under the age of two years

D. Cawthorpe
The University of Calgary, Psychiatry/Community Health, Calgary, Canada

Introduction   This paper illustrates the use of cohort data from a population to describe the early life prevalence and odds ratios (ORs) of the main classes of International Classification of Diseases (ICD) associated with any mental disorder arising at any time during the 16 year study period.

Objectives   The main ICD disorder classes were examined in relation to psychiatric disorders over 16 years in a cohort under the age of two years between April 1st, 1993, and January 1st, 1995.

Aims   To demonstrate the utility of studying the complete profile of associated diagnoses over time in a population cohort.

Methods   The total number of individuals under the age of two years before 1995 ($n = 17,603$) were tallied within each main class of ICD disorder by year and expressed as ORs of those with and without any 16-year psychiatric disorder.

Results   The greatest annual rates observed in the early years of life were for the following main ICD classes of disease: respiratory system, sense organs, symptoms signs ill-defined conditions, no diagnosis, injury poisoning, and skin subcutaneous tissue disorders. These disorders also had the highest ORs in early life given the presence of a mental disorder at any time during the study period.

Discussion   Knowing the early life main class diagnoses associated with psychiatric disorders could guide both basic science research as well as early intervention social and health investment policies.

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

EV0092

Drawing in autistic spectrum disorder children

S. Cepedello [*], A.S. Adrian , G.B. LAura , M.T. Eduardo ,
D.U.V. Nieves , D.L.R. Henar , Á.A. Aldara
Hospital Clinico Universitario, Psiquiatria, Valladolid, Spain
* Corresponding author.

Introduction   Drawing can be a tool to complete the psychodiagnose process, especially in children with expression and verbal problems.

The autistic spectrum disorder (ASD) children have problems to describe their feelings and emotions, they can provide us many information drawing their own world.

Objective   The purpose of this study was to discover the psychopathology of children with ASD through their drawings.

Methods A4-sized booklets were given for ASD children from 6 to 16 years to draw an imaginary family (L. Corman), a human figure (Buck) or a free drawing.

Results In most of the drawings of ASD children, we could find at least one of the three criteria of ASD: social deficits, communication difficulties and restricted interests.

Conclusions A projective technique as drawing could help us to discover additional information about our patients, specially children and mainly the ones who had problems with the expression of feelings like ASD children.

The act of drawing can be used to understand children's struggles, their internal world. Moreover, it could also help the children gain insight and review progress through drawing records.

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

http://dx.doi.org/10.1016/j.eurpsy.2017.01.421

EV0093

Reconceptualilzing agitation in autism as primary affective dysregulation: Case report and literature review of use of quetiapine in a patient with Treacher–Collins syndrome and autism

R. Cosme [*], S. Dharmapuri
Rush University Medical Center, Psychiatry/Child and Adolescent Psychiatry, Chicago, USA
[*] *Corresponding author.*

This case report describes the successful use of low dose quetiapine in the treatment of agitation in a patient with Treacher–Collins syndrome (TCS) and suspected autistic spectrum disorder (ASD). Results from this case report found better efficacy in controlling symptoms of agitation in ASD utilizing lower doses of quetiapine. TCS is a genetic disorder that is characterized by a mandibulofacial dysostosis but is not associated with developmental delay, nor is it associated with a high risk of co-morbid autism, and to our knowledge, there are no previous reports of a co-occurrence of TCS and ASD in the extant literature. There are reports of mandibulofacial dysostosis associated with co-morbid developmental delay that are similar but distinct from TCS, however these reports do not comment on the treatment of agitation in this patient population. The results described in this case report demonstrate a reduction of agitation with low dose quetiapine, and offers support for the reconceptualization of agitation in ASD as a primary affective dysregulation which is also in line with evidence from the extant literature regarding the neurobiologic basis of aggression.

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

http://dx.doi.org/10.1016/j.eurpsy.2017.01.422

EV0094

Compassionate Attributes and Action Scale for adolescents: Adaptation and validation

M. Cunha [1,*], C. Rodrigues [1], M. Matos [2], A. Galhardo [1], M. Couto [1]
[1] *Miguel Torga Institute, Clinical Psychology, Coimbra, Portugal*
[2] *FPCE, University of Coimbra, Cognitive-Behavioural Research Centre, Coimbra, Portugal*
[*] *Corresponding author.*

Introduction Compassion can be defined as an intentional sensitivity to the suffering, with a motivation and commitment to try to relieve it, which can have a positive impact on individuals' emotional and psychological well-being. The relevance of compassion focused therapies is well established and this makes the development of reliable instruments for the assessment of the different facets of compassion targeting different age groups crucial for research and clinical practice. The Compassionate Attributes and Actions Scale (CAAS) aims to assess compassion on three directions: self-compassion, compassion for others or compassion received from others. Each of the scales assesses one's compassionate attributes and compassionate actions separately when dealing with difficult or painful situations.

Objective/aim This study aimed to adapt the CAAS for adolescents and to explore its factor structure and psychometric properties in a sample of Portuguese adolescents.

Methods A total of 336 Portuguese adolescents with ages ranging from 12 to 19 years old participated in the study. Several exploratory factor analyses were conducted.

Results Exploratory factor analysis showed that, except for the attributes section of the self-compassion scale (that showed to be bi-factorial), all the other scales (and their sections) presented a single-factor structure. The three scales, and its sections, demonstrated a good reliability and excellent test-retest reliability and good convergent and discriminant validity.

Conclusion Results were in line with the factor structure found in the adults' version. The scales and its sections have shown good psychometric characteristics and constitute a useful instrument to assess and investigate the three directions of the compassion.

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

http://dx.doi.org/10.1016/j.eurpsy.2017.01.423

EV0095

Assessment of test anxiety in Portuguese adolescents: Psychometric properties of the Cognitive Test Anxiety Revised

J. Silva [1,*], M. Cunha [2], A. Galhardo [2], M. Couto [1], I. Massano-Cardoso [1]
[1] *Miguel Torga Institute, Clinical Psychology, Coimbra, Portugal*
[2] *Miguel Torga Institute/CINEICC-UC, Clinical Psychology, Coimbra, Portugal*
[*] *Corresponding author.*

Introduction Test anxiety represents a considerable personal burden due to its interfering nature and is associated with a range of deleterious life trajectories, encompassing school difficulties and health consequences. Although test anxiety seems to be highly prevalent and the pathological symptoms are similar to those of other childhood anxiety disorders, there are specificities that deserve a more in-depth approach. Given that adolescents seem to experience test anxiety in several school grades there is a need for a valid and reliable scale to measure test anxiety in school age students.

Objective This study aims to adapt and analyse the psychometric properties of the Cognitive Test Anxiety Revised (CTAR25) for Portuguese adolescents. In addition, the convergent and divergent validities were examined with related constructs.

Methods Participants were 279 adolescents, with ages between 12 and 19 years old, attending middle and high schools. Together with CTAR$_{25}$, participants also filled out self-report questionnaires assessing tests anxiety (TAI), self-esteem (RSES), procrastination (QPE) and worry (PSWQ-C).

Results The scale showed good internal consistency, good test-retest reliability, and good validity. Factor analysis revealed the existence of two factors with good internal consistency.

Discussion Results showed that the Portuguese version of CTAR-25 is a valid and reliable self-report instrument for the assessment of test anxiety in adolescents, replicating the findings of the original version.

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

http://dx.doi.org/10.1016/j.eurpsy.2017.01.424