

strategies that are underlying etiological factor of eating disorders. Sixteen patients underwent a psychological diagnostic focused on work with emotions. In the experimental part, patients were exposed to their own image through the mirror, during which were supposed to regulate their emotions, according to specific instructions. While patients were looking into the mirror, we monitored psychophysiological activity. Latest results based on the data processing of averages excitation of skin conductance describe the course of the experiment as we expected. Calming phases alternated with mirror exposure were clearly noticeable and consistent during changes in skin conductance and varies almost significantly [$F(3,6) = 2.5, P = 0.068, \eta^2 = 0.22$], which supports the suitability of the selected eliciting material. The difference between mirror exposures with instructions on how to regulate emotions and without them is not statistically significant, but the continuance of the skin conductance describes the phases of the experiment consistently. The most striking response was detected at the first exposure to the mirror, which may suggest a lack of internal resources to regulate such an important stimulus as their own body. The results indicate that exposure to mirror is a negative emotional stimulus, with whom the patient can hardly cope.

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EV0087

Prospective predictors of onset, maintenance and cessation of self-injurious behavior during adolescence

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Introduction Epidemiological studies indicate a high prevalence of self-injurious behavior in adolescents in the general population. So far, there are only very few studies on the course of self-injurious behavior in adolescents and young adults.

Objectives The aim of the present population-based study was the analysis of prospective predictors of onset, maintenance and cessation self-injurious behavior in adolescents.

Methods A representative sample of the normal population of adolescents from Germany (initial sample: $n = 1444$; mean age = 14.7, $SD = 0.80$, 52% female adolescents) was studied over a two years period on 4 consecutive points of measurement in the context of the European school-based intervention study SEYLE.

Results There was a high remission rate (70.4%) of self-injurious behaviors at 24-month follow-up investigation. However, there was a substantial rate (29.6%) of adolescents who continued the self-injurious behavior, as well as a group of “new starters”. Self-injurious behavior during the baseline examination proved to be the strongest predictor of self-injurious behavior 2 years later. The extent of depressive symptoms and quality of peer relationships were significantly associated with maintaining self-injurious behavior two years later. Furthermore continued self-injurious behavior over the first 12-month was highly associated with suicide plans/suicide attempts at 24-month follow-up investigation.

Conclusions While both, onset and maintenance of SIB are prospectively associated with an increased risk for suicidal behaviour in late adolescence, SIB cessation significantly reduces the risk for later suicidal behaviour.

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EV0088

Children with opsoclonus myoclonus syndrome: Types of psychological development

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Introduction Opsoclonus myoclonus syndrome (OMS) in childhood still remains unexplored from the perspective of clinical psychology.

Objectives and aims The research was aimed at defining types of psychological development in the group of children with OMS. The study included 18 children between ages 2 years 4 months and 9 years with OMS (8 boys, 10 girls).

Methods The following methods were used: analysis of patient's development and medical record, psychological interview with parents, neurological state assessment and pathopsychological assessment.

Results Patients were divided into three groups according to cognitive development level:

- group with normal intelligence level ($n = 4$);
- group with developmental delay ($n = 11$);
- group with intellectual disability in different forms ($n = 3$).

Several children in group 1 ($n = 3$) and in group 2 ($n = 4$) expressed neurotic behavior with increased levels of anxiety and fear of trying unusual actions during psychological assessment. Children with delay in psychoverbal development ($n = 7$) and with developmental delay ($n = 1$) expressed psychopathy-like states with verbal aggression and had difficulties controlling their emotions. In some cases ($n = 2$), the psychological state of the patient was defined as borderline state with emotional instability, especially in mother–child interaction.

Conclusion Psychological features of children with OMS indicate heterogeneity of their development types that implies different prognosis and developmental dynamics for each type. The results point out the necessity of detailed psychological examination aimed at correlation of psychological help to children with OMS and their families with their psychological state.

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EV0089

Dog assisted therapy for teenagers with emotional and behavioural issues: A multicentre study

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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 pre-treatment 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.

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EV0090

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

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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.

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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

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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.

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EV0092

Drawing in autistic spectrum disorder children

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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.