

The Impact of Emotional Intelligence and Resilience on Adolescents' Mental Health in Sudan 2022

Danya Ibrahim* and Rania Abdelgafour

Khartoum University, Faculty of Medicine, Khartoum, Sudan

*Corresponding author.

doi: 10.1192/bjo.2023.195

Aims. The study aimed to determine the level of Emotional intelligence and resilience in relation to the mental health of adolescents in Khartoum locality, Khartoum state, Sudan 2022.

Methods. This study is a descriptive cross-sectional study. A total of 392 high school students participated from four different high schools chosen using the multistage cluster sampling. An anonymous self-administered questionnaire was filled by the students including both Arabic and English versions consisted of the 30-item trait Emotional Intelligence Questionnaire- short form (TEQ-SF) for emotional intelligence measurement, Brief Resilience Scale-6 (BRS-6) as a brief measure for resilience, and Patient Health Questionnaire-4 (PHQ-4) for anxiety and depression screening as a measure for mental health. Data were analysed using SPSS 25, Pearson correlation test, and linear regression analysis were used to measure the associations between the variables.

Results. In a sample of 392 Sudanese high school students, the emotional intelligence score was high (mean 131.53 ± 22.16). While Psychological resilience was normal (mean 3.20 ± 0.51). Students had mild to moderate degrees of anxiety, and depression at 89%, and 78% respectively. There was a strong positive association between emotional intelligence and psychological resilience ($r = .272$, $p < .0005$). Emotional intelligence had no direct significant relationship with anxiety and depression. Resilience was positively correlated with anxiety scores to a small extent ($r = .105$) i.e., the more resilient an adolescent is, the more anxious he/she is. There was no association between resilience and depression. Anxiety had a strong positive correlation with depression ($r = .540$) and a significant negative association with academic performance ($r = -.102$) indicating students' suffering from anxiety had poorer academic scoring.

A significant unique contributor to the prediction of the resilience levels was the parents' status, p value = 0.011 with an unstandardized beta coefficient of .368 i.e., if the parents were separated, a student has higher resilience and vice versa.

Conclusion. It is crucial to investigate the causes of the reported levels of anxiety and depression in secondary school students. Rapid detection will potentiate the possibility to provide suitable care, prevention from psychiatric morbidities and improvement of students' academic performance by means of comprehensive psychological programs for screening, educating and training students including emotional intelligence training boosting their happiness, mental stamina and success.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

Generalized Anxiety Disorder as a Precipitant to Perceived Stress and the Outcomes Associated With Academic Performance and Lifestyle: A Cross Sectional Study Among Medical Students in Sudan 2022

Danya Ibrahim^{1*}, Reem Mohamed Ahmed¹, Moez Mohammed Ibrahim Bashir¹, Ayman Zuhair Mohammad², Basil Ibrahim³, Tibyan Mohammed¹, Mona Elfadl Mohamed¹, Tibyan Abdelgadir¹, Baraah Mohammed¹, Moneib Ibrahim⁴ and Kamil Shaaban Mirghani⁵

¹Mental Health Advocacy Students' Association (MASA), Faculty of Medicine, University of Khartoum, Khartoum, Sudan; ²University of Khartoum, Faculty of Medicine, Khartoum, Sudan; ³University of Khartoum, Faculty of Medicine, Department of Surgery, Khartoum, Sudan; ⁴Liverpool Heart and Chest Hospital, Liverpool, United Kingdom and ⁵University of Khartoum, Faculty of Medicine, Department of Community Medicine, Khartoum, Sudan

*Corresponding author.

doi: 10.1192/bjo.2023.196

Aims. To examine the prevalence of Generalized anxiety disorder (GAD), levels of anxiety and perceived stress in Sudanese medical students. Also measuring students' academic performance, the satisfaction with the former, and lifestyle characteristics. Then investigating the different correlations between all these factors.

Methods. We conducted a cross-sectional study at University of Khartoum, among Sudanese medical students. A self-administered anonymous online questionnaire was filled by 340 medical students, which includes Generalized anxiety disorder-2 (GAD-2), and Perceived Stress Scale (PSS-10), beside academic performance and lifestyle characteristics questions.

Results. The data obtained from 340 medical students revealed 3.8% ($n = 13$) had a previous GAD diagnosis and 29.1% scored ≥ 3 in GAD-2, indicating the possibility of having GAD, 7 of them have a previous GAD diagnosis. Among participants 9.7% use addictive substance, with 42% of them having a high GAD-2 score. Higher anxiety levels were associated with high stress scores ($p = 0.000$). High GAD-2 scores were significantly associated with those spending less than 10,000 SDG (18\$/week), increased hours of smart devices usage for entertainment (p -value = 0.004), and unhealthy diet (p -value = 0.004). Low anxiety scores were associated with improved quality of sleep (p -value = 0.00), satisfaction with religious practices (p -value = 0.00) and increased leisure/hobbies time (p -value = 0.018). Elevated stress levels were higher in females (p -value 0.035), students with lower academic performance satisfaction levels, and increased hours of smart devices usage for entertainment (p -value = 0.001). Reduced stress levels were associated with age > 23 , increased time spent on leisure/hobbies (p -value = 0.002) and eating a healthier diet (p -value = 0.006). Mean academic score was positively associated with academic performance satisfaction (p -value = 0.00), making the mean academic score an indirect modulator for anxiety and perceived stress.

Conclusion. The study elaborates that GAD diagnosis is quite low; with almost third of participants having the probability of developing GAD, asserting the significance of implementing periodic mental health screening programs for medical students, early diagnosis of high-risk individuals, and early interventions through confidential access to mental health services to prevent further harm to the students' health. The impact of financial burden on medical students' elevated the GAD-2 score; as well as poor lifestyle, i.e. habits such as unhealthy diet, increased hours of using smart devices, low sleep quality and low satisfaction with religious practices, which are all modifiable risk factors of GAD.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

The Effect of Perinatal Depression on Child Development

Dr Sadie Isidore* and Dr Prakash Ramdass

St George's University School of Graduate Studies, St George's, Grenada

*Corresponding author.

doi: 10.1192/bjo.2023.197

Aims. Perinatal Depression is a global issue, with several studies showing that it has detrimental effects on the development of children. The aim of this paper was to review these effects according to five domains of development: Cognitive, Motor, Behavioural and Social, Emotional, and Physical. These domains were then explored at four sub-categories of age: Neonate (0–30 days), Infant (1 month – 2 years), Young Child (2–6 years), and Child (6–12 years). This paper also aimed to examine how public health programs have been used to mitigate perinatal depression as a means of reducing child developmental issues.

Methods. We conducted a narrative review and searched PubMed and ScienceDirect for peer-reviewed articles, which explored perinatal depression and child development, as well as public health programs that attempted to challenge this problem. Articles were not limited by language or date.

Results. A total of 352 titles and abstracts were screened for eligibility, with a resultant 25 articles meeting the criteria to be included in this review. The studies examined were conducted in 14 countries across different continents, with sample sizes ranging from 13 dyads (mother-child pairs) to 6550 children. At the neonatal and infant levels, there were distinct effects in most domains, including low motor scores, increased risk of neuromuscular developmental delays, and issues with emotional regulation. However, at the older stages, there was a decrease in physical deficits, as social and emotional developmental issues became more prominent. These were displayed as anxiety, depression, attention deficit hyperactivity disorder, and increased likelihood of aggression and rule-breaking behaviour.

Conclusion. Perinatal depression has damaging effects on child development in all five domains and during all four stages of development. Public health programs that use alternative forms of treatment as opposed to interpersonal therapy should be emphasized. There is a need to conduct more research on children in the later stages of development in order to identify the potentially long-lasting effects of perinatal depression. There are also significant challenges in investigating perinatal depression, as the effects of antenatal depression and postnatal depression on child development are often explored separately.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

Autistic Traits Among Adolescents and Young Adults Under Assessment for Psychiatric Conditions: An Experimental Analysis of Prevalence

Dr Sanem İnci*

University Of Milan, Milan, Italy

*Corresponding author.

doi: 10.1192/bjo.2023.198

Aims. Autism spectrum disorders have recently encountered a change in how they are perceived, since what used to be a narrowly defined rare disorder of childhood is now recognized as a fairly common heterogeneous disorder, which may receive a first-diagnosis during adolescence and adulthood, yet, a common scenario within this age group is that either the diagnosis is missed or misdiagnosed with other psychiatric disorders. Nevertheless, relatively little has been published about the prevalence of autistic traits in adolescent and young adults, and specifically in those investigated for psychiatric conditions. In the present study, we explore the prevalence of autistic traits among 170 adolescents and young adults who were referred to the outpatient psychiatry clinic “Centro Giovani Ponti” in Milan, Italy between September 2021 and March 2022.

Methods. Socio-demographic information was collected and all participants completed the following questionnaires; (1) The Autism Quotient (AQ), (2) The Ritvo Autism Asperger Diagnostic Scale-Revised (RAADS-R), (3) The Sensory Perception Quotient (SPQ) and (4) The Empathy Quotient (EQ).

Results. Out of 170 participants, a striking 103 (60.6%) of the subjects scored above the cut-off in RAADS-R, and 31 (18.2%) of the subjects scored above the cut-off in AQ. Furthermore, 99 (58.2%) participants were in the medium range and 47 (27.6%) were in the low empathy category according to EQ results. A significant sensory sensitivity was measured with an SPQ total score of 55.25 (SD = 17.76). Finally, gender difference was of significance in the RAADS-R, EQ and SPQ, but not in the AQ. In the RAADS-R, non-binary subjects (128.60) scored higher than females (78.68). Whereas, in the SPQ female (57.39) participants scored higher than non-binary subjects (40.30). Furthermore, females scored significantly higher compared to males in the EQ total score with values of 42.56 and 35.89, respectively.

Conclusion. To conclude, we report that a significant proportion of adolescents and young adults seeking psychiatric care have unrecognized autistic traits and that an impact of gender is observed. This so called ‘lost generation’ is attributed to be created by the complex phenotypic presentations, changes in diagnostic criteria and associated diagnostic difficulties. It is of utmost importance to clarify the prevalence of autistic traits within this age range and to increase awareness among clinicians, since establishing the true diagnosis, which is commonly complicated by the high rates of psychiatric comorbidity or overlapping mental health symptoms, will reduce the burden on patients, their families, clinicians, and the society.

Abstracts were reviewed by the RCPsych Academic Faculty rather than by the standard *BJPsych Open* peer review process and should not be quoted as peer-reviewed by *BJPsych Open* in any subsequent publication.

Qualitative Study of the Impact of Relationships With Other Patients During Inpatient Treatment for Anorexia Nervosa

Miss Elizabeth Jackson^{1*} and Dr Helen Bould^{2,3}

¹Bristol Medical School, Bristol, United Kingdom; ²Centre for Academic Mental Health, Population Health Science, School of Policy Studies, University of Bristol, Bristol, United Kingdom and ³Gloucestershire Health and Care NHS Foundation Trust, Gloucester, United Kingdom

*Corresponding author.

doi: 10.1192/bjo.2023.199

Aims. We aimed to interview people who had received inpatient treatment for anorexia nervosa, to explore their perspectives on the impact their interactions with other patients during their admission had on their recovery, including short term and longer term effects.

Methods. We recruited people who had experienced inpatient admission for treatment of anorexia nervosa, and who had been recovered from anorexia nervosa for at least 12 months. We conducted semi-structured, one-to-one interviews, with nine individuals specifically exploring the helpful and unhelpful aspects of peer relationships during inpatient treatment for anorexia nervosa. Interviews were transcribed and analysed using thematic analysis.

Results. We interviewed nine individuals. Five themes were identified: comparison and justification, learnt unhelpful behaviours, dealing with distress, new-found compassion, and role-modelling. All participants expressed conflicting feelings about their relationships with peers, but generally described more resilience in resisting negative effects as they got closer to recovery.