

**Methods:** We conducted a cross-sectional comparative experimental study. Subjects were 50 patients exhibiting behavioral disorders aged 9 to 18 years, with a diagnosis of attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), and conduct disorder (CD). Participants were assigned to ECBT and control groups. ECBT group contributed in 12-h weekly sessions within ECBT-inspired program. The control group received standard care. To assess emotion-related competencies, children were administered the emotion regulation questionnaire (ERQ-CA) and the alexithymia questionnaire for children (AQC). Parents completed the Child Behavior Checklist (CBCL) to measure youth externalizing problems. Tests were administered in pre- and post-test to all subjects. Both groups were matched for age, sex and educational level. Comparison of pre- and post-test results was performed using the Student's t-test.

**Results:** ECBT demonstrated a significant difference in the reduction of behavioral problems. ECBT effectively increased adaptive emotion regulation strategies (cognitive reappraisal) in the post-test. ECBT also reduced alexithymia scores, particularly difficulty identifying feelings, and externally oriented thinking.

**Conclusions:** ECBT demonstrated promising initial effectiveness in addressing emotion regulation deficits of children with externalizing behaviors

**Disclosure:** No significant relationships.

**Keywords:** externalizing behaviors; Children; emotion regulation

#### EPV0214

### Descriptive analysis of patients admitted to a new adolescent inpatient unit in Madrid

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**Introduction:** Adolescent mental health problems may have increased after COVID-19 worldwide pandemic. Therefore it seems necessary to study the state of mental health inpatient adolescent units.

**Objectives:** Adolescent mental health problems may have increased after COVID-19 worldwide pandemic. Therefore it seems necessary to study the state of mental health inpatient adolescent units.

**Methods:** An observational and descriptive analysis of the sample of patients between 12 and 17 years-old, that were admitted to the inpatient mental health unit since its opening on April 2021.

**Results:** A total of 205 patients were admitted from April 2021 until October 2021. We have observed sex differences within patients admitted, as the 82.9% of them were female. The mean age was 14.7, being 14.6 for girls and 15.3 for boys. The most common reason for admission (RFA) were suicidal ideation/attempt, eating disorders, affective disorders, conduct disorders/challenging behaviors and psychosis. Suicidal ideation/attempt was the most common RFA (57.07%) in both sexes, being higher among females (60.3%) than males (42.9%). Eating disorders were the second most common RFA in girls (17.7%) while psychosis (17.1%) and mood disorders (17.1%) were the second most common RFA within boys.

**Conclusions:** Findings on how COVID-19 affected adolescents mental health are controversial in the literature, our data suggest

that there is a need of developing quality studies that analyse how the pandemic might be influencing adolescents suicidal ideation/attempt and its protective and risk factors.

**Disclosure:** No significant relationships.

**Keywords:** Adolescents; inpatient unit; suicidal

#### EPV0215

### Tension-Type Headache in Early Adolescents: Exploring the Predictive Role of Anxiety and Alexithymia

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**Introduction:** Primary Headache, including Tension-Type Headache (TTH), represents one of the most common somatic disorders in children and adolescents with a strong impact on quality of life. Several risk factors, as environmental, familiar, and psychological features, including personality traits, are related to the development of Primary Headache. However, studies on specific subgroups of TTH are relatively few in early adolescents.

**Objectives:** Therefore, this cross-sectional pilot study aims at exploring the role of anxiety and alexithymia in early adolescents with and without TTH.

**Methods:** A sample of 70 early adolescents ( $M_{age}=14.59$ ,  $SD=1.85$ ; 71% females) consisting of a clinical group (31 with TTH) enrolled in an Italian Child Neuropsychiatry Clinic and a comparison group (38 without TTH) enrolled in schools, matched on gender and age, completed: 1) Multidimensional Anxiety Scale for Children (MASC) to detect the Total levels of Anxiety, also in their factor of Physical Symptoms, Social Anxiety, Harm Avoidance, and Separation Anxiety; 2) the Toronto Alexithymia Scale (TAS-20) to detect the Total levels of Alexithymia, also in their factor of Difficulty to Identifying and to Describing Feelings and Externally Oriented Thinking.

**Results:** TTH outcome positively correlated with Harm Avoidance ( $\rho=.68$ ,  $p<.001$ ) and Total Alexithymia ( $\rho=.72$ ,  $p<.001$ ). In a logistic regression, Harm Avoidance and Total Alexithymia predicted 69% of the variance in TTH outcome ( $p<.032$ ).

**Conclusions:** This disorder may be a maladaptive strategy to cope with problems and feeling emotions, then early adolescents could be fostered in the acquisition of more adaptive emotion regulation abilities.

**Disclosure:** No significant relationships.

**Keywords:** Tension-Type Headache; Early Adolescents; alexithymia; Anxiety

#### EPV0217

### Psychoeducation of Parents of Children with Autism Spectrum Disorders

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**Introduction:** The family of a child with a mental illness is a significant source for his support in harmonizing his development and achieving successful socialization.

**Objectives:** The objective of the survey is to develop a psychoeducational program for parents.

**Methods:** Questionnaire "Parental attitude to children's illnesses" (V.E. Kagan, I.P. Zhuravleva) Parents of 39 (22 mothers and 17 fathers) children aged from 3 to 6 with ASD - autism spectrum disorders (F84.01; F84.02; F84.11).

**Results:** Parents of children with ASD often do not realize the morbid nature of changes in the children's behavior and interpret them as spontaneity, pamperedness or even giftedness. Most parents underestimated the doctor's recommendations for compliance with the treatment regime. Taking into account the parents' complaints and the difficulties of understanding the child's problems, a psychoeducational course was developed, including 7 sessions: 1. acquaintance; 2. the concept of ASD, etiological factors, features of manifestation; 3. the role of the family in the treatment and rehabilitation process; 4. development of mental functions in children with ASD; 5. emotional development of children with ASD; formation of communication skills and social adaptation; 6. training organization and correctional and developmental classes for children with ASD; 7. summing up. The psychoeducational course is carried out in the form of group thematic seminars 7 meetings once a week for 1.5-2 hours. After completing the course, some families remain on individual psychological follow-up.

**Conclusions:** Completing a psychoeducational course makes it possible to fill the lack of information regarding the disease and treatment tactics, increases compliance and harmonizes parent-child relationships.

**Disclosure:** No significant relationships.

**Keywords:** Autism Spectrum Disorders; psychoeducation; Family; Parental Attitude

## EPV0218

### Clinical features and management of manic episodes in adolescents. A case review.

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**Introduction:** Assessment and management of bipolar disorder, and particularly manic episodes in adolescents means a challenge. The presence of comorbid disorders, and divergent interpretations of manic symptoms in the context of the adolescent natural immaturity, can make diagnosis and treatment hard goals to achieve. The existence of juvenile specific criteria for bipolar disorder is a debate topic. This concept emerged from an attempt to solve diagnosis issues and involves a wide range of definitions for mania.

**Objectives:** Literature review concerning bipolar disorder in young population: Main comorbidities, psychosocial problems, prognosis. Clinical presentation: Shared and specific features compared to adult population. Available treatment options. Issues related to safety and tolerability.

**Methods:** We present a case of a 16 year old woman diagnosed with bipolar II disorder, hospitalised in an inpatient adolescent unit in 2021. Review of the literature available (clinical guidelines, PubMed).

**Results:** Patient initially oriented as a Bipolar II disorder, after depressive episodes followed by hypomanic symptoms in the past years. The following clinical course was conditioned by personality traits. Emotional dysregulation and a complex family environment made affective symptoms difficult to evaluate, leading to a diagnostic hypothesis of personality-related disorder. After a period of outpatient treatment in a day hospital, she debuted with a clinical picture of manic symptoms, mixed features and rapid mood cycling.

**Conclusions:** After an initial trial, stabilization was achieved with aripiprazole and asenapine. Combination therapy might be necessary in longer-term treatment, according to existing evidence. Diagnosis and treatment concerns are interfered by the limited number of trials.

**Disclosure:** No significant relationships.

**Keywords:** bipolar disorder; manic episode; bipolar disorder treatment; Adolescents

## EPV0220

### Self-injury in adolescents: expression of subjective discontent in contemporary society

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**Introduction:** This research aims to enrich the reflection on the current affairs and is an invitation to think about worrying phenomena in youngsters: self-injuries or cuts. A focused study was conducted on twenty young people

**Objectives:** This is a reflection about worrying phenomena in youngsters: self-injuries or cuts. We try to figure out the underlying cause of such behaviour

**Methods:** Through a qualitative methodology, using clinical interview and questionnaire, we try to find the constitutive elements of self-injuries or cuts, considering three levels of analysis: Sociocultural, individual, and family changes. We examined twenty cases

**Results:** It appeared in the analysis that one of the triggers of the cutting phenomenon was related to experiences of rejection of significant figures, which is lived by the young person as a situation of abandonment that generates high amounts of anguish. This distressing experience generates a sensation of lack of control, appearing as unregulated affections, which they are unable to handle or manage. The intense anxiety is carried through the body, being an act of attack to the body, provokes physical pain an emotional relief