

views on having equal access to opportunities as natives or feeling discriminated.

**Methods** A semi-structured 61-item questionnaire was circulated by National Coordinators in each country and was completed by 2281 psychiatric trainees from 33 European countries between year 2013 and 2014. Data has been analysed using the Software Package for Social Sciences for Windows v. 22.0 (SPSS Inc. Chicago, IL).

**Results** In these findings, more than one in ten psychiatry trainees across Europe were immigrants, with top host countries being Switzerland, Sweden and UK. Satisfaction with migration and the perception of having equal opportunities as the native trainees varied depending on the host country they migrated to. More than one-third of the trainees felt discriminated, not having the same opportunities as the local colleagues, especially concerning the work opportunities and the academic conditions. Still, nearly two-thirds considered having the same opportunities than natives.

**Conclusions** A high number of immigrant psychiatry trainees subjectively feels they do not have the same opportunities as local trainees. Further research about factual and perceived discrimination by immigrant workforce should be done.

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#### EV0680

### Suicide risk among immigrants and ethnic minorities

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**Introduction** Recent historical perspective suggests that suicide is a neglected issue among immigrants and ethnic minorities.

**Objective** Given the need to delivering proper care to such populations, government is now requested to address suicide risk and involve proper interventions.

**Aims** To provide comprehensive overview of suicide risk among immigrants and ethnic minorities and possible targeted preventive measures.

**Methods** Given the relatively early and underdeveloped state of this area of inquiry, the author viewed his task as gathering and critically appraising the available research relevant to the topic, with the aim of formulating a hypothesis to be tested with further research.

**Results** Evidence support the notion that certain communalities across ethnic groups are influenced in a considerable way by the suicide risk in the country of origin. Furthermore, some well-known risk factors for suicide may not play a central role in the case immigrants and ethnic minorities; on the contrary, adjustment problems point to the explanation that emotional distress may be caused by social problems, racism and discrimination. Suicide risk among these individuals may also be referred to the risk in the country of origin pointing to greater complexity when individuals immigrate into a country with different suicide rates as well as different contributing factors. Help-seeking barriers are still a major obstacle for delivering proper preventive intervention. The author aims at providing a comprehensive picture of suicide risk among this population and highlight possible preventive strategies.

**Conclusions** Social interventions, culture-sensitive community projects or interventions targeting specific subgroups might be possible solutions.

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#### EV0681

### Symptoms of anxiety and depression in Romanian and international medical students: Relationship with big-five personality dimensions and social support

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**Background** A wide variety of countries are seeking to attract international medical students. International students are quite distinct from local students with respect to ethnicity, race, social and cultural norms, customs, nationality and physical appearance. Medical students are more predisposed to mental disorders, including depression due to several factors, such as: individual personality characteristics, chronic exposure to stressors from an occupation that deals with pain and death and trouble with the teaching-learning process. In the host country, international medical students meet a lot of stressful situations as: language barriers, academic demands, homesickness and lack of social support.

**Aims** To evaluate the prevalence of anxiety and depression in Romanian and international medical students studying medicine in Romania. To assess the relationship between symptoms of anxiety, symptoms of depression and big-five personality dimensions in medical students.

**Methods** Overall, 230 first year medical students (90 from English section, 70 from French section and 70 from Romanian sections studying at the University of Medicine and Pharmacy "Iuliu Hatieganu", Romania, were evaluated for symptoms of anxiety and depression using the STAI and BDI and for personality using the NEO FFI.

**Results** Symptoms of anxiety and symptoms of depression were prevalent in medical students (43% and 14%, respectively).

**Conclusions** Symptoms of anxiety and depression are prevalent in medical students. Severity of symptoms of anxiety and symptoms of depression in medical students are negatively related to emotional stability. Special attention should be paid to those students who have high levels of depression and low levels of emotional stability.

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#### EV0682

### A pilot study on posttraumatic stress disorder prevalence in asylum seeker in primary reception setting

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**Introduction** Social, political and health related effects of "European migrant crisis" are challenging our Old Continent, not always capable to address immigrants' needs.

**Objectives** Our main purpose is to estimate the prevalence of post-traumatic stress disorder among asylum seekers arriving in Italy.

**Methods** We designed a cross-sectional study for prevalence estimation in a reception centre where asylum seekers stay for their

first period in Italy. They are given hospitality until the possibility of their permanence is verified. We created a survey asking for general information. Participants also received PTSD Checklist (PCL-C). In our analysis, we adopted 45 as cut-off for diagnosis. Questionnaires have been delivered house-to-house and collected when completed.

**Results** In this pilot study, we collected 61 questionnaires. The majority of answers came from male subjects (46). The prevalence of PTSD was 44% (47% among men and 53% among women, not statistically different).

**Conclusions** So high rate of PTSD depicts a reality that cannot be left apart. Our attention toward immigrants must focus also on their mental health. European Union should consider new solutions to take care of these critical aspects of those.

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### EV0683

#### The impact of EU political ambiguity towards migrant crisis on the mental health of migrants

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For last couple of years, EU is facing migrant crisis that is challenging its capacity to help and its unity to decide the modes of assistance. Such political context brings additional uncertainty and insecurity into migrants' lives which causes extreme experiences that are often damaging migrants' mental health. In humanitarian plans regarding assistance for migrants, mental health is a cross cutting issue. Status of mental health is a result of complex intertwining of genetics, developmental and current life experiences. The experience of migration is a current life event which highly determines migrants' mental health. Hardships of travel along migration route are worsened by often hostile reception by authorities at borders of countries that are on the way to desired rich EU countries. On migrants' way to desired safety, there are countries like Slovenia and Hungary which protect their borders with wire. Therefore, migrants are stuck in countries, like Greece and Croatia, which are not their desirable destination. While waiting to get free passage, migrants are exposed to various political rhetoric of politicians of EU countries who hold their destiny in their hands. Migration experience does not make migrants mentally ill but it does make them vulnerable in that respect. Migrants' vulnerability is highly challenged by ambiguity of political decisions, media coverage influenced by the same policies and concomitant changes in immediate surrounding. It is crucial to make publicly clear that political decisions mean life or death, health or mental disorder to migrants and that therefore they at least carry ethical responsibility.

**Disclosure of interest** The author has not supplied his/her declaration of competing interest.

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### EV0684

#### Mental health paraprofessional training for filipina foreign domestic workers in Singapore: Feasibility and effects on knowledge about depression and cognitive behavioral therapy skills

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**Introduction** Approximately one in every five Singaporean households employs Foreign Domestic Workers (FDWs) (Humanitarian Organization for Migration Economics [Home], 2015). Mental health problems, especially depression, are prevalent among FDWs in Singapore (HOME, 2015). Yet, there is a lack of empirically-supported interventions to address their mental health needs.

**Objective** To train FDWs as mental health paraprofessionals with selected CBT skills for depression, which may enable them to provide basic assistance to their fellow domestic workers with depressive symptoms.

**Aims** To present and assess the effectiveness and acceptability of a 4 weekly 3-hour group CBT-based paraprofessional training program for FDWs.

**Methods** Participants were randomized into either an intervention or a wait-list control group. Participants in the wait-list group received the training after the intervention group completed the training. Both groups completed questionnaires assessing attitudes towards seeking psychological help; stigma towards people with depression; self-confidence in delivering CBT; general self-efficacy; knowledge of depression and CBT before, immediately after, and two months following the training.

**Results** Thirty-eight out of 40 participants completed the program. Both groups did not differ on changes in any of the outcome variables. However, within-group analyses showed improved attitudes towards seeking professional health for mental health issues; greater depression literacy; and CBT knowledge following the training. These changes were sustained at 2-month follow-up. All participants indicated high level of satisfaction with the program.

**Conclusions** These preliminary results highlight the potential effectiveness and feasibility of implementing the training as a stepped-care mental health service to address the high rate of depression among the FDW community.

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

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### EV0685

#### Identity, culture and psychosis:

##### A non-systematic review

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**Introduction** Given the results of multiple epidemiological studies showing a greater incidence of schizophrenia in migrants, especially in second-generation migrants, many researchers tried to investigate which factors could be associated to these findings, in order to have a better understanding of the migration process itself and simultaneously to contribute to improve knowledge about schizophrenia. In line with the research suggesting that social factors are important contributors to psychological suffering and vulnerability to psychosis, several authors pointed cultural identity as a possible mediator between migration and psychosis.

**Objectives** To review different perspectives on the current literature about the relationship between cultural identity and psychosis.

**Methods** Non-systematic review searching on the database MEDLINE and additional searches through secondary references.