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Introduction Sleep paralysis (SP) is relatively frequent condition, occurring either at sleep onset or sleep offset. It occurs at least once in a lifetime in 40–50% of normal subjects. During SP, the patient experiences gross motor paralysis, while the sensory system is clear. Hypnagogic and hypnopompic hallucinations are common. This experience might be interpreted as a spiritual phenomenon in several cultures, each one with different interpretations and attributions.

Objective The authors revisit the clinical presentation of sleep paralysis and how this sleep disorder is seen from a cultural perspective.

Aims To describe several cultural interpretations of SP.

Methods A literature review of the theme is shortly surveyed.

Results It is very common during an episode of SP sensing the presence of menacing intruders in one's bedroom. Supernatural accounts of this hallucinated intruder are common across cultures. It has been traditionally labeled "ghost oppression" among the Chinese. In the Abruzzo region (Italy), the supernatural interpretation of the phenomena is called the Pandafeche attack. One study found that nearly half (48%) of the participants from the general Egyptian population believed their SP to be caused by the Jinn, a spirit-like creature. In Southwest Nigeria, Ogun Oru is a traditional explanation for nocturnal neuropsychiatric disturbances. The characteristics of the 'a dead body climbed on top of me' phenomenon suggest that is identical to sleep paralysis and a frequent experience among Mexican adolescents.

Conclusions Depending on the etiological interpretations of SP, which is largely culturally determined, patients react to the event in specific ways.

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EV450

Does depression conciliate in marital adjustment?

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Marriage is one of the principal facets when it comes to interpersonal context of depression. There is evidence supporting bidirectional casual effect between depression and marital satisfaction. However the phenomenon of marital adjustment and its related variable has not been given much attention in the Pakistan. **Objective** To determine the frequency of marital adjustment in patients with depression.

Method Depressed patients, who were aged between 15–65 were included. Patients who had documented co morbid of substance use or any unstable serious general medical condition were excluded. The severity of depression was evaluated by using Urdu validated Hamilton Depression Rating Scale. Marital adjustment is determined by using Urdu validated version of Kansas Marital Satisfaction Scale.

Result Only 8.6% were well adjusted in their marital life, and all were females. The association of marital adjustment and severity of depression and difference in both genders on KANSAS was insignificant. The longer duration of illness was positively interrelated to the marital adjustment with odd ratio of 7.6. Being employed and above 30 years of age were inversely related to marital satisfaction with odd ratio of 6.1 and 5.4 respectively. However, the correlation between other independent variables and marital adjustment were insignificant in both genders.

Conclusion This study confirms the presence of high frequency i.e. 91.4% of marital dissatisfaction in depression in both male and females, irrespective of their severity of depression.

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EV451

The impact of traditional healers on the treatment of psychotic patients in Alexandria, Egypt

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Introduction Psychotic symptoms in the Egyptian community have always been mixed up with supernatural phenomena. This makes patients and their families seek help from traditional healers who can abuse them physically, financially and sexually.

Aim The aim of the study was to assess the impact of the traditional healers on the psychotic patients in the Egyptian community.

Objectives To measure the percentage of patients going to traditional healers and how much they pay and for how long.

Methods The study was conducted on a total of 555 psychotic patients. Four hundred and fifty-five psychotic patients from the Mamoura Mental state Hospital and 100 psychotic patients from a private hospital in Alexandria in duration of three months in 2006. A special questionnaire was designed and was run for all patients and their families.

Results A total of 67.4% of male patients consulted healers while 88.4% of the females consulted healers. Only 9.4% of the females who went to the healers were highly educated compared to 19.7% of the male patients. The majority of the patients who improved were illiterate or can only read and write. Lower socioeconomic groups tend to have a higher percentage in consulting healers and a longer duration of staying in treatment with them. Although therapy at the first session tended to be for free, from the second session forward patients pay more than they would pay seeing a psychiatrist.

Conclusions Traditional healers have a negative impact on the psychiatry practice and are sources of patient's abuse in Egypt.

Disclosure of interest The author has not supplied their declaration of competing interest.

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EV452

Stress management versus cognitive restructuring: A randomized clinical study on traumatized refugees

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Background and aim There is a lack of evidence regarding which kind of psychotherapy that is the most effective when treating traumatized refugees. Studies on the effect of psychotherapy among other patient groups with PTSD suggest a good effect using cognitive behavioural therapy (CBT). The competence center for transcultural psychiatry (CTP) has specialized in the treatment of traumatized refugees. The objectives were to study the effect of CBT with a focus on either stress management or cognitive restructuring in a clinical sample of traumatized refugees with PTSD and to identify predictors for the treatment effect.

Methods All patients ($n=143$) referred to CTP from June 2011–March 2012 and fulfilling the inclusion criteria were offered to participate in the study. Participants were offered combined treatment with a psychiatrist (psycho-education and psychopharmacological treatment when needed) and a psychologist (CBT). The

duration of the treatment was 6–7 months. The participants were randomized to either CBT with a focus on stress management or cbt with focus on cognitive restructuring. The primary outcome was PTSD measured by the Harvard Trauma Questionnaire.

Results The results are presently being analyzed and will be presented at the congress.

Conclusions Both research results and the clinical experience at CTP suggest, that cognitive restructuring is not always a useful tool and that stress reducing techniques could be more useful. This hypothesis was tested in the present study.

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

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EV453

The treatment of traumatised refugees with sertraline versus venlafaxine in combination with psychotherapy – a randomised clinical study

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Background and aim Today we lack sufficient evidence to conclude which type of treatment approach that is most efficient when it comes to trauma-affected refugees. That is a problem for both patients and doctors as well as for society. Also there is a lack of studies, which examine the relation between psychosocial resources and treatment efficiency, in order to find reliable predictors of treatment outcome. This study therefore aims to produce new evidence within this field in order to optimise treatment for trauma-affected refugees with complex PTSD.

Methods The study included 207 patients referred to Competence Centre for Transcultural Psychiatry between April 2012 and September 2013. Patients were randomised into one of the two treatment groups: a sertraline group ($n=109$) or a venlafaxine group ($n=98$). Patients in both groups received the same manual based cognitive behavioural therapy, specially adapted to this group of patients. The trial endpoints were PTSD-and depression symptoms and social functioning, all measured on validated ratings scales. Furthermore the study examined the relation between expected outcome of treatment from a range of predictors and the relation to the treatment results for the individual patient.

Results Data are presently being analysed and results will be ready for the conference.

Conclusion The study is among the largest randomised studies ever conducted on pharmacological treatment among traumatised refugees. It is expected to bring forward new knowledge about clinical evaluation and medical treatment of traumatised refugees.

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

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EV454

Stigma towards psychiatric disorders in a sample of depressed females in two different communities

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Introduction Stigma and discrimination experienced by persons suffering from mental illness, unlike other medical conditions, recognized as a barrier in countries rich and poor, and in countries with well-developed mental health services and those with limited services. It was hypothesized that depression may affect patients' attitude towards mental illness "public stigma" as well as self-stigmatization and that there will be a difference between Egyptians and Germans.

Aims This study sets out to identify and compare public- and self-stigma among depressed women in two different communities.

Objectives To test findings from transcultural comparative study of two patient groups of depressed women from two different communities. Participants were 50 adult females diagnosed with depression from Egypt and Germany.

Method Participants completed after clinical interviewing and diagnosis with depression two questionnaires: the inventory of attitude towards mental illness (Shoaker, 2002) and the explanatory model interview catalogue EMIC (Weis et al., 2001).

Results Analysis indicates that positive attitudes towards mental illness were more for the German respondents than for the Egyptians. There were significant differences between the two groups in the causal attributions of mental illness. Psychotherapy was widely accepted in the two groups as a helpful method for treatment of mental illness.

Conclusion It was concluded that the traditional beliefs affect the understanding of illness causality and that the subjective experience of depression may affect attitude towards mental illness and mentally ill people. The effect of the social desirability is discussed.

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

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EV455

The old concept of psychogenic psychosis revisited from a transcultural approach: A case series

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Introduction The concept of psychogenic psychosis was introduced by Wimmer in 1916 and subsequently extended by Strömberg in the mid twentieth century. It typically describes a polymorphic psychotic episode of abrupt onset and which follows a trauma or stressful life situation. The duration of the episode is usually brief and remission occurs ad integrum. In recent decades, the notion has fallen into disuse in clinical psychiatry and international classifications. This could be due to a general improvement in living conditions, with less exposure to traumatic situations.

Objective We intend to study the characteristics of psychogenic psychosis in immigrants. We believe that the condition could be observed better in this population, given their greater vulnerability to trauma. For this purpose, we chose a sample of Romanian