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**Background and aims:** To assess the prevalence of depressive symptoms among college students and to find out whether sport activity has any influence on decreasing the depression score.

**Methods:** The authors screened all 664 first year college students. There were 466 females and 178 males. They answered The Beck Depression Inventory (BDI) and questionnaire about their sport activity (non active, recreational and active in sports). For the purpose of the analysis depressive symptoms were defined as a score > 11. We used Chi-square and Mann-Whitney test.

**Results:** 9,2% of the students have shown significant depressive symptoms. Statistically significant lower score on BDI have had the students who are active in sports compared with the recreational group and in correlation to the group of students not active in sports. In the group of the active ones in sports there are only 5,5% of them with depressive symptoms, while in the group of non active in sports there are 18% of them depressive. In separate analysis we have not found correlation of decreasing depressive symptoms and sport activity among males, but we have found that sport activity has a significant effect among females. Females are statistically more depressed (10, 5%) than males (5%).

**Conclusion:** Our results have shown moderate values of depression symptoms among college population. More females than males have experienced depressive symptoms. While sport activity have not shown significant influence on the depression among males, it has shown significant influence in reducing the depressive symptoms among females.

## P049

Effect of pallidotomy on depression in patients with Parkinson's disease

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**Background and aims:** The goal of the present paper is to assess whether pallidotomy influences the degree of depression in Parkinson disease patients (PD). The prevalence of depression in PD patients has been reported to range from 45% to 50%. Deep depression is observed in 7% of patients. Previous data suggested that several factors can determine depression in PD patients. It is assumed that psychological factors, neurotransmitter dysfunctions (i.e. dopaminergic, serotonergic and noradrenergic disease), and basal ganglia lesions may lead to depression.

**Methods:** The emotional state of 30 patients (16 women, 14 men) with PD was examined with depression tests: the Beck Depression Inventory and the Montgomery Asberg Depression Rating Scale twice - three days before and three days after pallidotomy. The age-matched control group was tested twice within a week.

**Results:** The difference in the degree of depression before and after surgery was significant. Statistically significant difference in the degree of depression between healthy individuals and PD patients before pallidotomy was reported ( $p=0,07$ ). Moreover, the results obtained after pallidotomy in the experimental group did not reveal

any differences with the control group. It was noticed that sex has significantly influenced the degree of depression as measured before and after surgery with both tests.

**Conclusion:** The results obtained in the study showed that stereotactic pallidotomy reduced depression symptoms in PD patients. This finding is compatible with Lauerbach's model, according to which ablation or deep medial globus pallidus stimulation should inhibit thalamic and cortical activity, thus reducing depression symptoms.

## P050

Depression and self-esteem in adolescence: a study of senior high school students in Greece

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**Background and aims:** The evaluation of depressive symptomatology and self-esteem in high school adolescent students in Greece and the assessment of their relation to demographic variables, school performance and adolescents' activities.

**Methods:** The CES-D Scale (depressive symptomatology) and the Rosenberg scale (self-esteem) were administered to 713 students (396 girls and 317 boys, age 15-18), of the Athens Metropolitan Area, Senior's High School Grades 1-3. Personal data such as age, sex, school records, family's conditions and time spent per week in school-related (e.g. tutorials) and extracurricular (e.g. sports) activities were collected.

**Results:** Considering CES-D cut-off score >28, 26,2% of the students (33,7% of females and 16,1% of males) could be considered as having depression. CES-D score was found to be associated to sex and school record (being less for students with a better record). Male students were having higher depression scores as they grew older, while respective scores for females were decreasing; at third grade boys had slightly higher CES-D mean score than girls.

Self-esteem and depressive symptoms were negatively correlated among both boys and girls.

**Conclusions:** A relatively high number of adolescent students in Greek schools can be considered as having significant depressive symptomatology and low self-esteem. The higher depression score in girls is consistent with the existing literature. The fact that boys have higher depression scores in the last grade of high school may be an indication of the higher pressure for academic achievement imposed by the family on them.

## P051

Prophylaxis in bipolar disorder: Implications of a randomised, open lamotrigine-vs-lithium study

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**Background and aims:** In 2 drug approval studies lamotrigine has been shown to possess prophylactic potentials comparable with lithium in bipolar disorder. However, the generalisability of these results are limited. In 2001, an investigator-driven study was initiated comparing lamotrigine and lithium for prophylaxis aiming at mimicking routine clinical conditions. Data collection is not completed (until