

EV0003

The burnout's prevalence among Tunisian military consultants in psychiatry

H. Belhadj*, W. Krir, C. Bencheikh, H. Elkefi, A. Oumaya

Military Hospital, Psychiatry, Tunis, Tunisia

* Corresponding author.

Introduction Burnout causes a considerable human cost. Army employees are, in fact, particularly exposed to this risk.

Objective To determinate the prevalence of burnout syndrome among military consultants in psychiatry and to study its socio-familial repercussions.

Method A cross-sectional study was conducted in a military outpatient clinic in Tunis and included 30 military patients with a seniority of more than 15 years. Burnout and major depression were assessed with the instrument Burnout Measure Short version (BMS-10) and the Patient Health Questionnaire "PHQ-9", respectively.

Results Eighty percent of participants ($n = 24$) had a very high degree of burnout exposure according to BMS-10. Twenty of these (83.3%) had a moderate to severe depression. All married patients ($n = 22$) having burnout syndrome reported a conjugopathy and a tendency to physical and verbal aggressiveness against their children.

Conclusion Military employees are particularly vulnerable to burnout. Detecting burnout in time is therefore essential in order to prevent its undeniable socio-familial repercussions.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.332>

EV0004

Muscular strain as risk factor of somatic symptom of mix anxiety and depression

M. Bhadar^{1,*}, S. Asghar¹, Z. Mukhtar²

¹ Sexual Health Institute Pakistan, Psychiatry, Lahore, Pakistan

² Azm Center, Sexual Health, Sargodha, Pakistan

* Corresponding author.

Introduction Somatic symptoms in depression are not uncommon. There is increased suicidality, poor prognosis, and increased risk of relapse. Neurological and musculoskeletal symptoms can be explained on basis of increased muscular tension in the body.

Methods An internet search was made using key words muscular tension, SSRIs depression, anxiety, somatic symptoms.

Results Ninety-eight percent patients reported at least one of somatic symptoms. Forty-five percent reported six somatic symptom. GIT symptoms in 67% patients. Fatigue in 78% of patients. Weakness in body parts 45% and headache in 43% to 65%. Chest pain more common in male. Patient over 40 showed pain in limbs or joints. Number of symptoms was directly related to severity of depression.

Discussion Increased muscular tension is one component of mix anxiety and depression. Main nerves and their branches pass in between muscular bellies. When there is increased muscular tone, it puts extra compression on major nerves and their branches. This will cause dysesthesia in body parts. Stretching of muscles produce pain due to hypoxia. This produces headache, strain neck and backache pain in chest. Fatigue is result of over consumption of energy due to hypertonia. One of their side effect is of SSRIs is muscular hypertonia which will not be very helpful for these symptoms. Drugs like tricyclics, SNRI can have better results when used alone, gabapentine, pregabline tinazidine used as adjunct can alleviate symptoms. Non-pharmacological treatment includes massage, relaxation technique, and warm water therapy.

Conclusion Somatic symptoms of mix anxiety and depression should be important consideration in its treatment.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.333>

EV0005

Relationship between personality traits with language anxiety among bilinguals

S. Bialayesh (MA in psychology)^{1,*}, A. Homayouni²,

M. Nasiri Kenari (MA in psychology)³,

Z. Shafian (MA in psychology)⁴

¹ Noor, Iran

² Department of psychology, Bandargaz Branch, Islamic Azad University, Bandargaz, Iran

³ Fereydonkenar, Iran

⁴ Tehran, Iran

* Corresponding author.

Language anxiety is a distinct complex of self-perception, beliefs, feelings, and behaviors related to classroom language learning arising from the uniqueness of the language learning process. Effects of foreign language anxiety are particularly evident in the foreign language classroom, and this anxiety is a strong indicator of academic performance. So, the study aimed to investigate relationships between personality traits with language anxiety among bilinguals. The research method was correlation. The population was included all upper intermediate language learners and higher levels in language institutes, that 250 learners were selected by cluster sampling method, and responded to McCare & Costa's NEO personality traits (neuroticism, openness to new experience, extroversion, agreeableness, and conscientiousness) and Horwitz's language anxiety inventory. The data were analysed by Pearson correlation formula. The results showed that there is positive and significant relationship between neuroticism and openness to new experience with language anxiety, and positive and significant relationship between extroversion, agreeableness, and conscientiousness with language anxiety. Thus, it can be concluded that personality traits have important impact on language anxiety.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.334>

EV0006

Gynecological symptoms in somatization disorder

C.M. Calahorro^{1,*}, M. Guerrero Jiménez², B.M. Girela Serrano²

¹ Hospital Universitario San Cecilio, Unidad de Salud Mental, Granada, Spain

² Santa Ana Hospital, Psychiatry, Motril – Granada, Spain

* Corresponding author.

Background Medically unexplained symptoms are common in ambulatory medical patients. Such disorders are consistently more prevalent in women than in men and occurs up to 10 times more frequently in women.

Main objective To review published literature about gynecological symptoms related to somatic disorder and which percentage of these patients diagnosed as Somatoform Disorder are referred from gynecologist consultations.

Methods We present the case of a 31-year-old woman diagnosed of a somatic symptom disorder whose first consultation was gynecological. She is referred to Mental Health Unit from Primary Care Center because of having been referred to five different specialists and been diagnosed as "functional somatic syndromes" in all cases. She started a selective serotonin reuptake inhibitor, and attended

a relaxation group during two months with good recovery afterwards.

She is asymptomatic nowadays and has not been visited by any other specialist.

Conclusions Women report more intense, numerous, frequent bodily symptoms than men. This difference appears in samples of medical patients and in community samples, whether or not gynecologic and reproductive symptoms are excluded, and whether all bodily symptoms or only those, which are medically unexplained are examined.

Women may be more aware of and more attentive to weak or diffuse bodily stimuli, which men do not perceive, and some studies suggest that women have greater bodily vigilance and awareness. This could result from the experiences of menstruation, menopause, pregnancy, and lactation which all serve to repeatedly call women's attention to their anatomy and physiology and to sensitize them to bodily changes.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.335>

EV0007

Nursing consultation and the care to depression in elderly

C.M. Carvalho*, T.V. Cardoso Vernaglia, D. de Assis Correa Sória, T.D.J. Espirito Santo da Silva, S.R. Souza, R. Mello
Universidade Federal do Estado do Rio de Janeiro, Alfredo Pinto
School of Nursing, Rio de Janeiro, Brazil

* Corresponding author.

Depression is a major mental illness affecting the elderly. About 15% of the elderly have some depressive symptoms and about 2% have severe depression. This study was conducted in an Extension Program of the Federal University of the State of Rio de Janeiro (UNIRIO) and the aims are: to identify the prevalence of depression in the elderly attended by the community center "Project Rebirth" in Rio de Janeiro-RJ, and discuss strategies developed in consultation to care the depression.

Methodology The elderly are registered in the program and accompanied by a multidisciplinary team. In nursing consultations, whose base is in the realization of Nursing Process, there is the application of the Geriatric Depression Scale named Yesavage – reduced version (GDS-15) held by students under the supervision of the teacher. After classification of the patient on the scale, they develop the care plan based in the Nursing Interventions Classification (NIC), and the nursing diagnoses that have among their factors related to depression and its symptoms.

Results and conclusions In addition to interventions carried out in consultation, involving recovery of self-esteem, encouragement of leisure and recreational activities, and supported self-care, the program staff (psychologists, doctors, nurses and occupational therapists) works in partnership in support group health education, encouraging the integration of the elderly. The well-being and self-esteem of the elderly, thus, reduce the triggers of depression, with the integration of participants, students and professionals.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.336>

EV0008

Related factors of anxiety in elderly assisted in nursing consultation

C.M. Carvalho^{1,*}, T.V. Cardoso Vernaglia¹,
D. de Assis Correa Soria¹, T.D.J. Espirito Santo da Silva¹,
S.R. de Souza¹, R. Mello¹, G. Ribeiro Bitencourt², M. Gripp¹,
M. Guimaraes¹, A. Goncalves¹, I. Felipe¹

¹ Universidade Federal do Estado do Rio de Janeiro, Alfredo Pinto
School of Nursing, Rio de Janeiro, Brazil

² Universidade Federal Fluminense, School of Nursing, Niteroi, Brazil

* Corresponding author.

Anxiety in elderly can be diagnosed based on a detailed history and cognitive examination using various instruments. These instruments aim to obtain information that supports both the syndromic and etiological diagnosis and the planning and execution of therapeutic and rehabilitation measures to be used in each case. During the nursing consultation with elderly people in the Federal University of State of Rio de Janeiro (UNIRIO), many patients with cognitive impairment showed anxious behavior. The study objectives to describe the factors related to the nursing diagnose anxiety in elderly patients attended in the nursing consultation. The consultations are based in the application of the nursing process. After the symptoms analysis, the nursing diagnosis anxiety is complemented with the related factors. The principals are death threat (64%), stressors (19%) and not needs met (17%). The data found are associated with cognitive impairment. Cognitive impairment in the elderly can lead to anxiety, depression and hopelessness, according to many studies.

Conclusions Working the cognitive needs, and reducing stressors are appropriate strategies to reduce the anxiety. The care with the health professionals is important to notice the related factors early and improve the strategies.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.337>

EV0009

"Mom, there is a monster in the closet": The impact of early attachment trauma (EAT) on the development of anxiety disorders and treatment possibilities

D. D'Hooghe (Clinician)

Traumacentre Belgium, Bruges, Belgium

Objectives In this workshop, I want to broaden the vision on attachment trauma and highlight the importance to acknowledge EAT as a hidden epidemic.

The significance of EAT in the development of anxiety symptoms becomes more and more apparent.

Methods Recognizing the effect, that the quality of the attachment relationship has on the development of a secure attachment bond, is important to understand the factors underlying the development of anxiety symptoms.

The availability, responsiveness, mentalizing possibilities. . . of the parent create a secure base from which the child can explore and develop.

The absence of those features in the child–parent relationship, causes traumatic stress in the child and impacts his psychological and neurological well-being.

Results Insecure attachment influences the neurobiology and results in dissociative processes (hyper- and hypo-aroused) expressed in different types of anxiety disorders.

Derived from the neurobiology there is a clear link between anxiety, depression and aggression.

The internal working model (IWM), rises from insecure attachment, influences adversely the child's capability to regulate and relate.

From an intergenerational point of view, an insecure attachment style of the parent implements the absence of affect en stress regulation capabilities and leave the child with the inability to regulate his anxiety.

Conclusion There is a clear link between EAT and different types of anxiety disorders.