

**Introduction** The proportion of international medical graduates (IMGs) in Ireland has increased from 13.4% in 2000 to over 33% in 2010. Many of their countries of origin have different cultures, expectations of the doctor–patient relationship and communication styles than Ireland. These differences can adversely impact on the quality of care provided by IMGs. There is a lack of research on the impact of cultural differences on communication in the Irish context.

**Methods** Semi-structured interviews were conducted with 16 IMGs in Drogheda Department of Psychiatry. Transcripts were analysed using nVivo10, a specialised computer programme for conducting qualitative analysis and analysed thematically.

**Results** General themes emerged relating to IMG experience of cultural differences in medicine and psychiatry and cultural differences in communication. IMGs did not find their proficiency in English to be a barrier to communication but did find accents, culture-specific sayings and non-verbal cues to be challenging. Differences in doctors' status relative to patients and different expectations of the doctor–patient relationship were challenging and, at times, frustrating and annoying. It was generally recognised that training in cross-cultural communication skills would be beneficial to new IMGs although a small minority recognised no such issues. Significant differences in attitude to patient confidentiality in Ireland versus the country of origin were identified.

**Conclusions** Consideration should be given to providing specific cross-cultural communication skills training for all IMGs training in Ireland focusing not just on verbal and non-verbal communication but also differences in the doctor–patient relationship, patient and relative expectations and medical confidentiality requirements.

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

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## EV1502

### European Federation of Psychiatric Trainees Exchange: Benefits to trainees and organisations

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**Introduction** During my time in Gothenburg, I have spent my first week with the team on the emergency inpatient ward. During my second week in Sweden, I have visited inpatient assessment unit where in depth psychological and psychiatric evaluations can be conducted. My final day was spent in a secure state institution providing accommodation and care to young people at risk of absconding or presenting with challenging behaviours.

**What did I learn** Through the participation in the program I was able to gain first-hand experience of different models of healthcare delivery and I intend to implement some of the positive ideas into the services in the UK. Similarly, I hope that the host organisation may benefit from hearing how care is provided in the UK.

During my trip to Sweden, it was the first time I had an opportunity to deliver a presentation to an international audience. This highlighted new challenges such as language barrier and lack of familiarity with jargon, systems and practices that we take for granted within the NHS. I have learnt from the experience and I have now a better idea how to improve my presentations in the future. I have gained a lot of confidence in my presentation skills by speaking in front of a large audience of clinicians that I have not met before.

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## EV1503

### A quality improvement project focused on assessment of risk level of outpatient psychiatry patients

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Since the implementation of the Clinical Learning Environment Review by the Accreditation Council for Graduate Medical Education, there has been an emphasis on training residents in health care quality as well as patient safety. As such, psychiatry residency training programs have had to incorporate quality improvement (QI) projects into their training. We developed a QI curriculum, which not only included resident and faculty participation, but also encouraged other staff in our department to focus on patient safety as well as improving their performance and the quality of care provided to the patients.

In this poster, we present the development of our curriculum and will include a successful QI project to highlight this. This project focused on creating an algorithm to help assign patient risk level, which is based on evidence based risk factors. This project was created due to a survey conducted in our clinic which demonstrated that clinicians, and in residency training in particular, identifying and managing high risk patients can be anxiety provoking for trainees. We will present the specifics of this QI project, and additionally outline the steps that were taken to develop and integrate the QI project into clinical practice.

**Objectives** (1) Learn how to successfully incorporate a QI project and curriculum into a psychiatry residency training program.

(2) Understand both resident and faculty perspectives on what resources facilitated participation in QI.

(3) Present the development of a quality improvement project focused on risk assessment of outpatient psychiatric patients.

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## e-Poster viewing: Women, gender and mental health

## EV1504

### The effect of vitamin B1 on the change of appetite related to premenstrual syndrome in young women

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**Introduction** Many women in the premenstrual period may be faced with physical and psychological changes that restricted the acceptance of the responsibility of daily living, jobs and reduced quality of life outdoors. One of these mental disorders is the changes in appetite. Preventing the initiation is the first step in reducing premenstrual syndrome, is very important. Vitamin B1 (Thiamin) may reduce symptoms of PMS through affecting the performance of coenzymes in the metabolism of carbohydrates.

**Objectives** This study was conducted to determine the effect of vitamin B1 on the change of appetite related to PMS.

**Methods** In this double-blind placebo-controlled clinical trial, 100 students with PMS residing at dormitories of Jahrom University were divided randomly into two groups, vitamin B1 and placebo. The severity of mental symptoms specially change in appetite and

desire to eat sweets in two cycles, before and during the intervention, was recorded by the students. The data were analyzed using descriptive and inferential statistics.

**Results** The comparison of vitamin B1 group before and after the intervention showed that vitamin B1 reduced mean mental (35.08%) symptoms significantly ( $P < 0.0001$ ). The reduction of severity was observed in desire to eat sweets was 2.42%. The average of mental symptoms severity of PMS has been reduced in vitamin B1 group, and the comparison was significantly different.

**Conclusions** Therefore, vitamin B1 is recommended for reduction of symptom severity of PMS include desire to eat sweet. This vitamin can be used to reach a major goal of midwifery, without any side effects.

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#### EV1505

### “Hear me out”: Experiences of mothers suffering from severe mental illness with health care providers – A qualitative perspective

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**Background** Contrary to popular myth, majority of mentally ill women are mothers with increasing number of them seeking help. Little is known about their own experiences in this regard and the extent to which their needs are met.

**Objectives** To assess the barriers and facilitators in seeking help from mental health care providers in matters of pregnancy and parenting.

**Methods** The study used qualitative design with social constructivist paradigm. A purposive sample of 30 mothers with severe mental illness was obtained. Data was collected through one-to-one in-depth semi-structured interviews. After verbatim transcription, inductive thematic analysis was used to explore transcripts.

**Results** Most women considered motherhood “central” to their lives and almost all of them experienced the burden of the “dual role”. Main barriers in seeking help were stigma, treatment side effects, wrong information and time constraints. Whereas self-advocacy, early engagement, education of women and involvement of the family with service providers were the facilitating factors. The prime expectations of the mothers as identified were early and direct communication, patient audience and basic guidance in regards to child health and parenting issues.

**Conclusion** Women who are mothers and also users of mental health services face special challenges in managing the contradictory aspects of their dual identity. Hearing their voices are essential for service provision and ensuring adequate mental health needs. Early and direct intervention along with understanding and addressing critical areas are necessary for proper care of both the mother and child.

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#### EV1506

### Correlation between self-efficacy and well-being, and distress, in women with unexplained infertility

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**Introduction** One of the most difficult aspects of unexplained infertility treatments are feelings of uncertainty and the perception that infertility is beyond one’s personal control, both of which make the infertility situation more threatening and stressful.

**Objectives** The aim of this study was to explore the correlation between general self-efficacy and infertility specific well-being and distress among women with unexplained infertility.

**Methods** The sample consisted of 97 women with unexplained infertility aged between 22 and 46 years old (mean age: 33.58), who were recruited from the obstetrics and gynecology clinic “National front”. Mean duration of conception attempts was 3.10 years. The General Self-Efficacy Scale and the Infertility Specific Well-Being and Distress Scales were applied in the study.

**Results** The mean score on the General Self-Efficacy Scale was 32.77 (SD = 4.624), on the Well-Being scale 3.22 (SD = 0.984) and on the Distress scale 1.94 (SD = 0.754). There was a positive correlation between intensity of infertility specific well-being and general self-efficacy ( $r = 0.502$ ;  $P < 0.01$ ) and a negative correlation between infertility specific distress and general self-efficacy ( $r = -0.265$ ;  $P < 0.01$ ). Women with unexplained infertility with higher self-efficacy expressed higher levels of well-being and lower levels of distress.

**Conclusion** The results of our study indicate that women with unexplained infertility who perceive their problems as being beyond their control express higher levels of stress and lower levels of well-being. Psychological treatment of women with unexplained infertility should focus on the aspects that can be influenced through psychotherapy.

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#### EV1507

### Women with hysterical manifestations: Menopause, gender and mental health

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**Introduction** Aging and menopause as a medico-social determinant of female gender influence on mental health. Female gender in the period of menopause is associated with the end of fertility that affects adaptation to changed conditions, decreases intellectual and physical possibilities, narrows role positions, leads to non-psychotic mental disorders (NPMD).

**Objective** To identify influence of the age, menopause, female sex, sociodemographic parameters on hysterical symptoms in structure of NPMD.

**Material** In the borderline states department, 93 female patients with hysterical manifestations in structure of NPMD were treated. **Methods** Psychopathological, clinical-dynamic, clinical-catamnestic, psychometric, psychological and statistical.

**Results** In 100%, the hysterical symptoms in the puberty leveled at reproductive age, intensified in climax: 72.04% - pre-menopause ( $P < 0.05$ ), meno-, postmenopause - 13.98% each. Sociodemographic characteristics (marital status, social status, place of living, education, family composition, family relations) were not interrelated