

EV0099

Adolescence and self-injuries

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This article is a reflection on the current affairs and an invitation to think about worrying phenomena in youngsters: self-injuries or cuts in the arms in eight young adolescent patients. We try to figure out the underlying cause of such behavior, which is more common every day and reveals some characteristics of society. Sociocultural, individual and family changes are analyzed, showing possible connections among these instances, identity and self-injuries. We suggest that the difficulties in identity development may be related to practices such as self-injury or others, which are related to mentalization problems. In the sociocultural level we find a way to socialize in which subjective discomfort has increased, there is overabundance, mass consumption, and the traditional social institutions (family, school and religion) have failed. Youngsters do not know themselves nor their projects. This difficulty is accompanied by an individual's failure in mentalization capacities (name one's feelings), leading the suffering youngster to practices such as self-injuries, which become permanent. Finally, the particulars of family relationships are described: distance between parents and their offspring, with the life experiences of the former being less appreciated by their offspring while forming their own identity, this is, they are responsible of becoming the architects of their own identities. They are orphans without traditions, which are sources of identity and innovation; to know who we are we must know where we come from.

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EV0100

Determining the influence of game treatment on decreasing divorce children's stress

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Introduction One of the main challenges facing the fact that every society has always called divorce. Phenomenon in modern societies is growing at a rapid rate and adverse effects of economic, social and especially psychological, parents and children.

Aim This study pays to determining the influence of game treatment on decreasing divorce children's stress.

Methods The method of study is of testing in which statistical society of study includes all children (girl and boy) of divorced parents. From all statistical society, we have selected a sample about 26 persons by randomly sampling. The instrument for gathering information in this study includes children stress test (SCARED) in which has been studied sample after measuring its narration and stability.

Result The result of dependent *t*-test and covariance analysis showed game treatment has meaningful and positive influence on children stress.

Conclusions The amount of its interference on decreasing divorce children stress is about 83%. It means 83% of the whole remained scores variance is related to game treatment interference.

Keywords Game treatment; Children's; Stress

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EV0101

A validation study of the Mood and Feelings Questionnaire, Danish version

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Introduction The Mood and Feelings Questionnaire (MFQ) was developed to measure depressive symptoms in children and adolescents. It includes a child self-report part and a parent report on child part. The MFQ has been validated and proven clinical useful in several countries.

Objectives To validate the MFQ in a population of Danish children and adolescents.

Aims There is a need of a standardized questionnaire for Danish children and adolescents tapping into affective symptoms. Before routine use the MFQ must have been validated in Denmark. This study examines the validity of MFQ in Danish children and adolescents.

Methods The study included two samples of probands aged 8–18 years. A population-based sample of school children and their parents, and a clinical sample including two subsamples:

– patients referred for Child and Adolescent Mental Health Services with depressive symptoms;

– in-patients at the paediatric department of a University Hospital. All included probands and their parents filled out the MFQ and the clinical samples in addition answered the depression section of the Beck Youth Inventories, and were interviewed using the depression part of "K-SADS-PL".

Results Preliminary results from both samples will be presented at the EPA 2017 in Florence.

Conclusions Depending on the results of this study, the MFQ might be used as a screening instrument and as a clinical tool to monitor depressive symptoms in Danish children and adolescents.

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EV0102

Mind your anger habits: For teen (group CBT for teens with anger behavioral problems)

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Problematic anger behaviors of children and adolescents represent a significant challenge to the clinical community. Although a number of direct and indirect factors are theorized to contribute to the etiology of aggressive behavioral problems, the cognitive-behavioral model focuses on the cognitive processes that play a significant role in the generation of anger and the aggressive responses to provocation. "Mind your anger habits: for teen" manual, is based on the cognitive-behavioral conceptualization of anger and anger management problems functions, it consists of 10 group sessions for teens and 8 group sessions for their parents.

In the "Mind your anger habits: for teen"; anger is identified as a stress reaction with three response components: cognitive, physiological, and behavioral. The cognitive component is characterized by one's perception of social stimuli and provocation cues in the social context, by one's interpretation of these stimuli, by one's attributions concerning causality and/or responsibility, and by one's evaluation of oneself and the situation. This component represents a significant area for intervention with aggressive adolescents as their perceptions and attitudes serve to prompt most

behavioral responses to provocation. Research on the social and cognitive processing in aggressive youth indicates that distorted interpretations, attributional biases, and deficiencies in problem solving can all influence the selection of aggressive behavior responses. Furthermore, cognitive processing patterns are likely to become more rigid over time, and as such the maladaptive aggressive behaviors prompted by dysfunctional cognitions will be maintained.

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EV0103

Association between depression and alexithymia in adolescents with *Acne vulgaris*

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Introduction *Acne vulgaris* is a common skin disease that affects the majority of adolescents. The physical changes of acne may have negative effects on the psychological structure of adolescents such as anxiety and depression. Alexithymia has been suggested to be an important symptom in psychodermatological patients.

Objective Our study aims to access depression in adolescents with *A. vulgaris* and to evaluate its relationship with alexithymia.

Methods This is a descriptive cross-sectional study regarding 50 adolescents followed in the outpatient dermatology unit of Hédi Chaker University hospital in Sfax (Tunisia). To assess depression, we used a psychometric tool: Beck Depression Inventory (BDI). The Toronto Alexithymia Scale (TAS-20) was used to evaluate alexithymia. The severity of acne was evaluated with the Global Acne Evaluation (GEA) Scale.

Results The mean age of adolescents was 15 years 9 months. Almost all of adolescents was female (82%), and live in urban area. The severity of *A. vulgaris* was mild in 50%, moderate in 32% and severe in 18%.

The prevalence of depression was 48%. Twenty-four percent of them have a major depression. Forty-six percent of patients scored positive for alexithymia.

The occurrence of depression was significantly associated to alexithymia ($P=0.003$).

Conclusion This study showed a positive correlation between alexithymia and depression.

These results can be useful in treatment based on processing of emotional information and regulation of emotions.

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

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EV0104

Mental health promotion and co-evolution appreciation of familiar history: Case study

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Introduction The developments of familiar therapy allows a systemic (collaborative) approach centered in what functions best in the system, integrating action plans which presupposes a family appreciation concept as a transformer system.

Objectives/aims Presentation of a family clinical case (X family) in which one of the members is diagnosed with “elective mutism”, this being labelled as a “a family problem” which led to familiar therapy.

Methods In the therapeutic process we use a number of resources centered in family strengths as strategies directed to the solution and system change. We incorporate an innovating strategy, which we call “differentiated spectularity”, trying to make something different based on therapy concepts centered on solutions. The presentation of exceptions and the use of scales allowed us to monitor the change process.

Results The strategy materialization, where family members in their family environment saw the film of their latest session in a favourable context for the enlargement of their own vision as a family, allowed change expansion amplifying its complexity. The family members perceive themselves as having a moderate cohesion level, increasing the levels of adaptability, which places the X family in a “balanced” class. The family member with a diagnosis of elective mutism, after six months of family therapy, showed changes in withdrawal, anxiety and shyness behaviour.

Conclusions Sharing family members different versions allows us to tell the story over and over again. The questioning emerging from the pro-active mirror effect is the core element of the change registered with incidence in the emotional and behaviour domains.

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EV0105

Evaluating the effectiveness of methylphenidate with a combination of magnesium, zinc and calcium for the treatment of patients with ADHD in the city of Zahedan

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Introduction This study aimed to investigate the therapeutic effect of a combination of magnesium, calcium and zinc as a complementary treatment in a population of the children with ADHD in Zahedan.

Material and method In this clinical trial, 40 patients with ADHD aged 6 to 12. The simple convenience sampling was done and the patients were randomly divided into two groups of receiving methylphenidate plus magnesium + zinc + calcium, and methylphenidate plus placebo.

Results The mean severities of the symptoms in the group treated with methylphenidate plus the supplements were $40/4 \pm 2/4$ before the treatment, and $19/5 \pm 6/1$ after 8 weeks of treatment ($P < 0.001$).

Conclusion This study shows that zinc, magnesium and calcium supplement is useful in the treatment of ADHD and can be used to treat patients.

Keywords Methylphenidate; Attention deficit hyperactivity disorder; Zinc; Magnesium; Calcium

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

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