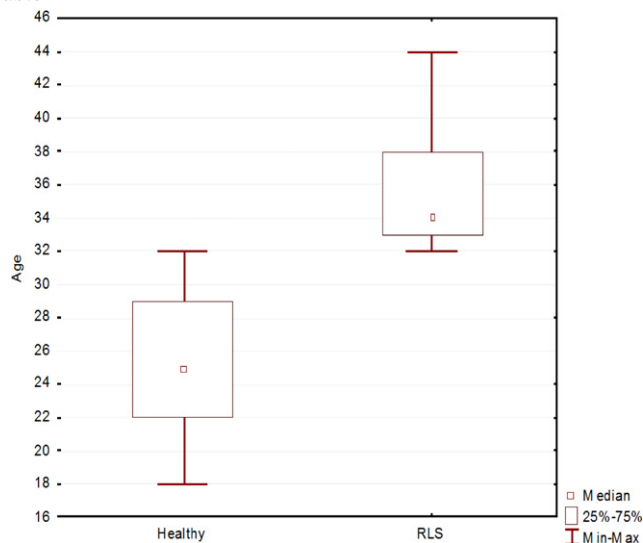


Results The results indicated that prevalence of RLS in professional cyclists is 14% and is higher than expected in this age group. We found statistically significant relationship between RLS and age ($P < 0,001$) and years of experience as a professional cyclist ($P < 0,001$). Results revealed no significant differences between genders (Table 1).

Conclusions RLS seems to be a common problem in professional cyclists. It can affect sport performance. Future efforts to estimate the influence of RLS on professional sport performance should be considered.

Table 1



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EW584

Self-criticism and self-compassion role in the occurrence of insomnia on college students

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Introduction To our knowledge there are no research about the influence of self-criticism and self-compassion in the occurrence of insomnia.

Objectives To study the association between self-criticism, self-compassion and insomnia on university students; to explore differences in these associations on two moments of student's lives—examination and no examination period.

Aims We anticipate that the stress and pressure of the examination period have an impact on student's sleep and there are, also, differences by age and gender.

Method Self-Criticism and Self-Reassurance Scale, Self-Compassion Scale, Pre-Activation Sleep Scale, Insomnia Assessment Scale and Anxiety and Depression and Stress Scales were answered by 160 college students ($M = 26.45$, $SD = 7.98$; range = 19–54 years) during an examination period and by 108 college students during a no examination period ($M = 26.34$; $SD = 0.43$; range = 19–54 years).

Results In both periods (examination and no examination period) older students (30–54 years) tended to be more self-compassionate and tolerant, such as less self-critical and punitive. During the examination period, younger students (19–29 years) showed higher levels of self-criticism, cognitive, and somatic activation

before falling asleep. There was also a higher proportion of younger students in the insomniac and insomnia symptomatic groups. Moreover, significant correlations were found between cognitive and somatic activation and depression, anxiety, and stress in both moments.

Conclusions In the examination period, the youngest students are more critical and less compassionate, what might lead to greater cognitive and somatic activation before sleep and, consequently, to insomnia symptoms and insomnia itself.

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

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EW585

Self-compassion and insomnia at pregnancy

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Introduction Mindfulness based programs during pregnancy (some including self-compassion components) increase self-compassion, mindfulness and maternal self-efficacy, and reduce anxiety, stress and psychological distress in pregnant women. According to our knowledge, there are no studies about the association between self-compassion and sleep outcomes in pregnancy.

Objective To explore differences in self-compassion, between three sleep groups, in a sample of Portuguese pregnant women.

Methods Four hundred and nineteen pregnant women (mean age: 32.51 ± 4.759 ; weeks of gestation: 17.32 ± 4.803) completed the Self-Compassion Scale (SCS, Bento et al., 2015), presenting six dimensions (self-kindness, self-judgment, common humanity, isolation, mindfulness and over-identification) and the Insomnia Assessment Scale (Marques et al., 2015). Three sleep groups were formed: good sleepers (no insomnia symptoms; no associated daily impairment); insomnia symptoms groups (one/more insomnia symptoms; no associated daily impairment); insomniacs (one/more insomnia symptoms; daily associated impairment).

Results There were significant differences in the total SCS, self-judgment, isolation and over-identification scores, between sleep groups [respectively, $F(2,396) = 7,926$, $P \leq 0,001$; $F(2,409) = 19,155$, $P \leq 0,001$; $F(2,410) = 13,016$, $P \leq 0,001$; $F(2,412) = 11,258$, $P \leq 0,001$]. Self-judgment, isolation and over-identification scores of good sleepers and insomnia symptoms group were higher than of insomniacs. Total SCS score of good sleepers was higher than of insomniacs and the same score of symptoms of insomnia group was also higher than of insomniacs.

Conclusions Results seem to show the importance of developing self-compassion to improve sleep in pregnancy or reduce the impact of insomnia symptoms (common at pregnancy).

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

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EW586

Sleep disorders, depression and anxiety among medicine university students in Sfax

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Introduction Sleep symptoms, depression and anxiety often coexist and tertiary students are a population group that are increasingly recognised to be at risk. However the rates of these conditions in the tunisian population are poorly understood.

Aim The aim of this study was to evaluate sleep quality among medicine students during exam periods and identify correlations with anxiety and depression.

Methods This is a descriptive and analytical cross-sectional study. It involved students of medicine University of Sfax during the period of exams. Each student filled out demographic questionnaire, the Pittsburgh Sleep Quality Index (PSQI) to assess the quality of sleep and Hospital Anxiety and Depression scale (HAD) to screen for anxiety and depressive disorders.

Results The average age was 22.27 years. The sex ratio M/F was 0.66. The students were single in 96.7% of cases. The average score of PSQI was 6.67 ± 3.23 . According to the PSQI, 53.3% of students had poor sleep quality. The anxiety score ranged from 0 to 7 with an average of 7.47. The depression score ranged from 0 to 16 with an average of 7.47. Anxiety and depressive symptoms were present in 26.7% of students. The PSQI score was significantly correlated with anxiety ($p < 0.01$) and depression scores ($P = 0.019$).

Conclusion Anxiety and depressive symptoms are common among students during exam periods. They are associated with poor quality sleep. The establishment of a helpline for students during exam time, with psychologists and psychiatrists, would help them better manage this difficult period.

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

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EW587

Validation of the insomnia assessment scale – adapted in a community sample of portuguese pregnant women

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Introduction Pregnancy is characterized by important changes in sleep and some of them (as insomnia) predict negative outcomes, like depression, through all the perinatal period. There are few Portuguese adapted and validated instruments assessing insomnia in pregnancy.

Objective To validate the Insomnia Assessment Scale in a sample of Portuguese pregnant women.

Methods 419 pregnant women (mean age: 32.51 ± 4.759 ; weeks of gestation: 17.32 ± 4.803) answered the Insomnia Assessment Scale (IAS), constructed according to the DSM-V and the ICSID-3 criteria and presenting fourteen items: three evaluating insomnia symptoms (1 to 3); one assessing if sleep difficulties were present although there were adequate conditions to sleep (item 4); one assessing if sleep difficulties occurred three times/week (item 5); one evaluating if sleep was not restorative (item 6); three assessing daily impairment associated to insomnia symptoms (7 to 9); two assessing the use of prescribed and/or homemade medication (10 and 11); three excluding that sleep difficulties were not due to another sleep disorder, substance use, a physical condition or a mental disorder (12 to 14).

Results The IAS Kuder-Richardson alpha was very good ($\alpha = 0.85$) and none of the items increased the alpha if removed. A principal component analysis revealed a three factors solution, explaining a variance/EV of 63,74%: F1/Insomnia symptoms (items 1 to 6) (EV 36.02%; $\alpha = 0.81$); F2/Daily impairment associated to insom-

nia symptoms (items 7 to 9) (EV 18.67%; $\alpha = 0.79$); F3/Differential diagnosis (items 12 to 14) (EV 8.38%; $\alpha = 0.81$).

Conclusions The IAS adapted for Portuguese pregnant women presented good reliability and validity.

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

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EW588

Mindfulness and insomnia at pregnancy

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Introduction The impact of mindfulness in improving insomnia symptoms is documented in different samples (e.g. anxiety disorders; insomnia samples) and mindfulness based programs for pregnancy refer the association between mindfulness development and the reduction of insomnia symptoms/improvement of sleep.

Objective To explore differences in the Facets Mindfulness Questionnaire-10 (FMQ-10; Azevedo et al. 2015), between sleep groups, in Portuguese pregnant women.

Methods Four hundred and nineteen pregnant women (mean age: 32.51 ± 4.759 ; weeks of gestation: 17.32 ± 4.803) answered the Facets Mindfulness Questionnaire-10 and the Insomnia Assessment Scale (IAS, Marques et al., 2015). Three sleep groups were created considering all the IAS items: good sleepers (no insomnia symptoms; no associated daily impairment); insomnia symptoms groups (one/more insomnia symptoms; no associated daily impairment; exclusion of other conditions/disorders explaining the symptoms); insomniacs (one/more insomnia symptoms; one/more daily associated impairment; exclusion of other conditions/disorders explaining the symptoms).

Results There were significant differences in the total FMQ-10 score, the F1/Nonjudging of inner experience and the F2/acting with awareness, between sleep groups [respectively, $F(2.402) = 6.933$; $P = 0.001$; $F(2.406) = 10.243$; $P = 0.001$; $F(2.406) = 37.431$; $P = 0.002$]. Tukey tests indicated that the mean total FMQ-10 and F1/Nonjudging of inner experience scores of good sleepers and insomnia symptoms group were significantly higher than of the insomniacs. The mean value of F2/acting with awareness in the good sleepers was significantly higher than of the insomniacs.

Conclusions It seems important to develop mindfulness to improve sleep in pregnancy or reduce the impact of insomnia symptoms (common at pregnancy).

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EW589

Perceived causes for changes in sleep pattern in postpartum women

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Aim To investigate the causes that postpartum women most mention for changes in sleep pattern and its associations with obstetric and sleep variables and depressive symptoms.