

that in large groups' studies of adolescents treated with selective serotonin reuptake inhibitors there have been no evidence of increased suicidal risk.

**Objective** Understand if there is a significant association between antidepressant treatment and suicidality in a 3-months follow-up study of the adolescent's consultation of Centro Hospitalar Lisboa Norte.

**Methods** Analysis of 81 adolescents with an initial diagnosis of major depression treated with an antidepressant for at least 3 months.

**Results** After the follow-up period there has been an improvement in sadness in 92.6% of the adolescents, a remission of death thoughts in 98.8% and an absence of suicides attempts. In 61.7%, it was necessary to introduce also an antipsychotic in a low dose and in 12.3% another antidepressant with a hypnotic effect.

**Conclusion** It is clear that untreated major depression carries significant suffering and disability. Although treatment with antidepressants may take several weeks before clinical improvement appear and depression may worsen in the first days, its therapeutic effect should not be underestimated even if becomes necessary to add another medication in the first days. In evaluating these kinds of concerns, we must always differentiate between media hype and scientific data.

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#### EV0148

### Is bipolar over diagnosed in adolescents?

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**Introduction** Since the mid-1990s, the diagnosis of bipolar disorder has increased significantly: two-fold among adults, four-fold among adolescents and 40-fold among children. Mood instability is a hallmark symptom of many psychiatric disorders but does not imply necessarily a diagnosis of bipolar disorder. Misdiagnosis is not just an academic issue: mood stabilizers have significant adverse effects and expose patients to side effects that range from mild to potentially life-threatening.

**Objectives** Discuss the potential overestimation of bipolar diagnosis in the adolescent population through a statistical analysis of a sample from the adolescence's consultation of Centro Hospitalar Lisboa Norte.

**Methods** Analysis of 106 patients taking into account the initial diagnosis and the diagnostic stability over 6 months. Non-systematic review of the literature.

**Results** From this sample, 39.2% of the adolescents have a diagnosis of unipolar affective disorder, 0.02% of bipolar disorder and 0.1% of disruptive mood disorder. These diagnoses did not change over the follow-up period.

**Conclusion** It is important to try to understand the reasons of this potential discrepancy (influence of pharmaceutical company marketing, of parents' desire, of doctors' fear) to reduce controversy and confusion and to adjust treatment.

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#### EV0149

### Emotion dysregulation and sex working belief in sample of adolescents

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**Introduction** In the last decade, international study attention to the problem of risk of sexual behavior in adolescents has grown. Some research has shown emotion dysregulation to be an important predictors of forbidding outcomes for example alcohol and drugs abuse or risky sexual behavior.

**Objectives** The aims of this study are analyze emotion dysregulation in adolescents and their belief regarding sex working of adolescents.

**Methods** The sample is composed by 123 participants (58 male adolescents, and 65 female adolescents, they is 14–15 years). All participants completed a self-report questionnaire, Difficulties in Emotion Regulation Scale. Them, participants responded to questions on prostitution.

**Results** Frequency analysis showed that 78% of participants believe that prostitution is wrong; 1.4% of adolescents believe that the voluntary prostitution is not wrong; 2.4% believe that prostitution is not wrong if it can economically help their parents; and 4.9% believe that prostitution is wrong only if the customer is an adult. Regarding emotion dysregulation, test t analysis highlights some differences between male and female. The female presents difficulties ( $P=0.025$ ) to strategies respect male adolescents and they manifest a tendency to significative difference in impulse ( $P=0.061$ ) and goals ( $P=0.067$ ).

**Conclusions** These preliminary results show that females may experience greater difficulties to take functional strategies to regulate emotions and could risk adopting risky sexual behavior such as prostitution.

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#### EV0150

### Repetitive behavior among autistic children 3–10 years old and a control group in Albania

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**Introduction** Autism is a lifelong disability that impairs 3 main areas: communication skills, social interaction and behavioral patterns.

**Objectives** To investigate the repetitive behavior in autistic children 3–10 years old.

**Aims** Comparison of repetitive behavior between autistic children with a control group of clinically healthy children matched for age and sex.

**Methods** Repetitive Behavior Scale (RBS-R) questionnaire was translated, validated and provided to examine children ( $n=70$ ) in each group.

**Results** Children with autism show significant behavioral problems as compared to healthy children in all subscales and the full

RBS-R. Results of the *t*-test for independent samples indicated a significant difference in mean score for the children with autism of age 3–6 year old ( $M=53.1$ ) and for control group ( $M=11.9$ ),  $t=-13.3$ ,  $P<0.01$ . Also, the mean score of children with autism of age 7–10 year old ( $M=54.9$ ) is significantly higher, compared to control group ( $M=13.7$ ),  $t=-12.2$ ,  $P<0.01$ .

**Conclusion** This comparison provides information on particular forms of repetitive behavior to further our understanding on these important symptoms.

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## EV0151

### The case of successful treatment of gender identity disorder of childhood

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Gender identity disorder of childhood refers to a rather rare disorders, but according to the literature girls with the disorder in the future may become homosexual or transsexual. The necessary diagnostic criterion for gender identity disorder of childhood is the presence of a constant desire to belong (or the conviction of belonging) to the opposite sex, coupled with a strong denial of the behavior, characteristics and/or clothing specific to the registered sex. Usually the disorder is manifested in the preschool years, but for diagnosing it is necessary that it manifests before the onset of puberty. Both sexes may have a rejection of anatomical structures inherent in his own sex; however, such unusual display is rare.

Patient V. came to the appointment with psychiatrist with parents 3 years ago. During the interview reported that she starts to feel the boy at the age of 9 years. This announcement provoked outrage from parents. With the beginning of the critical days began to position herself in a male person. The patient met all diagnostic criteria for gender identity disorder of childhood. The patient underwent a course of systemic therapy combined with nootropics. Currently, patient name is the name of a female, the patient wears women's clothing, identifies herself as a woman. The patient continues to meet with a psychotherapist, is satisfied with the treatment, thoughts on sex change does not express. Thus, in the case of diagnosis of this disorder can become effective systemic therapy in combination with nootropics.

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## EV0152

### Access and participation: What factors influence the provision and utilisation of health care services by children with learning disabilities?

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**Aims** The aim of this literature review is to explore the range of factors that influence the degree of access to health care services by children and young people with learning disabilities.

**Background** Children with learning disabilities are at increased risk of a wide range of health conditions comparing with their peers.

However, recent reports by UK government as well as independent charities working with children and young people with learning disabilities demonstrated that they are at risk of poor health outcomes as a result of barriers preventing them from accessing most appropriate services.

**Methods** Comprehensive searches were conducted in six databases. Articles were also obtained through review of references, a search of the grey literature, and contacting experts in the field. The inclusion criteria were for studies evaluating access to healthcare services, identification and communication of health needs, organisational aspects impacting on access and utilisation, staff attitudes where they impacted on access, barriers, discrimination in patients with intellectual disabilities age 0–18. The literature search identified a sample of 36 papers. The marked heterogeneity of studies excluded conducting a meta-analysis.

**Results** Barriers to access included problems with identification of healthcare needs by carers and healthcare professionals, communication difficulties, the inadequacy of facilities, geographical and physical barriers, organisational factors such as inflexible appointment times, attitudes and poor knowledge base of healthcare staff.

**Conclusion** The factors identified can serve as a guide for managers and clinicians aiming to improve access to their healthcare services for children and young people with intellectual disabilities.

**Disclosure of interest** The author has not supplied his declaration of competing interest.

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## EV0153

### Body image, food behavior and models esthetic in university students

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A growing host is currently evident in young people all about sports culture where interest in body image and a strong cult of the body whose main purpose in many cases prevails is to achieve aesthetic purposes based body models of society, which may be related to an increase in risk eating behaviors and habits of excessive exercise. This research aims to examine the possible presence of three variables: eating behavior, aesthetics models and body image in male college gym users and nonusers. The variables were evaluated by applying Inventory eating disorder EDI 2, which measures the presence of symptoms associated with eating disorders. The Adonis complex Questionnaire which is used to assess the degree of concern about physical appearance and The Questionnaire Body Influences of Aesthetic Model CIMEC-40 which evaluates the internalization of cultural aesthetic ideals. The sample consists of 50 subjects, aged 18 and 24 years, students from the one University of the city of Monteria – Colombia.

The results indicate that the user group show greater trend scales obsession with thinness and social insecurity than non-users, like greater influence of verbal messages regarding the cultural aesthetic models, however none of the groups expresses serious or pathological concern about body image.

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## EV0154

### The origins of mental toughness–internalizing and externalizing problems at the age of 5 years predict higher mental toughness scores at the age of 14 years