often not provided. To reduce the risk of perinatal illness in women with ND, improvements must be made to the delivery of perinatal care and the knowledge of those providing the care.

ComPASSION: A Screening Tool for Type 1 Diabetes and Disordered Eating (T1DE)

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Aims.

Background: In 2018, NHS England funded a one-year project of a combined approach for physical and mental health services to support those with type 1 diabetes and eating disorders – ComPASSION Project. Part of this project looked to develop a questionnaire screening tool to improve early recognition of those at risk of T1DE.

Aims: To assess the effectiveness of an adapted questionnaire in identifying patients at risk of T1DE in a routine diabetes clinic. To this end, we focussed on two main aspects:

1. Discussion around weight and body image – patient discussion topic.
2. Diabetes distress score.

Methods. Data from a modified questionnaire was collected retrospectively from diabetes clinics across two hospital sites July 2019–March 2020 with a total study size of 300 patients. Questionnaire responses from those with T1DE were compared with those without.

Results. The questionnaire screening tool is an effective screening tool identifying Type 1 diabetic patients at risk of disordered eating. Patients with T1DE were more likely to raise concerns regarding weight and/or body image. Diabetes distress scores were significantly greater in T1DE patients.

Conclusion. Healthcare professionals should be alert to patients with Type 1 diabetes at risk of disordered eating. Early identification of patients with T1DE is possible when using patient discussion topics and assessing the diabetes distress score. Further studies are needed to assess the effectiveness of this questionnaire screening tool on a larger population.

Socio-Demographic and Clinical Characteristics of First-Ever Admitted Psychiatric Inpatients in Palestine: A Cross-Sectional Study

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Aims. Bethlehem Psychiatric Hospital is the only psychiatric hospital in the West Bank. Epidemiological data on mental health in Palestine is very limited due to the lack of research in this area. This study aims to evaluate the socio-demographic characteristics and clinical outcomes of first-time admitted patients at Bethlehem Psychiatric Hospital over a year period.

Methods. A retrospective cross-sectional study was conducted at the Bethlehem Psychiatric Hospital, reviewing the medical records of patients admitted for the first time between October 2022 and October 2023. Data collection was conducted manually by residents through an Excel sheet. Next, demographic characteristics (socioeconomic and demographic measures), relevant history (past medical, psychiatric, and forensic), presenting episode characteristics, and current hospitalization (admission, hospital stay, and discharge) were studied descriptively.

Results. Of the 140 patients admitted for the first time to the psychiatric hospital between October 2022 and October 2023, the mean age was 32.6, a majority (70%) were male, more than half were single, around two-thirds finished high school, and 13.6% had a university degree. Only 41.4% of patients were referred from a medical or legal source. The overwhelming majority of the patients had poor prior outpatient follow-up.

Substance use was common (Tobacco: 63.8%, alcohol: 16.1%, and other substances: 26.4%). Family history of psychiatric illness was found in 40% of the cases, and prior imprisonment in 42%.

The most common presenting complaints included: sleep disturbances (84.3%), and physical aggression (73.6%). Delusions were elicited in 72.9% (most commonly persecutory-paranoid, and least commonly grandiose and reference delusions). Hallucinations were present in 38.6% of admissions, auditory hallucinations were the most common. 15.4% had depressed mood, and 22.1% had current suicidal ideations.

Involuntary admissions constituted 62.1% of all admissions. A third of urine drug tests, conducted in 68.6%, came back positive. Patients stayed a mean of 17.8 days. A diagnosis was reached in 82.1% of patients, the most common established diagnosis was Schizophrenia spectrum (42.9%). Around a third were discharged against medical advice.

Conclusion. This is the first study conducted on Palestinian psychiatric inpatients. The results of this study suggest that most patients who are admitted had poor outpatient care. Delusions were elicited in the majority of patients, amongst different final diagnoses.

There is a need for more research on Palestinian psychiatry, integrative social services, and better mental health regulations to protect the rights of mental health patients.

Gender Differences Amongst First-Time Admitted Psychiatric Inpatients in Palestine

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