

**Introduction** Telepsychiatry is increasingly utilized to evaluate and treat diagnostically and geographically diverse youth. (Szeftel et al., 2012; Hilty et al., 2013). Important public health implications arise for US psychiatrically ill youth, most of whom receive no treatment, others depend on pediatricians without input from a child psychiatrist (Goldstein and Myers, 2014). Potential advantages of telepsychiatry include increased access to care from child psychiatrists directly, and through collaborations with pediatricians, and uniquely positive response in patients more communicative in this setting (Pakyrek et al., 2010).

**Objectives** – To present the effectiveness of Telepsychiatry in psychiatrically ill youth, and specific subgroups who especially benefit.

– To show increased access to psychiatric care occurs through collaborations between child psychiatrists and pediatricians.

**Aims** To present the advantages of telepsychiatry for child and adolescent mental health and clinicians.

**Methods** Review of selected published Telepsychiatric evidence-based research and best practice recommendations.

**Results** – Psychiatrically ill youth are effectively evaluated and treated using Telepsychiatry (Myers et al. (2011), Hilty et al., 2013).

– Very young children and youth with Autism Spectrum Disorders, or anxiety disorders respond particularly positively to Telepsychiatry (Szeftel et al., 2012; Pakyuerek et al., 2010; Myers et al., 2010).

– Telepsychiatry provides increased access to care through collaborations between child psychiatrists and pediatricians (Goldstein and Myers, 2014; Myers et al., 2011).

**Conclusion** Telepsychiatry is a promising advantageous modality for youth based on effectiveness, broad administration and unique benefit for very young and socially impaired youth.

References not available.

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### EV305

#### Feasibility of the stress and anger management program on children with high functioning autism spectrum disorder in a sample population from Karachi

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**Introduction** Research shows that individuals with Autism Spectrum Disorder, struggle with emotional competence as compared to their typically developing counterparts. This leads to internalizing (stress) and externalizing (anger management) problems in the affected population. The stress and anger management program (STAMP) designed by Scarpa et al. is a manualized treatment protocol with good clinical efficacy.

**Objective** The objective of the present study is to test the feasibility and suitability of STAMP as a systematized treatment protocol in Karachi and to enable the sample population, to become emotionally competent.

**Aim** The aim is to evaluate the effectiveness of STAMP on the reduction of symptoms in the sample population.

**Method** Ten children with high functioning autism spectrum disorder will be selected from various institutes in Karachi, and randomized to experimental and waitlist control group after pre-intervention assessment. Upon completion of the intervention with the experimental group, the waitlist control group will be offered the intervention. Both the groups will be assessed, immediately after the intervention, followed by a one-month follow up assessment.

**Results** It is expected that STAMP will significantly reduce the incidence of problem behaviours as measured by the standardized assessment questionnaires from the manual; as well as significantly reduce the severity of scores on the internalizing and externalizing components of the strength and difficulties questionnaire, in the experimental group as compared to the control group.

**Conclusion** It is expected that the results of the present study could be utilized to train mental health professionals in Karachi for systematized treatment of ASD and related problems.

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### EV306

#### Temperament and resilience of children of alcohol dependent individuals

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**Introduction** Children of alcohol dependent individuals are affected by disturbed parent-child relationship and exhibit externalizing symptoms, arrhythmicity, negative mood and low persistence.

**Objectives** To assess the temperament and resilience of children of alcohol dependent individuals and to study their relationship with the father's severity and problems of alcohol intake.

**Aims** To assess the psychological profile of children of alcohol dependent individuals.

**Methods** Cross-sectional study conducted in a tertiary care centre from January to August 2015. Severity of alcohol dependence in father and problems related to it was assessed using 'short alcohol dependence data' and 'alcohol problems questionnaire'; the temperament and resilience of their children ( $n = 31$ ) was assessed using 'temperament measurement schedule' and 'strengths and difficulties questionnaire' respectively.

**Results** The sample comprised of 48% boys and 52% girls with mean age (SD) of 9.32 (3.02) years. Eighty-one percent belonged to lower socioeconomic status. Their fathers' mean age (SD) was 37.13(4.9) years and duration of alcohol dependence being 16.32 (5.7) years, average use/day being 19.19 (14.9) units with moderate (45.2%) to high (41.9%) dependence. Significant association was observed between severity of alcohol dependence and temperamental domain-threshold of responsiveness ( $\chi^2 = 17.272$ ,  $P$  value = 0.002) (Table 1). The average units of alcohol consumed/day were a significant predictor for the presence of emotional problems in the child (OR = 30.12; 95%CI 1.33–677.86).

**Conclusion** There's a significant association between father's alcohol use and child's psychopathology which indicates the need for preventive and curative mental health measures.

Table 1 Significant correlation between alcohol problems in father and child's temperament and resilience (\* $P < 0.05$ ).

Alcohol problem	Temperament&Resilience	Pearson's correlation (r)	p value
Duration of alcohol intake	1.Externalising symptom	0.428	0.016*
	2.Approach- withdrawal	-0.445	0.012*
Average use of alcohol	*'Emotionality' factor	0.360	0.046*
Marital problems due to alcohol use	Peer relationship problems	0.487	0.005*

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### EV308

#### Potential neurobiological ADHD biomarkers

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**Objectives** Pathogenetic mechanisms of hyperkinetic syndrome (HKS) or attention deficit hyperactivity disorder (ADHD) are not clear.

**Aim** To elucidate some aspects of monoamine involvement in pathogenesis of disorder and response of monoaminergic systems to psychostimulant medication.

**Methods** Levels of different monoamines, their metabolites and N-methylnicotinamide (end product of kynurenine pathway) were measured in daily samples of urine from children (7–11 years old) with mild and severe HKS using fluorimetric and chromatographic methods as well as platelet monoamine oxidase (MAO) activity. Thirty children with mild HKS received psychostimulant Sydnocarb 5–15 mg daily for 1–1.5 months (for ethical reasons children with severe HKS were not included in study).

**Results** HKS was accompanied by activation of dopaminergic and inhibition of noradrenergic systems. There were found metabolic differences between two forms of HKS. Compared with mild HKS, severe HKS was characterized by significant 2-fold increase of MAO activity and L-dopa, dopamine and adrenaline excretion. After sydnocarb treatment children's clinical status improved along with decrease of excretion of homovanillic, vanillylmandelic and 5-hydroxyindoleacetic acids and increase of N-methylnicotinamide. **Conclusions** Results indicate that dopaminergic and noradrenergic systems play important role in pathogenesis of HKS. Clinical improvement of HKS children was accompanied by significant increase of N-methylnicotinamide excretion. It is proposed that increased urine excretion of kynurenine metabolite–N-methylnicotinamide and N-methylnicotinamide/5-hydroxyindoleacetic acid ratio can serve as potential biomarkers for evaluation of efficacy of psychostimulant medication. We hypothesize that kynurenine system plays significant role in pathogenesis of HKS/ADHD.

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### EV310

#### Understanding of self-harm behaviour in adolescents

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**Introduction** The incidence and prevalence of self-harm behaviour, with or without suicidal intent, is on the rise, both in other countries as well as in Croatia. Understanding the nature of patients who show self-harm behaviour can help us to better understand the components that contribute to their morbidity and mortality.

**Objectives** To expand the understanding of self-harm behaviour in adolescents as a contribution to the planning and implementation of preventive and curative programs.

**Aims** To explore the psychopathological characteristics of adolescents with and without self-harm behaviour who seek psychiatric help for their mental health problems.

**Methods** In this study participated 150 adolescents, aged 14–18 years, of which 52% showed some form of self-harm behaviour. During the initial examination of child and adolescent psychiatrist, participants completed self-reported questionnaires: functional assessment of self-mutilation (FASM, 1997) and the youth self report (YSR, 2001).

**Results** Statistically significant difference between groups of female adolescents with and without self-harm behaviour was observed in all of eight problem scales, while in male adolescents it was observed in five of them. This indicates considerably higher level of psychopathological features in the group of patients with self-harm behaviour.

**Conclusions** It is necessary to intensify monitoring of adolescents who show self-harm behaviour because of the overall level of psychopathological symptoms and the comorbidity which significantly complicates the therapeutic process. It is particularly important to continuously assess the suicide risk.

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

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### EV311

#### Resilience in children of depressed parents – a systematic review of protective factors

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**Introduction** Children of depressed parents have an increased risk of developing mental disorders. While there are various studies concerning a pathogenetic perspective, fewer studies examined factors that protect mental health of these children. Knowledge about protective factors is necessary to establish prevention projects.

**Objectives** This systematic review gives an overview of protective factors for mental health of children of depressed parents.

**Methods** Databases PsycINFO, Embase, Medline, PSYINDEX, PubMed, ISI Web of Science, and CINAHL were searched for relevant studies in German or English published until August 2014. Targets were epidemiological studies concerning protective factors for children up to the age of 21 years who have at least one depressed parent. Selection process and assessment of methodological quality of the studies were conducted by two reviewers using a checklist.

**Results** Out of 3526 screened studies, finally thirteen studies were included. Efficient stress management strategies – in particular primary and secondary control coping – were identified as protective factors for mental health of affected children. Children's social competences as well as parental positive parenting skills also seem to have a protective impact. Restrictions to specific search terms, databases, and languages could have caused missing relevant studies with other characteristics. Limitations could also result from possible publication bias as well as methodological and qualitative differences regarding included studies.

**Conclusions** In the context of prevention projects, children of depressed parents should be supported in adequately and efficiently coping with stress. Moreover, practitioners should aim at the promotion of social competences and the involvement of parents within prevention.

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