

**Conclusions:** The results point to the need to develop novel evidence-based service delivery models so that the basic mental health needs of the population are met. Two such models are discussed.

## P0269

Prevalence and risk factor of psychiatric disorders in primary care immigrants relative to autochthonous patients

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**Objectives:** To calculate the prevalence of mental disorders (anxiety, depression and psychosis) in the immigrant population compared to autochthonous population in primary care, exploring the predictive value of socioeconomic and demographic factors in the outcome.

**Methods:** In a cross-sectional, prevalence study, a sample of 200 immigrants and 200 autochthonous individuals attending primary care were evaluated with the Mini International Neuropsychiatric Inventory, the Goldberg Anxiety and Depression Scale, the General Health Questionnaire, and a demographic information sheet.

**Results:** Immigrants showed higher levels of psychopathology relative to autochthonous patients for most mental disorders. Socioeconomic and demographic factors, particularly those related to the immigrant's living and work condition were positively correlated with psychopathology. Rates of some mental disorders in the immigrant group exceed the expected levels to the extent that the findings may be spurious.

**Discussion:** Immigrants are at greater risk for developing a mental disorder, however this would in part appear to be a result of socioeconomic and demographic factors. It may be the case that the elevated rates of immigrant psychopathology may in part be a function of error due to the lack of cultural equivalence of the instruments employed. Further study is required to clarify these points.

## P0270

Perceived discrimination and psychopathology in a population of migrants

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**Background:** The relationship between immigration and the secondary development of psychopathology remains unclear. Studies have raised contradictory findings, although it generally found that migrants face a higher level of stress than general population. This stress consists of different factors, of which "perceived discrimination" would appear to be the most significant. Clinical experience indicates that there may be an association between the intensity of stress related to perceived discrimination and mental disorders, of which anxiety and affective disorders are the most frequent. This study evaluates the relationship between perceived discrimination and anxiety and affective disorders.

**Method:** The data was drawn from a multicentric, observational, cross-sectional study comparing psychopathology in migrants relative to the autochthonous population attending primary care health centres in Catalonia (Spain). 150 individuals from each cohort were evaluated with the MINI international Neuropsychiatric Interview and the Perceived Discrimination subscale of the Barcelona Immigration Stress Scale. A first step compared scores on anxiety and affective disorders between the two groups. In the second step, multivariate analyses were carried out to determine if perceived discrimination and socio-demographic factors were correlated with the presence of anxiety and affective disorders.

**Results:** Immigrant patients were found to have higher levels of both anxiety and affective disorders relative to the autochthonous population. Perceived discrimination was predictive of psychopathology, and also moderated the impact of certain sociodemographic characteristics such as legal status.

## P0271

Metabolic syndrome in psychiatric inpatients

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**Background/Aims:** The metabolic syndrome is associated with an increased cardiovascular comorbidity and mortality. Many epidemiological studies prove an increased prevalence of the metabolic syndrome among psychiatric patients compared to the general population.

**Methods:** In this on-going naturalistic observational study carried out in an inpatient treatment setting we as yet surveyed the parameters of the metabolic syndrome in 188 psychiatric patients at admission and at discharge. According to the NCEP definition at least three of the five following criteria have to be fulfilled for diagnosing the metabolic syndrome: visceral adipositas (waist circumference: male > 102 cm; female > 88 cm), diabetes mellitus (fasting glucose > 110 mg/dl), arterial hypertonia ( $\geq 130$  mmHg systol.,  $\geq 85$  mmHg diastol.), elevated triglycerides ( $\geq 150$  mg/dl), reduced HDL cholesterol (male < 40 mg/dl; female < 50 mg/dl).

**Results:** At discharge we found significantly more patients with visceral adipositas ( $p=0.0001$ ) and elevated triglycerides ( $p=0.014$ ) compared to the time of admission. A significantly higher percentage of female in comparison to male patients were diagnosed a metabolic syndrome. Higher age was associated with a higher prevalence of the metabolic syndrome ( $p=0.001$ ,  $N=186$ ).

**Conclusions:** Our results demonstrate a deterioration of parameters of the metabolic syndrome in the course of an inpatient treatment. As visceral adipositas constitutes an essential risk factor for metabolic and cardiovascular diseases, an uncomplicated and easily manageable measurement of visceral body fat percentage would be desirable. In a pilot study we are evaluating the informative value of visceral body fat percentage as measured by a body composition analyzer.

## P0272

Peculiarities of suicidal behavior of Minsk residents

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Minsk population runs to 1 770 000 residents. Rather high numbers of suicidal activity were typical for Minsk, for instance, 19,7 per 100,000 people in 2003 and 15,7 per 100,000 people in 2004.

Minsk is the largest industrial and cultural center Republic of Belarus, in him live 1 770 000 people. City Minsk haven't a heavy figures of suicidal activity (2003-19,7 cases per 100 000 people, 2004 - 15,7 cases per 100 000 people).

To prevent suicide in Minsk a suicidal activity monitoring was conducted during two years (2005-2006) ; it included registration of all cases of suicide and parasuicide. The monitoring allowed to identify main forms of suicidal behavior, suicide methods, and sex and age-specific characteristics of suicide.