

family interaction most part of the day and most of them become trapped with illegal gangs of drug distribution. Second, women can be exploited with the burglary and shoplifting groups who use low educated and poor women. The destiny of most of these women is prison and being away from the family, which in turn worsens the situation. Vocational skills provided by NGOs have helped women to sustain their life but they are not enough. The factors involving with the situation of these women are the main focus of this paper.

Keywords Migration; Women; Education

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EV0898

Socio-demographic and clinic characterization in youth psychiatric outpatients: An observational study

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Introduction Most mental disorders begin during adolescence and early adulthood (18–24-years-old), highlighting the importance of understanding the onset and progression of mental disorders among youths. Although progress has been made, namely by creating youth mental health transition services, gaps continue to exist. Locally, our recently constituted young adults unit aimed to minimize discontinuities in care.

Objectives/aims To characterize a population of young adult psychiatric outpatients, regarding socio-demographic and clinic variables.

Methods Socio-demographic and clinic characterization of young adult psychiatric outpatients observed during 1st January 2015–30th July 2016.

Results Two hundred and fifty-five outpatients were observed: 64.3% females and 35.7% males, average age 20.56-years-old (median 20). Most lived in urban areas (59.4%), with their parents (27.8%), were students (80.4%), attending secondary school (36.1%). A total of, 27.5% were referenced by an emergency department, and adjustment disorders (ICD-10 F43.2) were the most frequent diagnosis (21.6%). Regarding suicidal behaviours and self-harm, 9.8% did self-cutting. A vast majority did not have previous psychiatric hospitalizations—only 5.9% outpatients had at least one. In total, 39.8% were medicated with antidepressants (1/3 of which in association with other drugs), and about 38.8% received cognitive-behavioural interventions. About 2/3 of patients (66.3%) remained in care and only about 1/6 (15.7%) were discharged.

Conclusions Our typical youth psychiatric outpatient was of female gender, student, living with its parents. Adjustment disorders were the most frequent diagnosis, and antidepressants were the main psychopharmacologic option, often combined with other psychotropic drugs. In the future, psychotherapy interventions should be more widely available, namely group psychotherapy.

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Effectiveness of the structural approach components on the marital quality, and problem solving of couples

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The aim of this research is investigating the effect of training structural-systematic approach components on marital quality and problem solving of couples. General plan of research is a quasi-experimental with pre-post test and control group. Statistic population includes all clients of psychology and counselling clinic of Ferdowsi Mashhad University couples with marital conflicts and issue in problem solving in 2014. Sample size includes 10 couples in each control and examination group. Examination group has received 10 couple-therapy structural-systematic group meetings. Research tools were two questionnaires; revised marital quality scale and family problem solving (2010). To analyse data ANCOVA method has been used. For analysing data SPSS software has been used. Results have indicated that structural-systematic approach results in significance increment of marital quality and couple problem solving in comparison to control group. It can be said that structural-systematic approach may has a significant effect on family structure having a systematic and comprehensive approach and tries to solve happened problems and defects changing family structure. It is hoped that can progress in couple-therapy and family therapy using this approach.

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Neuropsychiatric adverse effects of HIV antiviral medication

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Introduction HIV (human immunodeficiency virus) infection is related to several neuropsychiatric complications, such as dementia, encephalopathy, psychosis, as well as, opportunistic infections of the central nervous system (CNS). The discovery of antiretroviral therapy (ART) has limited these conditions and extended the life span of infected patients into a chronic illness, but it is also associated with neuropsychiatric adverse effects.

Objectives To review the literature on the most common neuropsychiatric complications of the ART, since it can be difficult to distinguish drugs toxicity, the effects of the virus, immune system and psycho-social events.

Methods The authors have conducted an online search in PubMed with the terms: “Psychiatry”, “HIV”, “adverse effects” and “antiretroviral drugs” from 2011 until 2016. From the outcome were collected, analyzed and summarized the articles considered to be relevant.

Results The antiretroviral therapy (ART) are associated with a numerous adverse effects on the central and peripheral nervous systems, as well as, metabolic, gastrointestinal, cardiac, and other toxicities. The neuropsychiatric effects are common and highly variable, including depression, cognitive impairment and sleep disturbance. The nucleoside reverse transcriptase inhibitors and the