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**Objective** To determine gender differences in prevalence of anxiety traits in general population and to evaluate its impact on the risk of hypertension in men and women aged 25–64 years in the open population in Russia/Siberia.

**Methods** Under the third screening of WHO program “MONICA-psychosocial” a random representative sample of the population aged 25–64 were surveyed in Novosibirsk in 1994 ( $n=657$  men,  $n=870$  women). Anxiety levels were measured by means Spielberger test. Over the 16-year period were identified 229 cases of AH in women and 46 for men. Cox-proportional regression model was used for an estimation of hazard ratio (HR).

**Results** In general population aged 25–64 years at 99.5% of women and 97.5% of men had moderate and high levels of anxiety traits. In univariate Cox regression analysis model the risk incidence of arterial hypertension in women and men with high level of anxiety was 2.383-fold and 5.18-fold higher, respectively, over 5 years of follow-up. It was 1.853-fold and 5.75-fold higher over 10 years and 1.45 and 3.82 times higher over 16 years after baseline. In the multivariate Cox regression model HR of hypertension was 1.648 in women with high level of anxiety; and it was 4.568-fold higher in men.

**Conclusion** Despite the higher prevalence of HLA in women, the risk of developing hypertension is much higher in males.

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

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#### EV0036

### Contribution for the Portuguese validation of the Depression, Anxiety and Stress Scales (DASS-21): Comparison between dimensional models in a sample of students

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**Introduction** The Depression, Anxiety and Stress Scales are widely used in clinical and non-clinical populations, both in research and clinical settings. The need for briefer but valid and reliable instruments has motivated the reduction of the original 42-item scale to a short 21-version. On Portuguese samples, Pais-Ribeiro et al. (2004) found that the original 3-factor solution (stress, anxiety and depression) explained 50.35% of the variance and in an exploratory analysis; Xavier et al. (2015) presented a two factor solution and a modified three-factor solution with a sample of pregnant women, both with adequate factors' reliability ( $<0.70$ ) and explaining above 50% of the variance.

**Aims** Based on the previous results of factor analysis with Portuguese samples, the present study aimed to perform confirmatory factor analyses (using Mplus software) to evaluate which dimensional structure best fitted the data.

**Methods** The sample comprised 234 students (78.2% female), between 18–26 years old ( $M=20.55$ ;  $SD=1.66$ ). Eighty-five percent of the participants were on their first three years of college education. Participants filled the Portuguese version of the DASS-21.

**Results** Our results showed that the original 3-factor structure had the best model fit [ $\chi^2_{(186)}=475.465$ ,  $P<0.05$ ;  $RMSEA=0.082$ ,  $90\% CI=0.073-0.091$ ;  $CFI=0.918$ ;  $TLI=0.908$ ;  $SRMR=0.05$ ]. Good reliability was found for all subscales (0.92 for stress, 0.87 for anxiety and 0.91 for depression subscale).

**Conclusions** The DASS-21 is a reliable instrument that, with student populations, seems to have better performance when used with a 3-factor structure. Further research is needed to confirm this structure in Portuguese clinical samples.

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#### EV0037

### Psychogenic nonepileptic seizures

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**Introduction** Psychogenic nonepileptic seizures (PNES) are defined as a somatoform conversion disorder manifesting as paroxysmal events not associated with electroencephalographic (EEG) epileptiform correlates. This entity is poorly understood and often misdiagnosed as epilepsy. It is important to recognize that misdiagnosis leads to inappropriate use of antiepileptic drugs, which may worsen the course of the disease.

Recent studies have suggested that the frequency of psychogenic nonepileptic seizures ranges from 10 to 23% of referrals to a pediatric epilepsy center, as well as 60% of children with PNES achieve symptom improvement and event freedom of symptoms following appropriate treatment.

**Objectives** The aim of this study is to conduct a literature review of studies which the purpose was better understand the etiologies, features, and care outcomes of psychogenic nonepileptic seizures (PNESs) in a pediatric setting.

**Conclusion** A early identification of the risk factors for comorbid psychopathology, diagnosis and appropriate care for PNESs reduces inappropriate medical investigation and therapy, expedites rates of remission, and decreases health-care utilization in a pediatric setting.

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

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#### EV0038

### Emetophobia (a specific phobia of vomiting): A case study

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**Introduction** Case presentation of a young woman Ms. A.M., referred by her GP with an eating disorder, who was thereafter diagnosed with an uncommon type of phobia (emetophobia – a specific phobia of vomiting) and treated accordingly.

**Objectives** To highlight the diagnostic dilemma with such uncommon cases, who are often misdiagnosed as having anorexia nervosa or bulimia nervosa or suffering from other anxiety disorders (like OCD or GAD).

**Methods** A comprehensive mental state examination was conducted including a diagnostic clarification interview. She was followed up by the mental health team on a regular basis with support and also providing appropriate psychotherapy.

**Discussion** Ms. A.M. refused medications and only agreed to non-pharmacological treatment. She was therefore commenced on once weekly psychotherapy (CBT), which she undertook for a period of 4 months. She showed good response to the psychotherapy with significant attenuation of her core symptoms, although she still continued to exhibit some avoidance behaviors.

**Conclusions** This particular patient showcases a relatively uncommon and often misdiagnosed specific phobia (emetophobia)

and highlights the positive response seen in this case with psychotherapy.

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#### EV0039

### Social anxiety as a basic factor shaping anti-vital and suicidal behaviour among contemporary adolescents

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**Introduction** In adolescence, social anxiety (SA) and anti-vital and suicidal behavior (AB and SB) constitute a single syndrome.

**Aim** The aim is to define the role of SA and its components in shaping adolescent AB, with a subsequent risk of SB.

**Materials and methods** A total of 981 adolescents participated in the survey. The authors' proprietary Anti-vitality and Resilience Questionnaire and Social Anxiety and Social Phobia Questionnaire; statistic methods: ANOVA, Correlation analysis.

**Results and discussion** Twenty-four percent from the sample have high SA levels, and 21.8% have clinical SA levels connected with high risk of AB and SB. Adolescents find themselves in unstable conditions of the psychological field reorganization (crisis), and they are in need of actualization of means to satisfy their social motives. It makes them vulnerable to mental disorganization under evaluation conditions, and the situation is aggravated with the absence of internalized mental regulation tools. AB, SB is higher, the higher the SA in adolescents is. SA as a subjective perception of insufficient means to influence the surroundings in order to satisfy social needs can play one of the key roles in the accumulation of negative affect in the system of mental activity, and lead ultimately to its failure.

**Conclusion** Inability to satisfy their actual motives, lack of strategy for self-realization and dealing with failures, and inability to keep the targeted priority in evaluation situations lead to feeling loss of life purpose and negative evaluation of the future and shape AB, SB.

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#### EV0040

### Psychological treatment of trihotillomania: A case study

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This paper presents a clinical case of trichotillomania. Therefore, the aim of this study is to present in detail the procedure followed in a case of trichotillomania in a public health context, using cognitive-behavioral techniques, in order to deepen the knowledge of the efficacy of these treatment procedures and demonstrate the feasibility of implementation.

The results obtained show significant improvements in different clinical aspects: first, the hair pulling behavior disappeared completely; moreover, anxiety diminished significantly and mood normalized. All these results allow us to conclude that the intervention was successful.

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#### EV0041

### Factors associated with professional stress at the teachers

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**Introduction** Teaching, as a profession, is recognized as demanding and stressful.

**Objectives** (1) Evaluate the professional teacher stress, (2) Identify possible factors associated with it.

**Methods** This is a cross-sectional study, descriptive and analytical, conducted among teachers of high school Mahmoud Magdich in Sfax. (Tunisia). Participants were asked to complete the anonymous form detailing the socio-demographic, professional characteristics and any work stressors.

The evaluation of occupational stress was evaluated by the scale of "Karasek".

**Results** Thirty-six teachers replied to the questionnaires. The sex ratio (M/F) was 0.38. The mean age was 48.77 years. The average number of years of exercise was 23.20 years and the average number of hours worked per week was 16.25 hours. The participants stress profile according to the scale of "Karasek" was: 55.6% stressed, 27.8% assets, 11.1% liabilities, and 5.6% relaxed. The main stress factors mentioned were respectively: the inadequate salary (58.3%), difficult working conditions (52.8%), problems with students and parents (25%) and lack of organization at work (22.2%). Factors correlated with the profile "stressed" were: female gender ( $P=0.026$ ), lack of pastime practice ( $P=0.034$ ), teaching high school degree ( $P=0.04$ ), feeling that they work "too hard" in their work ( $P=0.005$ ), they are "the end" at the end of the working day ( $P=0.015$ ) and low social support ( $P=0.005$ ).

**Conclusion** The occupational stress among teachers was quite important. Knowing how to identify factors and taking action would be interesting for the guarantee development for teachers. Students would be the ultimate beneficiaries.

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

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#### EV0042

### Personal and pathopsychological features of patients with somatoform disorders in primary care

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**Introduction** Somatoform disorders are a therapeutic challenge for primary care physicians. Various studies show low efficacy of psychotherapy for these patients, and the need for differentiated approach to their treatment.

**Objective** Explore the differences between pathopsychological, personal characteristics of patients with somatoform disorders.

**Methods** It was carried out psychometric evaluation of 108 patients with different clinical variants of somatoform disorders, using SCL-90-r, Leonhard questionnaire.

**Results** Patient with somatization disorder (SD) had maximum values on the "somatization", "depression", "hostile", "paranoid" scales; a high level of anxiety. Singularity personality structure of these patients defining feature of exaltation, excitability, emotionality. Patients with undifferentiated somatoform disorder (USD) also showed high levels of somatization, anxiety and obsessive-compulsive, interpersonal sensitivity, phobic anxiety. Patients with stable somatoform pain disorder (SPD), had high levels of depression, obsessive-compulsive. SPD formed in individuals with