

## EV1348

### Multidisciplinary approach about contraception in a day hospital of mental health

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**Background** Women with mental illness are a disadvantaged group both in terms of their gender and because of their mental disorders, and they experience serious problems related to reproductive health.

The high rates of unplanned and unwanted pregnancies among women with schizophrenia underscore the importance of understanding their attitudes and practices related to family planning. Different studies reveal that even though many sexually active women with serious mental illnesses do not want to become pregnant, they do not use birth control.

**Objectives** Release last data about contraception methods among patients with severe mental illness after doing a bibliographical review. Also reflect present setup in Motril day hospital women patients and their relationship with sexuality and contraception. At the same time we intend to clarify and unify the proceedings on ethical problems respecting subject's autonomy, beneficence, qualification and minors' protection.

**Methods** Data were collected through face-to-face interviews and a questionnaire based on the literature and prepared by the researchers which was designed to determine the kinds of reproductive health issues the patients were experiencing.

**Results** It was found that female patients with psychiatric disorders had more negative attributes with regard to contraception approach and sexuality compared with a corresponding healthy population.

**Conclusions** We reached an agreement about future contraception approaches in Motril day hospital users as part of the global treatment offered in our section.

**Motril** Hospital gynaecology service has facilitated the proceedings for contraceptive subcutaneous implants insertion in those indicated women.

Day hospital patients were instructed individually and through group work about healthy sexuality.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1678>

## EV1349

### Sperm donation and surrogacy from a male perspective

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**Introduction** Societal changes in the last decades led to the arise of new paradigms on gender equity. Studies addressing fertility/infertility issues have been conducted mainly in women and in this research area, male partners have deserved less attention. More recently there has been a major focus on the idea that fertility/infertility aspects have to be conceptualized from a couples' perspective.

**Goals** The current study sought to explore attitudes towards gamete donation and surrogacy in a sample of young men in reproductive age.

**Methods** A total of 111 males with ages ranging from 18 to 40 years old and without children completed an online questionnaire addressing attitudes towards gamete donation and surrogacy.

**Results** The majority of participants (77.3%) would be willing to donate their sperm, and their main motivation for doing that would be to feel "happy to help a couple struggling to have a child". Participants stated that the likelihood of donating would increase if they were able to attend counseling, to complete the procedure in an IVF center located in their residence area, and being provided with more information about infertility. Regarding surrogacy 82% are in favor of this procedure legalization and 49.5% would be willing to use it if they needed.

**Conclusion** Men showed a positive attitude towards sperm donation and surrogacy, emphasizing the importance of counseling and information availability on these topics. This may suggest that they are willing to get involved when fertility issues are addressed.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1679>

## EV1350

### Sexual minorities: The terminology

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**Introduction** The term "sexual minority" includes a variety of gender and sexual identities and expressions that differ from cultural norms. Usually, sexual minorities are comprised of lesbian, gay, bisexual and transgender individuals.

**Objectives/aims** Definition of the correct terminology for sexual orientation, sexual behaviors, gender identity, gender expression and gender dysphoria.

**Methods** Literature review concerning researched articles published in Pubmed/Medline as well as related bibliography.

**Results** Human sexuality is a broad concept that embodies interaction among anatomy, hormones, physiology, psychology, interpersonal relationships and sociocultural influences.

Healthcare providers can support sexual minorities by normalizing sexuality throughout childhood, early identification of gender or sexual orientation nonconformity and associated psychosocial and health concerns, helping parents support their child, assisting with decisions about disclosure and providing educational resources to the community.

**Conclusions** This work focuses on providing more awareness about this topic and reducing stigma associated with sexual minorities.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1680>

## EV1351

### Sexual functioning in male patients suffering from depression and anxiety disorders

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**Introduction** Sexual dysfunctions are frequent in patients with mental illnesses. In particular, anxious and depressive symptomatology often impacts on sexual functioning.

**Objectives** The aim of this study was to evaluate the relationship between sexual function and psychological symptoms in a group of male patients with depression and anxiety disorders.

**Methods** From outpatients program, we consecutively recruited a group of 46 males: 28 patients had major depression and 18 anxiety disorders. Then, we administered two self-report psychometric tools to assess male sexuality, depression and anxiety, i.e., international index of erectile function (IIEF-15), and Depression Anxiety Stress Scales (DASS-21). *t*-tests and Pearson correlations were performed.

**Results** We found significantly higher score in terms of desire and general sexual wellness in people with anxiety disorder compared to people with depression. However, we found more significant correlations among depressive/anxious symptomatology and sexual impairment in males with anxiety disorders compared to males with depression.

**Conclusions** Our results revealed that males diagnosed with depression show a decrease of sexual desire, as a vast part of literature previously affirmed. On the contrary, the relationship between psychological symptomatology and sexual dysfunction, as the reduction of erectile function, was higher in males with anxiety disorders. This difference is probably due to a major iatrogenic effect of antidepressive treatments in depressed patients, while in anxious patients could be the psychological state, per se, the main cause of sexual dysfunctions.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1681>

#### EV1352

### Sexual dysfunction and mood stabilizers in bipolar disorder: A review

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**Introduction** Mood stabilizers can cause many side effects. Although many of these are well known, like thyroid and renal failure after taking lithium, sexual dysfunction side effects remains unclear.

**Methods** We made a systematic computerized literature search of clinical studies using MEDLINE, The Cochrane Library and Trip for clinical studies of sexual dysfunction published up to December 2015.

**Results** Only eight relevant papers were identified. All of them studied lithium sexual dysfunction in bipolar disorder patients. Valproic acid, carbamazepine and lamotrigine were not studied in patients with bipolar disorder. Nevertheless, the three were studied in epilepsy. Clinical reports usually used Arizona Sexual Experience Scale or Psychotropic Related Sexual Dysfunction Questionnaire to measure sexual dysfunction and Brief Adherence Rating Scale to measure medication adherence. They suggest lithium could decrease desire and sexual thoughts, worse arousal and cause orgasm dysfunction. In overall, those patients with sexual dysfunction had lower level of functioning and poor compliance. Taking benzodiazepines during lithium treatment may increase the risk of sexual dysfunction even more.

**Conclusion** There are few studies that focus on mood stabilizers sexual dysfunction. This inevitably entails a number of limitations. First, the small sample size and, in some studies, the relative short period of follow-up may underestimate the results. Besides, practical management was not treated in any study. Actually, handling this side effect have not been well established.

To conclude, this revision suggest that approximately 30% patients receiving lithium experience this side effect, and it is associated with poor medication adherence.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1682>

#### EV1353

### Sexuality of Tunisian women with polycystic ovary syndrome

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**Introduction** The polycystic ovary syndrome (PCOS) is a heterogeneous disease with multiple facets. In a few decades, this syndrome has gone from a purely gynaecological domain to sexology one; PCOS is thus considered a systemic disease. However, the domain of sexuality continues to be neglected. The aim of our study was: assessing women's sexuality with PCOS by comparing them to a sample correlated with the age of control subjects. We performed a cross-sectional study of case-control, conducted between October and November 2015.

Data was collected by oral questionnaire proposed to women whose anonymity was respected. To assess the sexuality we used the "female sexual function index" (FSFI) developed by Rosen et al.

**Results** The average BMI of the patients was  $30.2 \pm 6.3$  kg/m<sup>2</sup>, with a range of 17.2 to 43.5 kg/m<sup>2</sup>. The average frequency of sexual intercourse per week was  $1.6 \pm 0.5$  for patients and  $2.1 \pm 0.9$  for the controls. The scores used in this study show that 90% of sexual dysfunction exists in women with PCOS. For controls, a sexual dysfunction was found in 40% of cases.

All aspects of sexuality were affected (desire, arousal, orgasm and satisfaction). The lowest scores were found in the following areas: arousal, lubrication and orgasm.

**Conclusion** The therapist during a consultation for a patient with PCOS should check her psychological state. Also, asking the patient about her sex life should be part of the monitoring of the disease.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1683>

#### EV1354

### Methylation of the HPA axis related genes in men with hypersexual disorder

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**Introduction** Hypersexual disorder (HD) defined as non-paraphilic sexual desire disorder with components of impulsivity, compulsivity and behavioral addiction, was proposed as a diagnosis in the DSM-5. Recent research shows some overlapping features between HD and substance use disorder including common neurotransmitter systems and dysregulated hypothalamic-pituitary-adrenal (HPA) axis function. We have reported that HD was significantly associated to DST non-suppression and higher plasma DST-ACTH levels indicating HPA axis dysregulation in male patients with HD.

In this cohort, comprising 54 male patients diagnosed with HD and 33 healthy male volunteers, we aimed to identify HPA-axis coupled CpG-sites, in which modifications of the epigenetic profile are associated with hypersexuality.

**Methods** We performed multiple linear regression models of methylation M-values to a categorical variable of hypersexuality in 87 male subjects, adjusting for depression, DST non-suppression status, CTQ total score, and plasma levels of TNF-alpha and IL-6.

**Results** Seventy-six individual CpG sites were tested, and four of these were nominally significant ( $P < 0.05$ ), associated with the genes CRH, CRHR2 and NR3C1. Cg23409074-located 48 bp