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Clinical features of PTSD and adjustment disorders in refugees from the zone ATO

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Aim To study clinical features of PTSD and adjustment disorders in refugees from the zone ATO.

Methods We have a complex psychopathological and psychodiagnostic research 156 refugees in volunteer center in Kharkiv.

Results Among the IDPs observed, 75.9% have violations of adaptation: long-term depressive reaction and predominant disturbance of other emotions. The men reactive alarm indicators (average – 37.7 ± 3.0), were higher than trait anxiety (average – 32.6 ± 2.9). On the contrary, women figures trait anxiety (average – 38.6 ± 2.9) were higher than reactive anxiety (average – 34.7 ± 3.0). Severity of depressive symptoms also slightly prevailed in women. The mean score on the Hamilton scale for men was 17.0 ± 2.3 points, women – 18.0 ± 2.3 points.

Test results on a scale of quality of life showed no significant differences between men and women. We have developed a medical and psychological support system to correct the neurotic disorders in refugees.

Conclusions The majority of people who left the ATO zone have psycho-emotional disorders of different severity and require a further correction in the specialized medical institutions.

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Complex trauma, somatoform dissociations & energetics therapy

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Introduction Mental health professionals find it very challenging to provide counselling and therapy when confronted with disclosures of ritual, satanic and extreme abuse. Psychometric and muscle testing can facilitate diagnosis and healing in this context. Psychiatrists of renown such as David Hawkins and Colin Ross have embraced and written about energetic medicine in their practice.

Objectives The presentation explains how somatoform dissociations are tell-tale indications of abuse and neglect of early childhood trauma and how 'Energetics' therapy facilitates healing.

Aims Delegates will learn to recognise somatoform dissociation symptoms, understand advances and limitations of psychometric assessment tools, appreciate energetics approaches as an adjunct to other intervention methods and gain an insight into the origins of complex trauma.

Methods Two case studies are used to illustrate causes, impact, diagnosis and healing of complex trauma.

Results A set of psychometric assessments helped to unravel a chilling revictimisation crime series. 'Twice Exceptional' characteristics were very high IQ coupled with Dyslexia, very weak auditory memory and psychic capabilities. In another case that stemmed from extreme abuse of ancient, commercial and high-tech vari-

eties muscle testing and energetics therapy lead to a remarkable recovery.

Conclusions Psychometric and muscle testing can inform diagnosis, therapy and healing. Energetics can be used to bring about profound healing for those who have repressed severe trauma. This method has many advantages in that parts of it are easily learned, it is non-invasive, has no side effects, gives patients control over their reactions, eliminates triggers and offers healing.

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Prefrontal cortex neurochemical changes in single prolonged stress as a model of post-traumatic stress disorder: In vivo magnetic resonance spectroscopy at 9.4 T

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Purpose Single prolonged stress (SPS) is an animal model of post-traumatic stress disorder (PTSD). Until now, it has not been known how PTSD develops from the first exposure to traumatic events and neurochemical differences between acute/single stress and PTSD-triggering stress. The object of this study is to determine neurochemical changes in prefrontal cortex of rats using in vivo proton magnetic resonance spectroscopy (1H-MRS) at 9.4 T.

Method and Materials Male Sprague-Dawley rats ($n=11$; mean body weight: 200–220 g) were used. The SPS was used in this study. Rats were restrained for 2 h and then immediately forced to swim for 20 min in water (20–24 C). After a 15 min recuperation period, rats were exposed to ether until anesthesia occurred. MRS was performed 30 min before SPS, 30 min after the stressors, 3 and 7 days after the stressors to investigate time-dependent changes on metabolites levels in the PFC. Acquisition of MRI/MRS was conducted at four time points using 9.4 T Agilent Scanner. Concentration of metabolites was quantified by LCModel. A one-way ANOVA test with Tukey's HSD post-hoc test was used for statistical analyses.

Results The SPS resulted in altered absolute metabolite concentrations for GABA [F(3.0)=1.450, $P=0.035$], glutamate [F(3.0)=3.417, $P=0.026$], glutathione [F(3.0)=3.759, $P=0.018$], NAA [F(3.0)=3.919, $P=0.015$], total choline [F(3.0)=7.584, $P=0.000$], total NAA [F(3.0)=3.760, $P=0.018$], total creatine [F(3.0)=3.248, $P=0.032$] and glutamine/glutamate [F(3.0)=3.552, $P=0.023$] among the four time points.

Conclusion PTSD in human is associated with decreased neuronal activity in the PFC. In this study, SPS decreased glutamate (excitatory) and total choline (membrane turnover) on day 7.

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EV0989

Mental disturbances on anti-terrorist combatants in Ukraine

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In Ukraine, the significant participants of the "Anti-Terroristic Operation" (ATO) need to provide a system of psychiatric, psychotherapeutic assistance. The 6 groups of disorders:

– non-pathological reaction (Z65.5);