

MS group 11/35 patients relapsed (31.4%). No statistical difference between the two continuation treatment strategies was observed (Chi-square = 3.586; $P = 0.06$).

Conclusions Our data confirm the efficacy of mood stabilizers monotherapy in long-term treatment of our severe (psychotic features, revolving-doors) bipolar patients. In fact, once the remission was obtained, the clinical choice of discontinuing antipsychotic therapy did not worsen the course of illness without a higher risk of relapse.

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e-Poster walk: Child and adolescent psychiatry—part 1

EW0043

A psychometric evaluation of the Parents as Social Context Questionnaire (PASCQ), Swedish version

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To understand parent and child relations researchers have used three bipolar dimensions (warmth and rejection, structure and chaos, autonomy support, and coercion). These dimensions are not necessarily bipolar but could work as unipolar dimensions. The Parents as Social Context Questionnaire (PASCQ) has been used in parenting studies but needs to be further investigated in different populations to ensure the validity and reliability of the scale. The present study explored the structures of and provided evidence regarding validity and reliability of the PASCQ. This study aimed to examine whether the Swedish version of the PASCQ is a reliable questionnaire when measuring the six dimension of parenting. The participants consisted of 1634 adolescents (58.6% females) born in 1997 (52%) and 1999. Factor analyses were conducted to investigate whether the Swedish scale generated six dimensions. Regression analyses were conducted to measure the different factors and spearman correlations between dimensions were conducted. The analysis indicates that the PASCQ consists of five dimensions, however rejection (negative) and warmth (positive) loaded on the same dimension and are referred to as two separate factors, making the questionnaire consistent of six dimensions. All items had a factor score >0.4 and loaded in a coherent manner. Therefore, the PASCQ can be used to assess six dimensions of parenting styles. The PASCQ Swedish version can be used as a measure of parenting styles in a Swedish population. Further research is necessary to evaluate the validity and reliability in other samples as well.

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EW0044

Childhood sexual abuse among new psychiatric outpatients in a city in Northern Alberta—prevalence rate and demographic/clinical predictors

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Child sexual abuse (CSA) is a major global health problem with serious adverse effects at later ages. Our paper examines the prevalence rates and the demographic and clinical predictors of CSA among adult psychiatric outpatients. A data assessment tool was used to compile information on the demographic and clinical characteristics of all new patients assessed in four psychiatric outpatient clinics between 1st January 2014 and 31st December 2015. The 12-month prevalence rate for CSA among new psychiatric outpatients in Fort McMurray was 20.7% (10.7% for males and 26.9% in females). With an odds ratio for sex of 3.30 (CI = 2.06–5.29), female patients are about three times more likely to report a history of CSA compared to male patients when controlling for other factors. Similarly patients with at most high school education (OR = 1.8, CI = 1.145–2.871) and those with previous contact with psychiatric services (OR = 1.7, CI = 1.124–2.616) were about two times more likely to report a history of CSA compared to the patients with college/university education or those with no previous contact with psychiatric services respectively. Similarly, patients with histories of substance abuse (OR = 1.5, CI = 1.179–2.642) and patients with family histories of mental illness (OR = 1.8, CI = 1.032–2.308) had higher likelihoods of reporting histories of CSA compared to patients without histories of substance abuse or family histories of mental illness respectively. Our findings suggest that victims of CSA are an at-risk population in need of ongoing mental health and educational support.

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EW0045

Burden for caregivers of children with attention-deficit/hyperactivity disorder in Oman

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Introduction Nurturing children with neurodevelopmental disorders such as ADHD is associated with psychological burden to the caregivers. Oman has a pyramidal population structure with the bulk of the population are in the pediatric age group. Previous studies have indicated that ADHD is common in Oman.

Objectives To measure level of burden of care among caregivers of children with ADHD and the relationship between the degree of burden, subtypes of ADHD and socio-demographic factors.

Methods A cross sectional study conducted in a tertiary hospital in Oman. Arabic-version of the Zarit Burden Interview (ZBI) was used to evaluate the level of burden among the caregivers. The severity and subtypes of ADHD were quantified using Vanderbilt ADHD Parent/Teacher Rating Scale. Socio-demographic background and clinical data were gathered from medical records.

Results The study included caregivers of 100 children with ADHD. The mean ZBI score was significantly high for the parents of children with ADHD. As for the relationship with socio-demographic background, mothers of children with ADHD reported a higher mean ZBI score compared to fathers. Factors such as income, number of siblings, and severity/subtypes of ADHD played significant roles.

Conclusion To our knowledge, this is the first study of Arab/Islamic population exploring the burden of care for children

with ADHD. Some of the risk factors appear to have direct effects. If this study will withstand further scrutiny, concerted effort is needed in emerging economies such as Oman to address the issue of burden among the caregivers of children with ADHD.

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

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EW0046

Caregiver depression screening in a child and adolescent clinic seeking consultation for their children with attention-deficit/hyperactivity in Oman

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Introduction Studies have shown that caregivers of children with (ADHD) are at a higher risk of mood disorders such as depression. The presence of mood disorders among the caregivers of children with ADHD has negative repercussion in terms of prognostic indicator, utilization of the health care service and the resultant quality of life.

Objectives To solicit the performance of indices of depression among caregivers of children with ADHD and to explore the relationship between severity of mood score, subtypes of ADHD and socio-demographic factors.

Methods A cross-sectional study conducted in a tertiary hospital in Oman dispensing child and adolescent mental health services. Arabic-version of PHQ-9 was used screen for the presence of depression among the caregivers of children diagnosed with ADHD based on DSM 5. The severity and subtypes of ADHD were quantified using Vanderbilt ADHD Parent/Teacher Rating Scale. Socio-demographic background and clinical data were gathered from medical records or attending caregivers.

Results The study included 100 caregivers of children with ADHD. Most of the primary caregivers were mothers (92%). Using the cut-off score of 12 on the PHQ-9, rates of depression for the mother was 14%. Some socio-demographic factors were strongly associated with severity of depressive symptom.

Conclusion This study suggests that depressive symptoms as elicited by PHQ-9 are common among caregivers of children with ADHD. The rate of depressive symptoms is higher compared to the general population in Oman. This study lays groundwork for contemplating mechanisms to mitigate depressive symptoms among caregivers of children with ADHD.

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EW0047

Prevalence of attention deficit hyperactivity disorder among primary school children in Riyadh, Saudi Arabia; 2015–2016

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Introduction ADHD is one of the most common neurodevelopmental disorder among children. It is described as a chronic impairing disorder that negatively affects the academic attainment and social skills of the child. Furthermore, ADHD symptoms con-

tinue into adulthood in 30–60% of affected children. Consequently, they will most likely be missed from employment many times.

Aims Determine the prevalence of attention deficit hyperactivity disorder among children in Saudi Arabia.

Objectives Determine the prevalence of attention deficit hyperactivity disorder among both governmental and private primary Saudi school children aged 6–9-year-old. And to measure the gender difference of ADHD prevalence. Also, to determine any association between the socio-demographic characteristic of parents of children with ADHD.

Methods An observational cross-sectional study of 1000 primary school children belonging to 1st, 2nd and 3rd grade. The selected students were screened by the ADHD rating scale using multistage sampling technique. The first stage was selection of 20 schools from all Riyadh regions by simple randomization. The second stage was choosing children whom serial numbers were multiplies of five in each class. The ADHD rating scale was filled by both parents and teachers along with a socio-demographic questionnaire for the parents.

Results The estimated prevalence of ADHD was 3.4%. ADHD manifestations affect boys more than girls. In addition, ADHD was more frequent among children of illiterate mothers. Finally, ADHD was significantly more prevalent among first grade children.

Conclusion This epidemiological study filled the data gap of ADHD prevalence in Riyadh. The study's findings go in line with many nearby and global studies.

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EW0048

Benzodiazepines intake at youth–experience from adolescent consultation at centro hospitalar Lisboa Norte

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Introduction The increasing intake of psychotropic medication by children and adolescents is a reality that worries many mental health professionals. Recently, European school survey project on alcohol and other drugs showed that tranquillizers and sedatives were mainly consumed by Portuguese youth, without medical prescription, bringing this topic to medical and health stakeholders' attention.

Objectives Characterize benzodiazepine prescription in the youth population followed in a psychiatric consultation at centro hospitalar Lisboa Norte psychiatric department.

Aims Discuss Portuguese trends in mental health among youths. **Methods** Analysis of 127 adolescents, seen for the first time from January to December of 2015, using Microsoft office excel.

Results Our sample is comprised by adolescents from 12 to 20 years old, 81 female and 46 male. Only 16% of the adolescents were medicated with benzodiazepines, although low neuroleptic doses were often required, and 30% carried out psychotherapy. Sixty-five per cent of the diagnosis corresponds to anxiety, depressive and impulse control disorders.

Conclusion Although trends in Portuguese youth mental health seem to be encouraging, as highlighted by local reports, European Union Joint Action on Mental Health and Well-Being recommends community and school active roles in primary and secondary prevention. Our experience shows that benzodiazepines' use is rarely necessary and symptoms as anxiety, impulsivity and insomnia decreased with other strategies. Coping strategies must be discussed with the adolescents, in formal psychotherapy or in a supportive and containing therapeutic relationship, as well as dis-