

Table 1

Criterion	Therapeutically oriented unit 2015	Emergency psychiatric unit 2015	Significance Chi-squared test*
Staffing level in total (full time equivalent)	100%	158%	
Service time of board certified therapeutic staff/ Service time in total*	34.4%	16.6%	p<0.01
Mean daily cost weight with regard to PEPP remuneration by using a hypothetical base rate	0.89	1.09	
PEPP remuneration in total p.a.	100%	120%	
Service time imaged by OPS procedures/ Service time in total*	21.3%	57.4%	p<0.001

**Disclosure of interest** Activity as a speaker, Janssen-Cilag GmbH.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1258>

#### EV0929

### The integration of yoga theory and practice into a general practice of psychiatry

R. Weininger

Reuben A. Weininger- M.D., Psychiatry, Santa Barbara, USA

**Introduction** Yoga is an ancient system of concepts and practices designed to address problems of the mind and body, codified during the few centuries BCE in India. Yoga has become increasingly popular in the West during the past half century, and its practice in various forms is now widespread. Along with mindfulness-based techniques, yoga is increasingly seen as compatible with Western therapeutic methods of approaching physical and mental illness.

**Objectives** To introduce the audience to the yoga model of the mind, and to show how it is both compatible with and complementary to Western models, including psychoanalytic and cognitive behavioral.

**Aims** We will explore how this ancient system can be introduced into clinical practice, and in what ways it can accelerate the process of psychotherapy and psychological change.

**Methods** This talk will include a review of yoga theory, including the causes of suffering and its resolution. We will explore road-blocks in treatment and how daily practices can accelerate the process of growth and change.

**Conclusions** Yoga can be a very helpful adjunct to a psychiatric practice, in addition to medications and psychotherapy.

**Disclosure of interest** The author has not supplied his/her declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1259>

#### EV0930

### Protective effect of saikosaponin B<sub>2</sub> on damage of cultured SH-SY5Y cells in vitro introduced by hydrogen peroxide

Y. Zhang\*, F. Liu, Z. Dai, Q. Wu

Xi'an mental health center, pharmacy lab, Xi'an, China

\* Corresponding author.

**Objective** To investigate the effect of saikosaponin B<sub>2</sub> on the damage of cultured SH-SY5Y cells.

**Methods** 10% calf serum including volume fraction 0.05, 0.10, 0.20 saikosaponin B<sub>2</sub> ( $10^{-4}$  mol·L<sup>-1</sup>) were added respectively into the SH-SY5Y cells, which were then treated with 140 μmol·L<sup>-1</sup> hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>). 10% calf serum group and blank serum without H<sub>2</sub>O<sub>2</sub>-treated group were as the model group and the control group. The effect of saikosaponin B<sub>2</sub> was observed by morphological identification, colorimetric MTT assay.

**Results** Both saikosaponin B<sub>2</sub> of  $10^{-6}$  mol·L<sup>-1</sup> and  $2 \times 10^{-6}$  mol·L<sup>-1</sup> can relieve the damage of SH-SY5Y cells and increase the survival of the cells.

**Conclusion** saikosaponin B<sub>2</sub> can protect the cultured SH-SY5Y cells from damage induced by H<sub>2</sub>O<sub>2</sub>.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1260>

#### EV0931

### Procrastination as a personal factor in young patients with mental disorders

M. Zvereva

Mental Health Research Center of RAMS, Clinical psychology, Moscow, Russia

**Introduction** Many of contemporary studies of procrastination were conducted with healthy students. Only a few investigators analyzed procrastination's connection with personal features (self-esteem), socio-psychological parameters (aggression, well-being). Researchers do not consider procrastination as a personal factor in patients with different mental disorders. Most of procrastination's researches are related to affective spectrum disorders (depression), often found in the student's environment.

**Objectives** Male and female students (aged 18–25). Normal group–61. Experimental group – 54 patients of psychiatric clinic, divided to diagnosis: schizophrenia F20.01, bipolar disorder F31 and personality disorder F60.

**Aims** Study of procrastination combined with personal characteristics (self-esteem, aggression) on young people: normal and with endogenous pathology.

**Methods** Procrastination assessment scale-students (PASS) by L.J. Solomon, E.D. Rothblum; Rosenzweig Picture Frustration Test; E. Wagner's The Hand Test; Warwick-Edinburgh Mental Well-being Scale; Rosenberg Self-Esteem Scale; Self-esteem by Dembo-Rubinstein. Multiple linear regressions were used as method of data assessment.

**Results** Assessment of obtained data allowed to distinguish some different models of connections parameters of PASS and other tests. These models differ in comparing groups. Healthy students: multidimensional model of communication procrastination and personality parameters harmoniously combined personal and socio-psychological parameters. Schizophrenia: fewer models, mostly one-dimensional structure (identified only communication based on personal parameters). Bipolar disorder: one or two dimensional model (include mainly characteristics of aggression and self-rated health). Personality disorders: some mono and multi-dimensional models, their structure and content are very close to normative sample.