

## P01-280

### GRIEVING PROCESS IN CHILDREN AND ADULTS USING SERVICES OF THE PSYCHIATRIC HOSPITAL OF PETRA OLYMPUS, KATERINI, GREECE. SIMILARITIES - DIFFERENCES

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**Objective:** the demonstration of differences in grieving process between children mourning for the parent and adults grieving for their spouse.

**Method:** Sub-structured clinical interviews were given to 10 adults and 10 children using the services of the Psychiatric Hospital of Petra Olympus to evaluate their reactions and grieving process.

**Discussion:** 2 of the evaluated children had outbursts of cries during the sessions. This behavior was the same at home.

8 played the role of the 'supportive adult' to the grieving parent, not allowing themselves to express feelings of anger, grief, guilt, and fears. They didn't ask for support, in fear of becoming a burden to the rest of the family.

Their parents noticed changes in sleep patterns, eating habits, and behavior.

One child wasn't well-informed about the loss and didn't fully understand what had happened to the deceased.

As for parents, 8 asked and received medical support and medication,

whilst 2 started consuming alcohol. 6 were avoiding talking to their children and sharing their feelings, whereas 3 mentioned incapability to go on with their life.

**Conclusions:** children mourn in a different way from adults. Their grief may not be easily detected.

The proper way of informing the child, the encouragement to the expression of feelings, the living memories of their late parent and the participation in the family grieving process (both for children and adults) are not causes of further stress and anxiety but lead to a better way of resolving the grieving process, offering comfort and relief.