

Conclusions The media can be a useful tool for the implementation of strategies for the promotion and prevention of mental disorders. However, we are not fully taking advantage of the benefits that mass media has to offer in order to educate and raise awareness about said disorders.

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EW0214

Icehearts: Sport-based early support program for children at risk

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Icehearts program aims to prevent social exclusion, to promote socio-emotional skills and mental well-being and to provide a secure, long-term adult commitment throughout the child's life using team sport as a tool. The program is facilitated by an Icehearts-mentor providing sports activities as well as support at school and home for a period of 12 years starting at age of 7. Currently, the program is reaching about 500 children in 29 Icehearts teams in Finland. The longitudinal study aims at investigating: (1) the psychosocial well-being and (2) the life course of participating children as well as perceived impact, benefits and challenges of the program. The baseline data was gathered in 2015–2016 by questionnaires and interviews among 7 years old program participants ($n = 46$) and controls at same age not participating in the program ($n = 180$), their parents, and teachers. The measures included i.e the Strengths and Difficulties Questionnaire (SDQ). According to the SDQ-scores assessed by the teachers, two of third among program participants had behavioural difficulties. One-fourth had used mental health services. The parents of program participants reported need for more support for their parenting. The results showed that the Icehearts program is reaching out a target group in need for help and support. Further, the study provides valuable information about the role of a NGO organisation offering long-term and intensive support with the help of sport-based intervention program targeted at vulnerable children. In the presentation, the program, study design and the baseline results are presented in more detail.

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EW0215

Relationships between leisure time physical activity, physical fitness and mental health among young adult males

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Physical activity has been seen as an important tool to prevent both physical and mental disorders like depression and anxiety. However, previous research has mainly focused on mental health problems rather than positive mental health. The aim of the present study was to investigate the association of leisure time physical activity (LTPA) and physical fitness with mental distress and positive mental health. The study sample consisted of 792 men (mean age 26 years) who participated in the study prior their military refresher-training course. Cardio-respiratory and muscle fitness tests were measured, and LTPA, positive mental health (Warwick–Edinburgh Mental Wellbeing Scale, SWEMWBS) and mental distress were assessed with a questionnaire. Analysis of variance and linear regressions were used as statistical methods. Younger age and lower military education were associated with mental distress, whereas older age and higher military education were inversely associated with high positive mental health (flourishing). Moreover, individuals reporting vigorous LTPA at least 1–2 times per week had lower level of mental distress and were more commonly experiencing flourishing compared to their less physically active counterparts. Physical fitness (both aerobic and muscular) was associated with lower mental distress, but not with flourishing. In conclusion, leisure time physical activity and physical fitness may contribute to mental health. The present results highlight that even low amount of leisure-time physical activity may promote mental health and prevent mental disorders. Leisure time physical activity, rather than physical fitness, seems to be more essential for positive mental health.

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EW0216

The impact of the transition from primary school to secondary school on young adolescents

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Introduction Previous research suggests that adult anxiety disorders begin in adolescence and the transition from primary school to secondary school is the first challenge many young adolescents face, which could test their resilience for the first time.

Objectives To examine students' anxiety scores before and after their transition, and what protective and risk factors are present during this challenge.

Aims To determine how the transition can impact anxiety in children, and if protective factors can help decrease the disruption that the transition can cause.

Methods One hundred and eighty-four pupils completed questionnaires in their last term of primary school and during the first term of secondary school. At time 1: the attachment, school membership, and bullying and victimization measures were compared with pupils' anxiety scores, along with whether their friends or siblings will be attending the same secondary school as them. These analyses will also be conducted once the pupils start secondary school, at time 2.

Results Secure attachment was associated with lower anxiety and transition anxiety ($F(2.56) = 7.255, P = .002; F(2.52) = 19.245, P = .000; F(2.181) = 10.181, P = .000; F(2.53) = 20.545, P = .000$). School membership was associated with lower transition anxiety ($F(2.181) = 4.151, P = .017; F(2.181) = 3.632, P = .028$). Low victimisation was also associated with low anxiety and transition anxiety ($F(2.181) = 14.024, P = .000; F(2.181) = 14.529, P = .000; F(2.181) = 9.381, P = .000$).

Conclusions These preliminary results suggest that attachment, school membership and victimisation all impact on pupils anxiety

before they transition to secondary school. Therefore, schools could work together to increase school membership and decrease victimisation, particularly for pupils who they suspect will struggle with the transition.

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EW0217

Relationship between pain coping strategies with mental disorders symptoms in patients referring to dental clinics

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Introduction The study aimed to assess the relationship between mental disorders symptoms with pain coping strategies in dentistry clinics.

Method One hundred and twenty people with dental pain that attended in dentistry clinics were randomly selected and responded to Rosenstien and Keefe's Pain Coping Strategies Questionnaire (PCSQ) and Derogatis's Symptom Checklist (SCL-90-R). PCSQ assesses six pain coping strategies: diverting attention, reinterpretation pain sensation, self-negotiation, ignoring pain, disastrous thought, hope-praying, and SCL-90 measures nine dimensions: somatization, obsessive compulsive, interpersonal sensitivity, depression, anxiety, hostility, phobic anxiety, paranoid ideation, and psychoticism. The data were analysed with Pearson correlation coefficient and independent *t*-test.

Results Findings showed positive and significant relationship between disastrous thought with all mental disorders symptoms; and reinterpretation pain sensation with depression and anxiety. Also there is negative significant relationship between ignoring pain with obsessive compulsive, interpersonal sensitivity and somatization; and hope – praying with interpersonal sensitivity, depression, anxiety, paranoid ideation and psychoticism. Meanwhile there were significant differences in males and females. Females got more scores in ignoring pain than males, and males got more scores in anxiety, hostility and paranoid ideation than females.

Discussion With regard to findings, it is recommended that in addition to drug treatment, for changing the attitudes and thinking in patients with dental pain, psychiatrists and psychologists apply psychological treatments specially cognitive-behavior therapy to reduce abnormal thinking level about pain so that the length during of treatment declines, and as a results reduce the personality and health problems that is related with dental pain before and in during of drug treatment.

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EW0218

The utilization of a creative strategy in the prevention of the use of psychoactive substances with children and adolescents

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Introduction The work describes a successful experience in the utilization of art as a tool to work the prevention of the use of

drugs. The experience was developed with children and adolescents between the ages of 3 and 17 who reside in a risky area near Latin America's biggest dump, located in the city of Taguatinga, FD, Brazil.

Objectives Create a therapeutic space to make possible the dialog with the children and adolescents, promoting the prevention and the consciousness about the harm of the use of psychoactive substances, providing clarification on the theme, through art, being the use of formal language and terms, like "illicit drugs", unnecessary.

Methods The children, who participated in the project, used, as expression tool, several painting items. The public was divided by age in two groups: the children received ludic approach, allowing the team nearness and interaction with them, in such a way that the former transmitted information and guidance about the harm on the use of psychoactive substances.

Results The results were satisfactory. All the children and adolescents involved in the project demonstrated adherence to the use of the offered tools and established a communication link, which allowed the receptivity of information about prevention in the use of psychoactive substances.

Conclusions Through the developed activities, it was observed that the strategy utilization of art as a language had better efficiency than a formal approach since the children and adolescents could have a learning space in a spontaneous way, demonstrating interest.

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EW0219

The relationship between neurocognitive functioning and metabolic syndrome (MetS) parameters and the interaction effect of cognitive insight in non-psychiatric individuals

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Introduction Metabolic syndrome (MetS) parameters are: elevated waist circumference (WC), triglycerides (TG), fasting glucose (FBG) and blood pressure (BP) and reduced high-density lipoprotein cholesterol (HDL). MetS parameters are associated with poor cognition and this association should be studied in the context of other factors. In particular, factors that are involved in maintaining poor lifestyle choices – MetS is largely a lifestyle illness. One factor important to consider is cognitive insight – an individual's ability to be flexible in how you think about yourself and others and to question your own thoughts.

Objectives To conduct an exploratory cross-sectional study investigating the influence of cognitive insight on the relationship between MetS parameters and cognition in non-psychiatric individuals.

Aims To explore the nature of the relationship between cognition and MetS parameters and test whether cognitive insight moderates the association.

Methods Our sample consisted of *n*=156 participants with mixed-ancestry. Correlations between MetS parameters and cognition were tested. ANOVA was used to test interaction effects and logistic regression was done to test the predictive power of selected factors.

Results BP correlated with attention, delayed memory, and RBANS total scale score. The BCIS self-certainty subscale moderated the relationship between BP and immediate memory and attention. Age and BCIS self-certainty were the only predictors of elevated BP.