

ideation, when controlled depression and gender. Adolescents with higher levels of borderline features and lower self-compassion presented significantly higher suicide ideation, compared to those with higher self-compassion.

**Conclusions:** These findings suggest that developing self-compassion in adolescents with evident borderline features might attenuate their tendency to think about committing suicide.

**Keywords:** Self-compassion; Suicide ideation; Borderline features

### EPP0137

#### Clinical and psychological approaches to the diagnosis of children with autism spectrum disorders

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**Introduction:** The importance of clinical diagnosis of autism spectrum disorders (ASD) in childhood is due to the timely detection of ASD and the appropriate early start of patient care, depending on the form of ASD. The experience of multidisciplinary collaboration between medical psychologists and clinicians in child psychiatric practice allows us to more accurately determine the depth and severity of autistic manifestations, determine the dynamics of child development, and provide personalized effective care.

**Objectives:** Develop diagnostic, clinical and psychological approaches to the diagnosis of ASD.

**Methods:** Clinical-psychopathological, clinical-dynamic, clinical-catamnestic, and psychological methods were used. 254 patients aged 4-17 years (average – 7.3 years) with different forms of ASD were examined.

**Results:** From the clinical and pathopsychological positions, profiles of six main forms of ASD are identified. Each of the selected profiles corresponds to a specific type of cognitive dysontogenesis. A distorted view of cognitive dysontogenesis in Asperger's syndrome (F84. 5) and childhood autism dysontogenetic (F84.0). Distorted or deficient types of cognitive dysontogenesis in children's psychosis (F84. 02). Deficient type of cognitive dysontogenesis in Kanner syndrome (F84. 01). Defecating type of cognitive dysontogenesis in atypical autism syndromal (F84. 11), deficient and regressive-defecating types of cognitive dysontogenesis in atypical child psychosis (F84.12).

**Conclusions:** A three-dimensional model is obtained that allows the most accurate diagnosis of various forms of ASD and the development of personalized routes for patient care and rehabilitation, taking into account the type of cognitive dysontogenesis and based on the zone of the child's immediate development.

**Keywords:** autism spectrum disorders; diagnosis; cognitive dysontogenesis

### EPP0139

#### Perception of financial well-being as a factor of physical and mental health of adolescents

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**Introduction:** The familial financial situation and its perception can be an important factor in the subjective well-being of adolescents, affecting their physical health and psychological state.

**Objectives:** To identify the correlation between the perception of the familial financial situation, the physical health and various aspects of the psychological state of adolescents were self-assessed.

**Methods:** The study involved 506 adolescents (217 males and 289 females) aged 14 to 18 years (M=16.46; SD=1.07). We analyzed the relationship between participants' assessment of their family's financial situation, its changes over the past three years, and the adolescents' self-report on their physical health, stress experiences, and feelings of happiness.

**Results:** Perception of the financial situation ( $r=0.316$ ;  $p<0.001$ ) and assessment of its changes ( $r=0.217$ ;  $p<0.001$ ) are directly related to the self-assessment of physical health for the entire sample, as well as separately for boys and girls. For the entire sample, there were no links between the perception of the financial situation and the experience of stress and happiness. However, the study of relationships with gender as an independent variable showed that in boys, the financial situation score is associated with feeling happy ( $r=0.189$ ;  $p=0.005$ ), and in girls, an inverse relationship was found between the perception of a worsening financial situation and the experience of stress ( $r=-0.242$ ;  $p<0.001$ ).

**Conclusions:** The perception of the financial situation by adolescents affects the self-assessment of physical health by both boys and girls, but affects different aspects of the psychological state, depending on gender. The research was supported by the Russian Science Foundation, with the grant 15-18-00109.

**Keywords:** Physical health; adolescents; familial financial situation; mental health

### EPP0140

#### Goals of internet use and subjective safety of adolescents on the internet

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**Introduction:** Modern teenagers spend most of their lives on social networks and the Internet, meeting various needs. At the same time, more detailed research is needed on how specific Internet use affects various aspects of the psychological state.

**Objectives:** The objective is to identify how the main goals of Internet use by adolescents are related to their subjective safety on the Internet and self-assessment of health.

**Methods:** The study involved 480 participants from 15 to 18 years old. We analyzed the main reasons for respondents' use of the Internet (7 main goals were highlighted) and uncovered the relationship between the main goals of Internet use, self-assessment of health and subjective safety on the Internet.

**Results:** Adolescents who identified communication ( $t = -2.450$ ,  $p=0.015$ ) and shopping and receiving services as their main goals for using the Internet rated their health as significantly worse ( $t =$

-3.170,  $p = 0.002$ ). Young men who use the Internet more often as a source of information feel significantly less secure on the Internet ( $t = -2.237$ ,  $p = 0.026$ ), as do those who use the Internet more often to expand communication in social networks ( $t = -2.040$ ,  $p = 0.043$ ). For girls, the goals of using the Internet and the sense of subjective security on the Internet were not significantly related.

**Conclusions:** Using the Internet to communicate, buy and receive services, and search for information can negatively affect the assessment of own health and subjective safety, especially among young people. The research was supported by the Russian Science Foundation, with the grant 15-18-00109.

**Keywords:** goals of Internet use; adolescents; subjective safety

## EPP0141

### The role of shame in the relationship between bullying and self-harm in portuguese adolescents

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**Introduction:** Bullying consists in acts of intentional and repeated physical or psychological violence, completed by an individual or a group of individuals, provoking pain, distress and shame. Currently, it is considered a serious problem with health implications in adolescents. Shame is a self-conscious, multifaceted and socially focused emotion that relates to a negative self-assessment.

**Objectives:** The study aim was to investigate the mediating role of Shame in the relationship between Bullying and Self-harm and Suicide Ideation in Portuguese adolescents.

**Methods:** 346 adolescents (58.4% girls), aged  $15.32 \pm 1.193$  from public and private schools (9<sup>th</sup> to 12<sup>th</sup> grades) in Coimbra, answered the validated Portuguese versions of the Bullying Questionnaire, the Other as Shame Scale for Adolescents and the Self-Harm and Suicidal Ideation Questionnaire. For data analysis the SPSS 26 and Macro Process (Hayes 2020) was used.

**Results:** Bullying Victimization had a prevalence of 18.78%. Girls and boys significantly differ in Bullying Victimization, Self-Harm, Suicidal Ideation and Shame mean scores (all  $p < .05$ ). In girls, Bullying Victimization was correlated with Shame and Suicidal Ideation. The mediation analysis showed that, in girls, Shame partially mediated the relationship between Bullying and Suicidal Ideation ( $p < .001$ ). We didn't find these results in boys.

**Conclusions:** Bullying is a global problem that needs to be addressed. Adolescents of today are the adults of tomorrow. In a physical growth and mental maturation phase, it is urgent to avoid disruptors which lead to psychopathology. Our results corroborate that Shame can be a harmful factor in Bullying with deleterious consequences in adolescents.

**Keywords:** Portuguese adolescent girls; Bullying Victimization; Suicidal ideation

## EPP0142

### Habits and quality of life in portuguese girl adolescents: Association with psychological disturbance distress

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**Introduction:** Adolescence is a life period with considerable biological, psychological and social changes. Quality of life is a complex and multifactorial construct that necessarily encompasses the adolescent's mental well-being. Some life habits like sleep, sport practice and screen time can be either risk factors or protective factors, influencing the quality of life and mental health.

**Objectives:** To investigate the role of sleep habits, sport practice and screen time in quality of life, and psychological distress in a Portuguese adolescent girl sample.

**Methods:** 409 girls, mean aged  $13.51 \pm 2.298$ , from public and private schools in Coimbra answered questions about sleep time, sport practice and screen time habits; the Portuguese versions of the Quality of Life Questionnaire (reduced version) and the Anxiety, Depression and Stress Scale. SPSS 26 was used.

**Results:** Girls mentioned to sleep 8,2 hours/night during the week and 9,4 hours/night at the weekend. They spend 1,5 hours/day during the week and 1,8 hours/day at the weekend with Screens. They spend 2,1 hours/ week in Sport Practice. Quality of Life was positive correlated with Sleep Time and negative correlated with Screen Time, Anxiety, Depression and Stress (all  $p < .05$ ). Multiple regression analysis showed that Screen Time, Anxiety and Depression were all significant predictors of Quality of life in girls ( $p < .05$ ).

**Conclusions:** Our findings show that Screen Time is related with poor Quality of Life in girls. These results suggest the importance of addressing Screen Time and Psychological Distress in adolescent girls during adolescent health care consults.

**Keywords:** screen time; quality of life; Portuguese adolescent girls

## EPP0143

### Comorbidity of autism with hyperkinetic disorder

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**Introduction:** Autism spectrum disorders encompass a heterogeneous group of neurodevelopmental disorders. Autism may be accompanied by other mental and neurological disorders. Comorbidity in autism is the rule rather than the exception (as reflected in DSM-5).

**Objectives:** To study comorbidity in patients with childhood autism and hyperkinetic disorder.