

factors involving the trajectory of patients through various health-care settings.

The study involved five key stages: defining the appropriate term for the conditions under study by the PSP Steering Group; gathering questions on MNYES from patients, caregivers and clinicians in a publicly accessible survey; checking these research questions against existing evidence; interim prioritisation in a second survey; and a final multi-stakeholder consensus meeting to determine the top 10 unanswered research questions using the modified nominal group methodology.

**Results:** Over 700 responses from UK patients, caregivers and clinicians were identified in two surveys from a broad range of medical specialities and primary care. Patients prioritised research questions regarding diagnosis and aetiology; clinicians and caregivers prioritised outcomes and treatment, relatively.

The top 10 unanswered research questions cover the domains of: treatment; the role of clinicians; symptoms and outcomes; and recovery.

**Conclusions:** This JLA PSP may well be the first attempt at capturing the thoughts of a wide group of medical professionals, patients and caregivers in one place with the aim eventually of standardising care and reducing unhelpful variability in the management of MNYES. Following the JLA approach is a strength of the study. The choice of the term MNYES conveys a message of hope, which responds to a need identified by patients, carers and clinicians alike for vigorous research in this domain. The research priorities are expected to generate much-needed, relevant and impactful research into MNYES. Better funding possibilities for MNYES are urgently needed.

**Disclosure of Interest:** None Declared

## EPP0115

### Panic Attacks and Cervical Pain: Outcomes of Traditional and Anti-Oxydative Therapy

D. Labunskiy\*, N. Kurgaev, N. Kolmykova, V. Podsevatkin and S. Kiryukhina

Ogarev Mordovia State University, Saransk, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.454

**Introduction:** Panic attacks (PA) or episodic paroxysmal anxiety are attacks of severe anxiety (panic) or fear (most often - fear of death, less often - fear of losing consciousness, loss of control, helplessness or fear of “going crazy”), accompanied by a rapid heartbeat and a feeling of “suffocation”, “lack of air.” Sometimes there are additional symptoms such as increased blood pressure, a feeling of “internal trembling”, trembling in the limbs, a feeling of “hot flashes” of heat or cold, numbness of the extremities, increased sweating, a feeling of “unstability” or dizziness, nausea, derealization or depersonalization.

**Objectives:** It was revealed that many patients with cervical and spinal pain suffer from PA. Psychotherapy and traditional psychopharmacology treatment often not effective. The goal of our study was analysis of radical anti-oxidative therapy for the PA patients in addition to traditional to traditional psychopharmacology and psychotherapy techniques.

**Methods:** 12 patients with cervical and 31 with lumbar pain experienced panic attacks during outbreaks of panic attacks. 6 cervical

pain patient and 17 patients with lumbar pain were treated by antipsychotic medications also by cognitive behavioral therapy, hypno-suggestive therapy and autogenic training. Other patients also receive hyperbaric oxidation therapy (HBO) in addition to psychopharmacology and psychotherapy.

**Results:** It was revealed that patients with PA comorbid with vertebral pathology had much better effects in terms of evading of psychopathologic outcomes. PA became much more rarely and finally disappeared at all. The anti-oxidative treatment was also very beneficial for neurologic symptoms cause by vertebral pain.

**Conclusions:** Anti-oxidative therapy showed very marked effect. In this regard, new anti-oxidative treatment seems to be promising for management of such conditions.

**Disclosure of Interest:** None Declared

## EPP0116

### Determinants of Generalized Anxiety Disorder Symptoms in Residents of Fort McMurray 12 Months Following the Devastating Flooding In 2020

E. Owusu<sup>1\*</sup>, R. Shalaby<sup>1</sup>, E. Eboreime<sup>1</sup>, N. Nkire<sup>1</sup>, M. A. Lawal<sup>1</sup>, B. Agyapong<sup>1</sup>, H. Pazderka<sup>1</sup>, G. Obuobi-Donkor<sup>2</sup>, M. K. Adu<sup>2</sup>, W. Mao<sup>1</sup>, F. Oluwasani<sup>1</sup> and V. I. Agyapong<sup>2</sup>

<sup>1</sup>Department of Psychiatry, University of Alberta, Edmonton and

<sup>2</sup>Department of Psychiatry, Dalhousie University, Halifax, NS, Canada

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.454

**Introduction:** The flood in Fort McMurray (FMM) which occurred between April 26 and May 2, 2020, is known to have displaced an estimated population of 1,500 people, and destroyed or damaged about 1,230 buildings. In all, it is estimated to have caused about \$228 million in losses.

**Objectives:** This study aims to identify the determinants of likely Generalized Anxiety disorder (GAD) among respondents 12 months after the 2020 flooding

**Methods:** Data for the study were collected through a cross-sectional survey sent through REDCap and hosted online from the 24th of April to the 2nd of June 2021. The self-administered questionnaire was emailed to respondents using community, government, school, and occupational platforms. Demographic, flooding-related variables and clinical data were collected. A validated instrument, the GAD-7 was used to collect information on likely GAD. Consent was implied by completing the survey forms, and the University of Alberta Health Research Ethics Committee approved the study.

**Results:** Of the 249 residents surveyed, 74.7% (186) respondents completed the online survey, 81.6% (80) were above 40 years, 71% (132) were in a relationship, 85.5% (159) were females, and 94.1% (175) were employed. The prevalence of likely GAD was 42.5% in our study. Predictors of likely GAD among respondents included positive employment status (OR = 30.70; 95% C.I. 2.183–423.093), prior diagnosis of depression (OR = 3.30; 95% C.I. 1.157–9.43), and the perceived need to have mental health counseling (OR = 6.28; 95% C.I. 2.553–15.45).

**Conclusions:** This study showed that there was an increased magnitude of moderate to high anxiety symptoms among respondents following the natural disaster, particularly the flood in 2020. The predictors of likely GAD include positive employment status, a

history of depression diagnosis, and the need to have mental health counseling. Policy formulators may reduce the risk of anxiety after flooding in vulnerable areas by addressing these factors.

**Disclosure of Interest:** None Declared

**EPP0117**

**Relationship between Glycated Hemoglobin (HbA1c) in Adolescents with Type 1 Diabetes Mellitus (T1DM) and Parental Anxiety and Depression**

E. Silina<sup>1,2\*</sup>, M. Taube<sup>3</sup> and M. Zolovs<sup>4,5</sup>

<sup>1</sup>Doctoral studies, Riga Stradins University, Riga; <sup>2</sup>The Seaside Hospital, Liepaja; <sup>3</sup>Riga Stradins University, Department of Psychiatry and Narcology; <sup>4</sup>Statistics Unit, Riga Stradins University, Riga and <sup>5</sup>Institute of Life Sciences and Technology, Daugavpils University, Daugavpils, Latvia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.455

**Introduction:** T1D is the most common chronic endocrine pathology in children. The management of type 1 diabetes requires strong diet, physical activity, lifelong insulin therapy, and proper self-monitoring of blood glucose and is usually complicated and, therefore may result in a psychosocial problem for the whole family. Metabolic control of the disease is determined by glycated haemoglobin (HbA1c), the main criterion for diabetes compensation. It is assumed that anxiety and depression symptoms negatively affect glycemic control. A correlation was observed between anxiety and depression level and glycaemic control, as well as a three-way interaction among HbA1c, frequency of blood glucose monitoring, and diabetes-related stress (Buchberger et al., 2016). Parental psychological distress was associated with higher child self-report of stress and depressive symptoms, and it had negative effects on diabetes management.

**Objectives:** To evaluate the relationship between parental depression and anxiety and metabolic control of their adolescents with T1DM.

**Methods:** The cross-sectional study recruited adolescents with T1D (N=251) and their parents (N=251). The 7-item Generalized Anxiety Disorder (GAD-7) scale measured anxiety level. The Patient Health Questionnaire – 9 (PHQ-9) detected depressive symptoms. Glycaemic control of patients was assessed using the last glycated haemoglobin (HbA1c) values. GLM mediation analysis was performed to determine the potential mediating effect of parent’s mental health depression and anxiety on the relationship between depression and anxiety of child on the level of HbA1c.

**Results:** 502 respondents were eligible for screening. Mediation analysis was performed to assess the mediating role of parent GAD-7 on the linkage between HbA1c and child GAD-7 and child PHQ-9. the results revealed that the total effect of child GAD-7 on HbA1c was significant but the total effect of child PHQ-9 was not significant. With the inclusion of the mediating variable (parent GAD-7) (Figure 1), the impact of child GAD-7 and child PHQ-9 was founding insignificant ( $p \geq 0.05$ ) but the indirect effect of child GAD-7 and child PHQ-9 on HbA1c through parent GAD-7 was found significant ( $p \leq 0,01$ ) (Table 1). This indicates that the relationship between HbA1c and child GAD-7 and PHQ-9 is fully mediated by parent GAD-7.

**Image:**

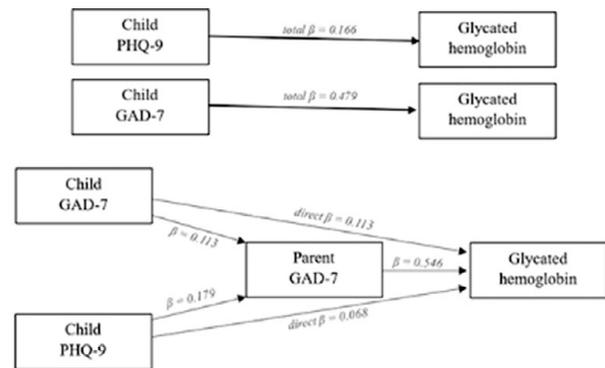


Figure 1. GLM mediation analysis, which include the glycated hemoglobin as the dependent variable, parent GAD-7 score as the mediator variable and child GAD-7 and PHQ-9 score as independent variables.

**Image 2:**

Table 1. GLM mediation analysis, which include the glycated hemoglobin as the dependent variable, parent GAD-7 score as the mediator variable and child GAD-7 and PHQ-9 score as independent variables. Confidence intervals were calculated by using bootstrap procedure (10,000 bootstrapped samples). The reported betas are completely standardized effect size.

Type	Effect	Estimate	95% CI of estimate		$\beta$	z	p
			lower	Upper			
Indirect	Child GAD-7 → Parent GAD-7 → Glycated haemoglobin	0.096	0.052	0.139	0.366	4.319	<0.001
	Child PHQ-9 → Parent GAD-7 → Glycated haemoglobin	0.022	0.004	0.038	0.098	2.565	0.010
Component	Child GAD-7 → Parent GAD-7	0.665	0.519	0.815	0.669	3.828	<0.001
	Parent GAD-7 → Glycated haemoglobin	0.144	0.093	0.194	0.546	5.612	<0.001
	Child PHQ-9 → Parent GAD-7	0.151	0.035	0.263	0.179	2.607	0.009
Direct	Child GAD-7 → Glycated haemoglobin	0.029	-0.029	0.089	0.113	0.982	0.326
	Child PHQ-9 → Glycated haemoglobin	0.015	-0.025	0.055	0.068	0.742	0.458
	Child GAD-7 → Glycated haemoglobin	0.126	0.068	0.183	0.479	4.300	<0.001
Total	Child PHQ-9 → Glycated haemoglobin	0.037	-0.011	0.086	0.166	1.496	0.135

**Conclusions:** Glycated haemoglobin in adolescents with Type 1 diabetes is related to adolescents’ mental health via parents’ anxiety. It means that parents’ anxiety plays more significant role in the level of glycated haemoglobin in adolescents than depression and anxiety of the adolescent.

**Disclosure of Interest:** None Declared

**EPP0118**

**The relationship between the use of social networks and symptoms of social anxiety**

F. Z. Chamsi<sup>1\*</sup> and E. A. Adil<sup>2</sup>

<sup>1</sup>psychiatry department, CHU tanger, tanger and <sup>2</sup>psychiatry department, university hospital tangier morocco, tanger, Morocco

\*Corresponding author.

doi: 10.1192/j.eurpsy.2023.456

**Introduction:** Facebook Instagram, tik tok are popular platforms for interacting with others to build or maintain relationships. Compared to other interpersonal exchanges, these social networks do not require face-to-face interactions. Therefore, they may represent an important social sphere for people with social anxiety disorder (SAD). This study investigated the relationship between social anxiety symptoms and different patterns of social media use. We also looked at the role of brooding, a known risk factor for Social Anxiety Disorder.

**Objectives:** establish the relationship between the misuse of social media and the symptoms of social anxiety