

religion and income, as promoters of aging well, within a salutogenic model of health for older populations.

**Keywords** Satisfaction with life; Structural equation modeling; Older adults

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.2080>

#### EW0211

### Burden of care of the caregivers of Alzheimer's disease patients and relationship with burnout syndromes

E. Yildizhan<sup>1,\*</sup>, N. Ören<sup>2</sup>, A. Erdoğan<sup>2</sup>

<sup>1</sup> Neurology and Neurosurgery, Department of Psychiatry, Bakirkoy Research and Training Hospital for Psychiatry, Istanbul, Turkey

<sup>2</sup> Department of Clinical Psychology, Beykent University, Istanbul, Turkey

\* Corresponding author.

**Introduction** Increased caregiver burden and burn out in Alzheimer disease is associated with a spectrum of problems, like depression or anxiety.

**Objectives** To examine the relationship between the burden of care and burnout level of professional staff dealing with Alzheimer's disease patients in geriatric inpatient centers in Turkey.

**Methods** Zarit Caregiver Burden Scale to measure the level of burden of care, and Maslach Burnout Inventory were used to measure the level of burnout. Relationships between the socio-demographic data of the sample group, burden of care and burnout level were investigated. Sample group was consisting of 203 caregivers working in 8 geriatric care centers in Istanbul.

**Results** The surveyed caregivers' "burden of care giving" level was low ( $35.3 \pm 9.9$ ); "emotional exhaustion" level was weak ( $2.3 \pm 0.8$ ); "depersonalization" level was weak ( $1.9 \pm 0.6$ ); "a feeling of low personal accomplishment" level was weak ( $2.5 \pm 0.8$ ); "general burnout" level was weak ( $2.3 \pm 0.5$ ). There was positive correlation between caregiver burden and burnout level. According to the sociodemographic data, married women with children were especially in increased risk for burnout. Low level of education was associated with increased caregiver burden and burnout. Caregiver burden and depersonalization points were also higher with increasing age.

**Conclusions** Supportive interventions are needed to decrease the burnout and caregiver burden especially for the caregivers with increased risk.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.2081>

#### EW0212

### Assessment of renal function based on cystatin C in elderly with dementia

M.V. Zamfir<sup>1,\*</sup>, A.A. Talaşman<sup>2</sup>

<sup>1</sup> Physiology II, Neurosciences Division, Faculty of Medicine, Carol Davila University of Medicine and Pharmacy, Bucharest, Romania

<sup>2</sup> 9th Clinic, Obregia Clinical Psychiatry Hospital, Bucharest, Romania

\* Corresponding author.

**Introduction** Assessment of renal function in elderly with dementia is a difficult clinical problem due to the high prevalence of malnutrition and creatinine limits as a marker of glomerular filtration in this context.

**Objectives** To assess the correlation between renal function and dementia diagnosis.

**Aims** To highlight differences between methods of assessment of renal function based on creatinine and cystatin C.

**Methods** Cross-sectional study. Patients institutionalized at Bucharest City-Center of Socio-Medical Services (a nursing home) from 04/2014 to 11/2014 were included in the study. Dementia diagnosis was established by a psychiatrist. We determined serum creatinine by Jaffe method and serum cystatin C by nephelometry. Renal function was determined using several formulas based on serum creatinine/cystatin C: Cockcroft–Gault, MDRD, creatinine CKDEPI/cystatin/creatinine + cystatin, Berlin Initiative Study (BIS1, BIS2), Lund-Malmö LM-LBM. To highlight a link between dementia and renal function, we determined Spearman correlation coefficients.

**Results** Thirty-one patients were included in the study, mean age 78.6 (63–97) years, 64% women. The diagnosis of dementia (1 = positive, 0 = negative) had the following statistically significant correlations: CKDEPI/cystatin:  $\rho = -0.390$ ,  $P = 0.015$ ; CKDEPI creatinine-cystatin:  $\rho = -0.332$ ,  $P = 0.032$ ; BIS2:  $\rho = -0.346$ ,  $P = 0.02$ . We did not find statistically significant correlations between the diagnosis of dementia and formulas for assessing renal function based on creatinine only.

**Conclusions** Elderly patients with dementia present decreased kidney function as determined by formulas based on cystatin/cystatin + creatinine, but not on creatinine alone. Assessment of renal function using cystatin C might represent a useful method for detection of renal dysfunction in these patients and for proper dosage of medication.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.2082>

## e-Poster walk: Prevention of mental disorders and promotion of mental health

#### EW0213

### Are we using mass media to raise awareness about psychiatric disorders?

M.Á. Álvarez de mon\*, M. Arrieta, P. Molero, M. Santos

Psychiatry, Clinica Universidad de Navarra, Pamplona, Spain

\* Corresponding author.

**Introduction** The global burden of mental disorders is large and continues to grow. Depression is the leading cause of disability worldwide. Every 40 seconds somebody dies from suicide. People with mental disorders are amongst the most marginalized in society. The stigma they experience puts them at an increased risk of poverty, discrimination and human right violations.

**Objectives** To study the presence of psychiatric disorders in the media.

**Methods** We selected and analyzed the top media Twitter accounts of general news outlets, based on their number of followers. Our research strategy focused on the search of several psychiatric terms of interest (ex: "insomnia") on each Twitter account. The search includes tweets from the beginnings of Twitter in 2007 up to May 2016, and yielded a database of more than 10,000 news.

**Results** The terms with the highest impact in mass media referred to suicide, depression, addictions and gender dysphoria. Disorders related to anxiety (Generalized anxiety, phobias, panic disorder, obsessive-compulsive disorder), dysthymia and bipolar disorder were the psychiatric disorders with the lowest impact. We noticed that the presence of psychiatric disorders in the media is increasing. However, it does not accurately reflect the actual impact it has on society.

**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.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.2083>

#### EW0214

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

K. Appelqvist-Schmidlechner<sup>1,\*</sup>, J. Wessman<sup>2</sup>, M. Kekkonen<sup>3</sup>

<sup>1</sup> Mental health Unit, National Institute for Health and Welfare, Helsinki, Finland

<sup>2</sup> Equality and inclusion Unit, National Institute for Health and Welfare, Helsinki, Finland

<sup>3</sup> Children, adolescents and families Unit, National Institute for Health and Welfare, Helsinki, Finland

\* Corresponding author.

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.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.2084>

#### EW0215

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

K. Appelqvist-Schmidlechner<sup>1,\*</sup>, J. Vaara<sup>2</sup>, J. Mäkinen<sup>2</sup>,

T. Vasankari<sup>3</sup>, H. Kyröläinen<sup>4</sup>

<sup>1</sup> National Institute for Health and Welfare, Mental health Unit, Helsinki, Finland

<sup>2</sup> Department of leadership and military pedagogy, National Defence University, Helsinki, Finland

<sup>3</sup> UKK institute, Tampere, Finland

<sup>4</sup> Department of biology and physical activity, University of Jyväskylä, Jyväskylä, Finland

\* Corresponding author.

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.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.2085>

#### EW0216

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

C. Fontaine<sup>\*</sup>, C. Connor, S. Channa, C. Palmer, M. Birchwood  
Warwick Medical School, University of Warwick, Coventry, United Kingdom

\* Corresponding author.

**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