

and sense of coherence beliefs and reported subclinical tendencies of obsessive-compulsive behaviours.

**Conclusions:** Resilience does not require awareness of adversity. Our case report shows that resilience may present itself fairly normally and may go unrecognised in daily life. Hardship should not be limited to traumatic events but also include brain abnormality.

**Disclosure:** No significant relationships.

**Keywords:** Neuroimaging; Corpus callosum agenesis; resilience; Brain abnormality

## EPV1724

### Mental disorders among sexual and gender minorities

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**Introduction:** The term “Sexual and Gender Minorities” includes lesbian, gay, bisexual, transgender, queer, intersex and/or asexual populations. It was introduced in the MeSH Database in 2018. Mental health research on sexual and gender minority populations is gaining momentum.

**Objectives:** To describe mental disorders among sexual and gender minorities.

**Methods:** This is a review of the literature via Medline. The database was searched using the keyword combination “sexual gender minorities” OR “homosexuality” OR “bisexuality” OR “transgender persons” OR “intersex persons” AND “mental disorders”. The filters applied were Full text, Meta-Analysis, Systematic Review and in the last 5 years.

**Results:** A total of 59 articles were included. The lowest rates of depression and anxiety were reported among heterosexual people. Depressive symptoms, suicidality, interpersonal trauma exposure, substance use disorders, anxiety, and general distress have been consistently elevated among transgender and gender non-conforming people. Among transgender people, the prevalence of binge drinking ranged from 7%-61%. Depression was the most frequent mental disorder among sexual minority men (43.2%) followed by anxiety (32.2%), suicidal ideation (21.2%), suicide plans (6.2%) and suicide attempts (7.3%). Eating disorders were more frequent among sexual minority women compared with heterosexual peers. Compared with heterosexual youth, sexual minority youth had 123% to 623% higher odds of lifetime substance use, 82% to 317% higher odds of depressive symptoms and suicidality and 20% to 280% higher odds of violence victimization.

**Conclusions:** The prevalence of mental disorders is high among sexual and gender minorities for whom mental health prevention and treatment programs are needed.

**Disclosure:** No significant relationships.

**Keywords:** Sexual Minorities; Mental Disorders; Bisexuality; Homosexuality

## EPV1725

### Oral health attitudes and behavior among undergraduate students

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**Introduction:** Oral health behavior is based on an acquired experience and cultural traditions. University education may smooth out cultural differences in oral health practice.

**Objectives:** Our goal is to study self-reported oral health attitudes and behavior of university students and the cultural basis for it.

**Methods:** We used the English version of the Hiroshima University Dental Behavioral Inventory to carry out an online survey of 136 university students of Morocco and Russia.

**Results:** Over half of the students (60.3%) do not feel anxious when visiting a dentist. Most of them take care of their gums (41.2%), teeth color (49.3%) and the degree of their cleanness (38.2%). The overwhelming majority of the students brush their each tooth very thoroughly (62.5%), they regularly examine their teeth in the mirror after brushing them (90.4%). They are well aware that tooth brushing alone cannot prevent a gum disease (63.2%), and they feel concerned about the possibility of having bad breath (73.6%). At the same time, over half of the students (61.7%) put off their visit to a dentist until they have a toothache, which is a negative behavioral factor. We did not reveal any gender or cultural differences between the students of the two countries, which can be regarded as a universalization factor of oral health behavior in young people who get higher education in universities.

**Conclusions:** The majority of the surveyed Russian and Moroccan university students have similar patterns of oral health attitudes and behavior. This assumption needs verification on a larger sample of students.

**Disclosure:** No significant relationships.

**Keywords:** Oral behavior; Undergraduate students; health attitudes; oral health

## EPV1727

### «The Application of the New Law of Adoption and the Psychological Preparation of Prospective Stepparents»

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**Introduction:** The new adoption law, which was introduced in Greece in 2018, brought radical changes in adoption.

**Objectives:** This presentation aimed to investigate the emotions of the prospective stepparents, based on the changes which were effectuated by the new law of adoption.

**Methods:** This survey was conducted through mixed methodology. Quantitative research was addressed to investigate the emotions of the prospective stepparents. Qualitative research was addressed to social workers and its goal was to depict their opinion about the new law and the prospective stepparents' expressed emotions.

**Results:** The findings of the survey have demonstrated that the stepparents had a variety of emotions that changed throughout the

adoption process. The dominant feelings of parents at the first visit with the social worker were stress and anxiety. However, at the end of the training process, these feelings were replaced by confidence and impatience. This emotional rotation of prospective stepparents was confirmed in the social workers' interviews. In addition, social workers interviews highlighted the importance of the amendment of the old law of adoption's process.

**Conclusions:** To sum up, this research has shown the importance of the new law and therefore the significance of its right application from all children's placements in Greece. Nevertheless, it seems that due to the recent application of the new law, many placements have not yet complied with it and therefore there is urgent need for reinforcement of its application, according to the guidelines of the European Union that demanded gradual deinstitutionalization using the alternative types of child care.

**Disclosure:** No significant relationships.

**Keywords:** Adoption; Emotions; Legal Framework for Adoption; Social Worker

### EPV1729

#### Anti-NMDA Receptor Encephalitis or Psychiatric disorder?

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**Introduction:** Anti-N-methyl-D-aspartate (NMDA) receptor encephalitis commonly begins with a prodromal phase characterized by flu-like symptoms, subsequently the patients experience a rapid deterioration with psychiatric symptoms that may include anxiety, irritability, insomnia, paranoia, aggression, auditory or visual hallucinations, sexual disinhibition, mania, cognitive disorder, and psychosis; seizures; motor and autonomic dysfunction. The triggers of the disorder comprise viral infections, tumors, and other unknown factors. Taking in count the prominence of psychiatric symptoms, it is relevant to rise the question whether patients with anti-NMDA receptor encephalitis are being misdiagnosed with psychiatric disorders.

**Objectives:** Non-systematic literature review of the relationship between anti-NMDA receptor encephalitis and psychiatric disorders.

**Methods:** From the review performed, 2 studies stand out: In one study, 459 serum samples for NMDA receptor antibodies were evaluated. The analysis compared samples from patients diagnosed with schizophrenia, major depressive disorder, and borderline personality disorder with nonpsychiatric controls. In another study, serum was obtained prospectively from a cohort (n = 46) of patients at first presentation of psychosis and NMDA receptor antibodies were measured.

**Results:** In the first study, the authors found that 9.9%, 2.8%, and 0% of patients with schizophrenia, major depressive disorder, and borderline personality disorder, respectively, were antibody positive. In the second study, it was found that 7% of the patients were serum NMDA receptor antibody positive.

**Conclusions:** It is unclear yet if patients with primary psychotic disorders have higher rates of pathogenic NMDA receptor antibodies. More evidence is needed to study this relationship.

**Disclosure:** No significant relationships.

**Keywords:** NMDA Receptor Encephalitis; psychiatric symptoms

### EPV1730

#### FALLING FOR FADS? Diagnostic and therapeutic fads in Psychiatry

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**Introduction:** Psychiatry is not immune to the effects of trends and fads, which are ideas that elicit short-lived enthusiasm, are quickly adopted, and abandoned when they fail to live up to expectations. Trends meet a deeply felt need to explain, or at least name, what would alternatively be unexplainable human suffering.

**Objectives:** The authors aim to explore the trends and fads that have occurred in psychiatric diagnostic and treatment throughout history and assess if any modern trends can be identified as well as assessing the effects or consequences of these.

**Methods:** The authors conducted a non-systematized literature review with focus on those articles most pertinent to the topic in question.

**Results:** The literature demonstrates that fads and trends not only plague fashion and diet, but also psychiatry. Trends in psychotherapeutic options can be observed by the swing from psychoanalysis to psychopharmacological focus. Overdiagnosis is one of the consequences of these trends, and can be seen from hysteria, schizophrenia, multiple personality disorder, attention-deficit and hyperactivity disorder to gender identity disorder. These trends impact the way diagnosis are made and the treatments implemented.

**Conclusions:** Fads in psychiatry have occurred not only on the edge, but in the very mainstream of theory and practice. A balance is called for, with caution needed in order not to fall into the temptation of the fad, however, an open mind should also be maintained when cutting-edge treatments and theories emerge. The sensible antidote to falling for fads and trends in psychiatry is commitment to evidence-based medicine.

**Disclosure:** No significant relationships.

**Keywords:** trends; diagnostics and therapeutics; classification

### EPV1731

#### Coping strategies towards mobbing used by medical and nursing staff in the hospitals of the prefecture of Etoiakarnania, Greece

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