

Objectives: The current research aims at evaluating how social anxiety interacts with self-esteem and self-compassion and to assess whether self-compassion mediates the relationship between social anxiety and self-esteem.

Methods: In this research, 388 adult participants with elevated social anxiety level (LSAS score $M = 81.47$, $SD = 21.20$) were recruited via open calls posted on the Internet and completed measures of social anxiety, self-compassion, and self-esteem.

Results: In accordance with the view that individuals with social anxiety tend to have negative mental representation of the self, we found that both self-esteem and self-compassion correlated negatively with social anxiety, and positively with one another. More importantly, self-compassion partially mediates the relationship between self-esteem and social anxiety.

Conclusions: These findings suggest that self-compassion may play an important role in buffering against social anxiety and suggest that enhancing self-compassion might be beneficial for reducing symptoms of social anxiety

Disclosure: No significant relationships.

Keywords: social anxiety; Self-compassion; SAD; self-esteem

EPV0023

The prevalence of anxiety disorders among young people in europe: A systematic review and meta-analysis

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Introduction: This systematic review estimates the pooled prevalence (PP) of anxiety disorders (ADD) among 5-to-18-year-old YP living in Europe, based on prevalence rates established in the last five years (LFY).

Objectives: Trends of prevalence rates across countries, gender and level of education were analysed. The random effects pooled prevalence rate (REPPR) for AD was calculated.

Methods: A search strategy was conducted on three databases. Studies were also identified from reference lists and grey literature. Eligible studies were evaluated for reliability, validity, bias, and the REPPR for AD was calculated.

Results: The European REPPR for AD is calculated at 7.9% (Figure 1). The REPPR for each anxiety disorder is shown in Figure 2.

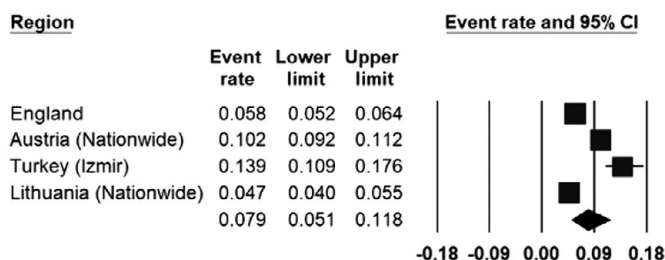


Figure 1: Forest plot showing the prevalence rates of any anxiety disorder

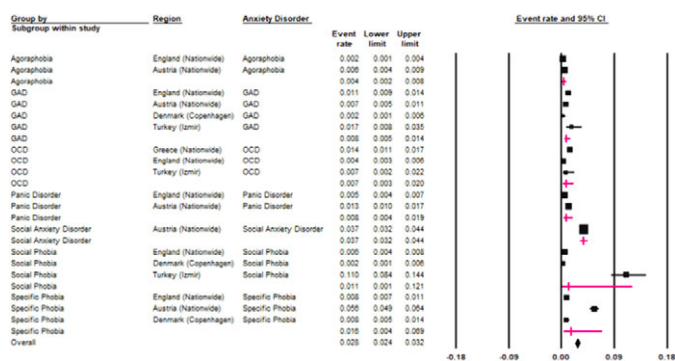


Figure 2: Forest plot showing the prevalence rates of anxiety disorders

Conclusions: Based on the results in this systematic review, AD are the most prevalent mental disorders among young people in Europe. Early diagnostic and intervention strategies for AD may improve the mental health and wellbeing among young people.

Disclosure: No significant relationships.

Keywords: Europe; Child; Anxiety; prevalence

EPV0024

The risk of anxiety symptoms in young adult offspring of parents with mental health problems: Findings from the raine study

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Introduction: Previous research has suggested that offspring of parents with mental health problems, including depression and anxiety, are at an increased risk of developing anxiety disorders. Few studies have investigated this relationship in young adults.

Objectives: To investigate the risk of anxiety symptoms in young adult offspring of parents with mental health problems

Methods: We used data from the 1989-1991 cohort of the Western Australian Pregnancy (Raine) Study, which is a multi-generational birth cohort study following mothers and their offspring from pregnancy to 28 years of age. The Depression, Anxiety, and Stress Scale (DASS) was used to assess maternal anxiety and depression whereas a self-reported questionnaire was used to assess paternal emotional problems. Anxiety symptoms among offspring at age 20 were measured by using the short form of the Depression, Anxiety, and Stress Scale (DASS 21). A multivariable negative binomial regression model was used to quantify the associations.

Results: After adjustment, maternal anxiety [RR 1.60 (95% CI 1.11-2.32)] and paternal emotional problems [RR 1.32 (95%CI 1.03-1.68)] were associated with an increased risk of anxiety in offspring at age 20 years. Conversely, maternal depressive symptoms [RR 1.04 (95%CI 0.84-1.32)] were not associated with an increased risk of anxiety in offspring.

Conclusions: The present study suggests that maternal anxiety and paternal emotional problems were associated with an increased risk