

egocentrism, emotional rigidity and experienced difficulties in emotional regulation during assessment. 2) The second group (n=3) experienced high anxiety in communicative situations and estrangement caused by hypersensitivity to speech difficulties. Children preferred to use nonverbal communication and reduce speech initiative due to difficulties in verbal self-expression. Emotional specifics were characterized by recurrent ambivalence in the independent activity. Structured situations, such as assessment, actualized active self-control, which sometimes led to communicative difficulties and stupor.

Conclusions: Results demonstrate various attitudes to speech difficulties in children with dysphasia. Behavioral, emotional and personal features are rich material for discussion on risks in mental development of children with speech disorders.

Disclosure: No significant relationships.

Keywords: Dysphasia in children; defects in compensation; personal perception of speech disorders

EPV0164

A study of reasons why teenagers living in the countryside become alcoholics at an early age

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Introduction: Irreversible damage is caused to the physical and psychic health of teenagers who become alcoholics at an early age. They later become addicted to alcohol which factor leads to the risk of development of chronic diseases, medical and social consequences

Objectives: Monitoring of subjective reasons and widespread frequency of drinking alcohol by teenagers living in the countryside aged 13-17

Methods: One thousand sixty two teenagers volunteered to take part in the study: 55.0% female and 45.0% male. Anonymous survey was used. The forms made up by the Center of Monitoring of Detrimental Habits among Children and Teenagers (Moscow, Russia)

Results: The results of the study undertaken made it possible to see the main reasons for the early formation of drinking habits and the age at which teenagers start to drink. The main reason is the socially widespread myth that alcoholic drinks of a high quality are not detrimental to health at all. One third of the teenage respondents think so. The 42.3% of the young men and 65.3% of the girls show that first drank alcoholic drinks were in the family. Teenagers living in the countryside start to drink at the age of 13 to 17 including. The peak for females is 15-16, for males it is 13-16

Conclusions: Taking into account the significant role of the family in the formation of early drinking habits of teenage males and females living in the countryside and the stable attitudes in family traditions would not help form in teenagers a motivated refusal to drink alcohol

Disclosure: No significant relationships.

EPV0165

Vegan diet as a possible cause of mental and physical disorders due to vitamin B12 deficiency in an adolescent patient

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Introduction: Recent studies show that a vegan diet causes a deficiency of vitamins (especially B12) and minerals. This can lead to severe physical and mental illnesses. On the other hand, the vegan diet is recommended as a preventative measure against cardiovascular diseases and is a growing trend among young people in developed countries for ideological reasons such as animal welfare and climate protection.

Objectives: To show the importance of anamnesis of nutrition and vitamin B12 status in treatment of varied mental and physical symptoms in an adolescent.

Methods: The poster shows the case study of an adolescent girl who sought psychological help for nightmares and symptoms of anxiety and depression, as well as physical symptoms in the form of disturbed menstruation, fatigue and weakness, lethargy, dizziness, undifferentiated abdominal pain with nausea, and weight gain. All of which affected her academic success at university and daily functioning. An anamnesis showed that she has been following a vegetarian diet for 4 years and a vegan diet for two months.

Results: Laboratory tests showed a deficiency of vitamin B12 (130 pmol/L) and 25-Hydroxy-Vitamin D(D3+D2) (47 nmol/l) and slightly elevated TSH levels (4,2x10⁻³ IU/L). These tests can explain the patient's symptoms. Other laboratory results were in the normal range. A treatment with psychological therapy and vitamin supplements was commenced. Discussion reviews, among else, recent literature findings on correlation of vitamin B12 deficiency and a vegan diet.

Conclusions: Nutrition and vitamin B12 status should be investigated during anamnesis of adolescent patients presenting with varied mental and physical symptoms.

Disclosure: No significant relationships.

Keywords: adolescent; vegan diet; deficiency vitamin B12; Mental Disorders

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Personal autonomy development and family functioning of Russian and Azerbaijan adolescents

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Introduction: The development of adolescent's autonomy is influenced by both: family and culture. Cross-cultural studies show different autonomy development trajectories and culture-specific family organization tendencies. The comparison of autonomy