

**Conclusion:** Higher level of exposure and higher intensity of traumatic experiences is leading to decreased perception of self competency and lower self-esteem within survivors.

### P0007

Genetic variation in stress response: The role of the arginine vasopressin 1b receptor and the glucocorticoid receptor genes

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**Background:** Appropriate responsiveness to everyday-life stressors is crucial for adequate functioning in a natural environment. Conversely, depending on individual's genetic makeup, prolonged stress, coupled with inappropriate responsiveness may lead to physiological and psychiatric disorders. Various psychiatric conditions have been associated with stress and alterations in hypothalamic-pituitary-adrenal (HPA) activity. Yet while stress is a general phenomenon, illness is only seen in a proportion of individuals, suggesting genetic modifiers of ability to cope with stress. In children, relatively little research has been conducted to estimate the impact of genetic factors on the variability in HPA axis functioning.

**Methods:** In the present explorative investigation, 106 prepubertal children were studied to estimate the impact of four glucocorticoid receptor gene (NR3C1) polymorphisms (NR3C1-1, ER22/23EK, N363S, N766N) and five arginine vasopressin (AVP) receptor 1b gene (AVPR1b) polymorphisms (AVPR1b\_s1, AVPR1b\_s2, AVPR1b\_s3, AVPR1b\_s4, AVPR1b\_s5) on cortisol responses after a psychosocial stress test (public speaking task).

**Results:** ER22/23EK carriers displayed significant lower cortisol responses to psychosocial stress compared to noncarriers. This particular polymorphism has earlier been associated to the vulnerability to develop MDD by our own research group (1) and independently by another publication (2).

**Conclusion:** These findings support the relevance of the ER22/23EK polymorphism in HPA axis regulation and in the vulnerability for psychiatric disorders.

1. van West D et al, *Neuropsychopharmacology* 31: 620-627, 2006.
2. Van Rossum EFC et al., *Biol Psychiatry* 59: 681-688, 2006.

### P0008

Promoting mental health - Evidence of the Salutogenic Framework for a positive health development

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Social trends point to a major upset of the traditional social structures such as the rupture of local and intimate networks because of migration into urban areas, changed function and structure of family networks and changes in the patterns of working life. At the same time there are concerns regarding a decreasing mental health. All this makes it difficult to find and run a coherent life. However, there are theories and frameworks contributing to stress research. One of them is the salutogenic theory developed by Aaron Antonovsky, a positive concept exploring the origin of health (salutogenesis) not disease (pathogenesis). Stress has generally been seen as a negative event that increased the risk of people "breaking down". In contrast, Antonovsky stated that chaos and stress are part of life and natural conditions. The fundamental concepts of Salutogenesis are Generalized

Resistance Resources (GRRs) and Sense of Coherence (SOC). GRRs help the person to construct coherent life experiences. Even more important than the resources themselves is the ability to use them, the sense of coherence (SOC). The presentation reports findings from an ongoing extensive worldwide systematic review of the salutogenic research, based on about 500 scientific articles. The findings show the SOC to be strongly related to perceived good health, especially mental health. SOC seems to have a main, moderating or mediating role in explaining health. SOC is able to reduce stress. SOC predicts good health and QoL. The salutogenic framework could guide public health, particularly mental health promotion, in a new direction.

### P0009

Prevalence of risk for mental disorders among paramedical students at the Fatemeh nursing college. Shiraz-Iran

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**Background:** Physical and mental health has been found to be affected by occupational factors that cause psychological strain. The aim of this cross-sectional study was to investigate the Prevalence of risk for mental disorders among paramedical students at the Fatemeh nursing & Midwifery college in Iran.

**Methods:** The studied population included 184 paramedical students from First year and fourth year of education. Self-administered questionnaires were used to solicit demographic information and Psychological ill health was measured using a standard instrument—the General Health Questionnaire (GHQ 28). In this study a cut-off point of 23 was used for prevalence estimations. By this scoring, if the total score was 23 or less (from 84) then the person was regarded healthy. The higher the GHQ-28 scores indicated the subject might suffer from a psychiatric distress.

**Results:** The majority of the respondents (68.5%) were between the ages of 20-24 years and 80.8 % were female. 47.3 percent of paramedical students had GHQ scores of 24 and above, indicating an increased likelihood of psychological disorder. The average score was 25.93 +/-14.93. Depression has the lowest mean score (3.92 +/-7.2), while social dysfunction has the highest mean score (8.12 +/-3.97) among the subscales. GHQ scores between the dissatisfied and satisfied groups were statistically significant (P = 0.001).

**Conclusions:** This study suggests that paramedical students have high levels of stress, so counseling and other support services should be made available to them.

### P0010

Prevalence of risk for mental disorders among paramedical students at the fatemeh nursing and midwifery college. Shiraz-Iran

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