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Introduction Cystic fibrosis (CF) is an autosomal recessive disease characterized by abnormal airways secretions, chronic endobronchial infection, and progressive airway obstruction. In Portugal is estimated 30–40 born children with CF per year. The prognosis of CF has changed over the last decade, death in childhood is now rare, and children born today are likely to have a mean life expectancy of over 40–50 years. An understanding of the psychiatric aspects of CF is more important than ever.

Methods Review published and referenced scientific articles on MedLine/PubMed.

Results Researchers found CF can affect the patient and their family in many ways. Physical and social restrictions, the rigorous medical regimen, hospital admissions, concerns about illness, and uncertainties of the future can create anxiety and depression in patients and parent alike. They also may have problems with interpersonal relationships resulting in isolation and social maladjustment. Some studies also reported an increased risk of develop an insecure attachment and less adapted eating behaviors. The essential responsibilities of psychiatrist are: evaluating the psychiatric effects of living with CF, comprehensive assessment and intervention when emotional, behavioural and psychological difficulties arise and providing support.

Conclusions Awareness of types of emotional strain experienced by these children and their families can be of use to avert potential problems which may seriously impair therapeutic effectiveness and the patient's well being. Management requires an interdisciplinary team to maximise longevity and quality of life. All patients and their families must be offered the opportunity to meet with a Child and adolescents psychiatrist.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1241>

EV258

Social media modulation of mood and anxiety in adolescents with chronic visible skin conditions

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Chronic skin diseases are often associated with psychiatric disorders, and psychological factors such as stress can affect the management of skin conditions. In adolescents, skin diseases can have a profound impact on body image, self-esteem and social interactions. Social media is a mode of communication increasingly used, especially among adolescents. It has been shown to have detrimental effect by the negative influence of peers through social network interactions as well as positive effects by allowing support and access to care. The posting of pictures of individuals by others in social media may make this mode of communication particularly distressful for teens with a visible skin condition; they cannot control the photos being shared with the group and are reminded of the visibility of their skin condition through these postings. To determine how social media may impact mental health and skin disease management in adolescents' with chronic visible skin conditions, we conducted a survey of patients in the ambulatory setting. This cross-sectional study is based on an anonymous survey in teens, age 12 to 19, with various levels of chronic visible skin conditions. It explores the influences of social media on incidence and or severity of both psychiatric and dermatological health status as self-reported by patients. Acne, psoriasis, and atopic dermatitis are often associated with poor quality of life even with moderate skin disease. Taking in account the impact of social media on these

pathologies is especially critical among adolescents due to their wide use and relevance in this population.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1243>

EV259

Parental group therapy & conduct disorders

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Conduct disorders are common between ADHD, some series has shown that even almost 40% of patients develop some of the two main diagnosis: ODD or CD.

That comorbidity between ADHD and ODD or CD has made that treatment become complex and requires different interventions. One field of treatment has been parental functioning.

It has been common that reward or punishment as two effective strategies modulate familiar interactions when they are referred to ADHD sons.

However, in a long time, they failed to improve functioning, and frustration appears.

Attachment somehow is been hidden behind diagnosis and treatment, and family stop its evolution repeating wrong strategies.

Group therapy is a well-known tool that may help with this dysfunction in two ways: psychoeducation and debriefing.

The aim of this work is to resume our experience working with parents in a group therapy model.

We have found that affective symptoms are common between parents, and that they difficult parenting strategies.

Taking that into account we promoted emotional expression using debriefing groups as model, before introducing psychoeducational issues.

Our hypothesis is that change is not possible if there is not a corrective attachment experience that let parents recover their role.

We use it as a complementary tool to family and individual therapy. We will explain this model and its results based in therapists' and patients' experiences using open interviews.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1244>

EV261

The other 25%: Autistic girls and women

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Autism spectrum disorder (ASD) is a pervasive developmental disorder characterized by impairments in social and communicative abilities, along with the presence of ritualistic and/or repetitive behaviors. One of the under-researched areas in the ASD literature is the large gender difference in the diagnosis rates. On average, the male to female ratio stands at 4.3:1, increasing to 9:1 in the absence of comorbid intellectual impairment. It has been evidenced that compared to boys, ASD is diagnosed later in cognitively able girls, despite there being no difference in the number of visits to a health-care professional during the diagnostic process and the age at which parents first express concern. The suboptimal identification of the disorder in cognitively able girls causes a large magnitude of gender discrepancy. These statistics may not be accurate since females may camouflage their difficulties and may be undetected due to their ability to disguise their symptoms better than males. The other hypothesis of under diagnosing ASD in girls is how we quantify and diagnose it. It is based on a male-centric presentation, which does not accurately reflect the disorder in girls. Altogether, these differ-

ences may make it more challenging for medical professionals and clinicians to identify potential early signs of the disorder in girls. Hence, there is a need to develop programs to mentor girls and women on the autism spectrum in schools, colleges and industry. And there should be an insistence on inclusion of females on the autism spectrum in pharmacological research and other research projects.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1246>

EV262

Anxiety and loss experiences during pregnancy and postpartum and anxious children

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Anxiety disorders in children are very prevalent in youth. They are associated with poor psychosocial functioning and predict later psychopathology in individuals. Environmental and genetic factors and their interaction are involved in the genesis of anxiety disorders.

Stress, depression or anxiety during pregnancy are considered risk factors for development of psychopathology in children. We aimed to know its relationship with anxiety disorders in young people.

Patients recruited for this study were the participants of our CBT group based in the coping cat model of treatment. All of them were children between 8 and 13 years old and meet criteria for Generalized Anxiety Disorder, Separation Anxiety Disorder or Social Phobia. Children and their parents assessed different anxiety and socio-demographic questionnaires. For this study we only analyzed the risk factors of pregnancy, delivery and breastfeeding of the socio-demographic interview. SPSS v-21 was the statistical instrument.

We found out that mothers of our patients had reported anxiety symptoms, loss experiences or stress during pregnancy or postpartum period more than we expected.

Stress, anxiety or depression during pregnancy is related with anxiety disorders in children. Helping mothers to cope with stressors during pregnancy and postpartum period will contribute to a better mental health in their children. The findings of this study match with previous researches.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1247>

EV264

Fears in anxious children

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Introduction Fear is a distressing emotion aroused by a risk or a damage, real or imaginary. Fears have a warning function against dangers. Nevertheless, fear can also become in one of the most limiting elements of a person's life.

Objectives To characterize the profile of fears presented in a sample of 19 children, aged between 8 and 13 years old, who had previously been diagnosed with one of the following: Generalized Anxiety Disorder, Separation Anxiety Disorder or Social Phobia.

Material and methods The sample was taken from patients who participated in a cognitive-behavioral group therapy. The Spanish

version of the Fear Survey Schedule for Children-Revised (FSSC-R) questionnaire was employed. The FSSC-R asks children to indicate on a 3-point scale ('none', 'some', 'a lot') how much they fear 80 specific stimuli or situations. Five basic categories of fears can be established: failure and criticism (17 items); the unknown (17 items); minor injury and small animals (13 items); danger and death (16 items); medical fears (5 items).

Results The sample includes 19 children: 12 boys (63.2%) and 7 girls (36.8%). The median age is 10.74 years. The sample shows 15 excessive fears on average (those scored as 'a lot'). Girls show higher rates of excessive fears than boys: 19 versus 13. The most common fears were 'being hit by a car or truck', 'bombing attacks. Being invaded', 'a burglar breaking into our house' and 'falling from high places'.

Conclusions Most common excessive fears belong to danger and death category. Females report more fears than males.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1249>

EV266

Influence of fatigue on adolescents sleep habits in Nigeria

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Introduction Adolescents in Nigeria tend to report feelings of mental, physical and general fatigue without having correspondingly exerted themselves to trigger this. This tiredness has been observed to also affect their sleep habits.

Aim We set out to investigate how the report of tiredness by in-school adolescents tends to affect their sleep habits both on weekdays and weekends.

Methods The Tripartite Fatigue Scale (TFS) and a modified version of the School Sleep Habits Survey (SSHS) were administered on 606 (272 males and 334 females) secondary school adolescents in Lagos and Ogun states of Nigeria aged between 12–19 years ($\chi^2 = 15.24$; SD = 1.42) in their classrooms.

Results A multivariate analysis of variance (MANOVA) was used to analyse the effect of fatigue on the sleep habits of adolescents. The result shows that fatigue significantly affects the sleep habits of adolescents during weekends and weekdays, $F(3, 602) = 20.068$, $P \leq 0.01$; Pillai's Trace = 0.91, partial $\eta^2 = 0.91$. The adolescents also reported general inadequate sleep ($\chi^2 = 6.29$ SD = 2.32), less than the required amount of adequate sleep their age. Additional Analysis of Variance (ANOVA) result showed that fatigue significantly affected the students self-reported grade $F(3, 605) = 5.32$, $P = 0.01$.

Conclusions The present study has empirically highlighted that the consistent complaint of tiredness by secondary school adolescents in Nigeria emanates from fatigue marked mostly by insufficient sleep.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1251>