

Conclusion This study suggests that attachment organization may be a fundamental element to be assessed in the evaluation of disruptive behavior disorders in children and adolescents. Nevertheless, traumatic experiences do not seem expressed through psychic symptoms. The clinical implications are discussed.

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EW0058

Impulsivity in adolescent with depressive disorders

K. Khemakhem, J. Boudabous, L. Cherif, H. Ayadi*, A. Walha, Y. Moalla, I. Hadjkacem, F. Ghribi

Hedi chaker Hospital, child psychiatry, Sfax, Tunisia

* Corresponding author.

Introduction However, impulsivity is more likely to be present in externalizing disorders, little focus seems to have been made on the research of impulsivity in depression.

Objective On this study, we sought to investigate impulsivity among adolescent with Depressive disorder compared to a control sample.

Subjects and methods Employing a matched case-control study, participants included 100 adolescents divided into two groups: 30 adolescents (12 to 17 years) with depressive disorder and a control sample of 70 adolescents. Participants were recruited during a period of 2 years (2015, 2016). Depressive disorder patient were drawn from the consultation unit or inpatient unit of the department of child psychiatry in Sfax, Tunisia. Controls were recruited from two secondary schools and they haven't depressive symptoms according to the child depression inventory (CDI). Impulsivity was evaluated in the two groups by the Barratt Impulsiveness Scale (BIS-11), an instrument designed to measure trait impulsivity.

Results Adolescents with depressive disorder displayed significantly higher total BIS-11 impulsivity scores than controls (71.6 ± 16 vs 61.6 ± 9 ; $P=0.003$). They scored significantly higher than the controls on motor ($P=0.0001$) and attentional impulsivity ($P=0.006$). There was no difference in non-planning Impulsivity between the two groups. Motor impulsivity was high in adolescents with history of suicide attempt.

Conclusion Our findings suggest that trait impulsivity is increased among adolescents with depressive disorder. Impulsivity seems to be a risk factor for suicide attempts, so it that should be systematically evaluated in depressive disorder.

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EW0059

Aerobic exercise training in children and adolescents with inflammatory bowel disease: Influence on psychological functioning, sleep and physical performance

L. Maehlmann¹, M. Gerber², R.I. Furlano³, C. Légeret³, N. Kalak¹, D. Sadeghi Bahmani¹, E. Holsboer-Trachsler¹, S. Brand^{1,*}

¹ Psychiatric University Hospital, Center for Affective- Stress and Sleep Disorders, Basel, Switzerland

² University of Basel, Department of Sport, Exercise and Health, Division of Sport and Psychosocial Health, Basel, Switzerland

³ University Children's Hospital Basel, Paediatric Gastroenterology & Nutrition, Basel, Switzerland

* Corresponding author.

Background and aims Patients with inflammatory bowel disease (IBD) report increased mental health issues, poorer sleep quality

and less engagement in physical activity (PA). Standard treatment consists of immune modulating pharmaceuticals, though evidence is growing that aerobic exercise training (AET) might serve as adjuvant option to reduce disease symptoms and improve mental health. The aim of the present study was to investigate possible AET effects on psychological functioning, depressive symptoms, sleep and PA behavior in paediatric patients with IBD.

Methods Twenty-one paediatric patients with IBD and 23 gender and age-matched healthy controls (HC) were assessed. The IBD group was split into a "remission-group" (IBD-RE; $n=14$) and an "active disease group" (IBD-AD; $n=7$). All participants completed an 8-week AET exergame intervention reaching 60–80% of maximal heart rate for 5 days per week. At baseline and after 8 weeks, psychological functioning, depressive symptoms, objective sleep EEG, subjective sleep and objective and subjective PA were assessed.

Results AET significantly improved the exercise capacity of all participants. Self-reported fitness and daily PA behavior significantly increased in IBD-AD, but not in IBD-RE and HC. No improvements were observed for psychological functioning, depressive symptoms and subjective or objective sleep dimensions. Descriptively, the IBD-AD group reported lower psychological functioning and poorer subjective sleep quality.

Conclusions Results suggest that children and adolescents in an active disease state were at increased risk to descriptively report lower scores of psychological functioning and sleep. Further, an exergaming intervention has the potential to improve exercise capacity, self-reported fitness and daily PA.

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EW0060

Disturbed sleep and activity in toddlers with early signs of ADHD

A.K. Bundgaard*, N. Bilenberg, J. Asmussen, N. Vigholm Stokbæk

Child and Adolescent Psychiatry Odense, University of Southern Denmark, Odense C, Denmark

* Corresponding author.

Introduction Attention-deficit-hyperactivity-disorder (ADHD) is a frequent psychiatric disorder present in childhood, where sleep-problems are a prominent, pervasive and clinically important feature. However, our understanding of whether sleep-problems mimic or exacerbate daytime ADHD-symptom expression remains insufficient.

Objective Research examining sleep and daily activity in toddlers with early signs of ADHD might help identify early risk factors.

Aims To investigate whether disturbed sleep patterns and daily activity level is associated with early signs of ADHD in toddlers.

Methods Twenty-four toddlers from the Danish Odense Child Cohort scoring above the 93rd percentile on the ADHD scale of the Child Behaviour Checklist for ages 1½–5 were categorized as cases and compared to 25 age and gender-matched controls scoring below the 50th percentile. Daytime and nocturnal activity for 49 toddlers were assessed through seven days of actigraphy. Parents completed Children's Sleep Habits Questionnaire (CSHQ) and the ADHD Rating Scale IV Preschool Version (ADHD-RS).

Results Actigraphic data revealed an increased night-to-night variability, prolonged total sleep time, fewer sleep interruptions and fewer minutes in moderate-to-vigorous-physical activity (MVPA) in cases compared to controls. Increased night-to-night variability was found significantly associated with higher total scores on both the CSHQ and ADHD-RS. Further, fewer minutes in MVPA were associated with a higher parent-reported motor activity on the ADHD-RS.

Conclusion Findings show that early signs of ADHD are associated with irregular sleep patterns and lower daytime activity, as illus-

trated by actigraphy. Studies investigating early ADHD risk factors could lead to a preschool ADHD risk index to help guide future early intervention.

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EW0061

Executive functioning, response inhibition and attentional process impairments in impulsive children

F. Mozaffarnejad^{1,*}, N. Nazarboland²

¹ BA, Clinical Psychology, Tehran, Iran

² Shahid Beheshti University, Consulting, Tehran, Iran

* Corresponding author.

Impulsivity is a multidimensional concept that incorporates failure of response inhibition, rapid processing of information, novelty seeking, and inability to delay gratification. Aggressive, suicidal and violent behaviors have been shown to be associated with impulsivity and difficulty in inhibiting responses. As explorers of executive function (EF) and impulsivity research areas believe this two are generally considered conceptually distinct, and suggest that they may be antipodes (i.e., widely separated on a common continuum, upon which they are related), We selected subjects with high ($n=25$) and low ($n=25$) levels of impulsivity among 537 students of ages 8 to 10 years-old, who were measured by Conners Teacher Rating impulsivity Scale. Using computerized versions, response inhibition was examined by their performance in a Go/No Go task, general performance in executive functions (EF) was measured by tower of London Test and continuous performance test (CPT) was used to assess their attentional processes. Using independent t-test and ANOVA, the results revealed that overall performance of executive functions in impulsive children in all three areas were remarkably damaged: they had impaired performance regarding Go/No Go task results; also have consumed more time and committed more errors and a worse general performance; and had more errors and weaker performance in attentional processes. The results of this study along with similar results would be effective in achieving a brighter image of impulsive children's cognitive problems in order to provide efficient treatments focused on improving their executive functions.

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EW0062

Assessing discomfort and avoidance of social situations due to weight and physical appearance in adolescents: An exploratory factor analysis of a new measure

M. Cunha^{1,*}, A.R. Costa², L. Palmeira³, M. Couto², A. Galhardo¹

¹ Miguel Torga Institute/CINEICC, Clinical Psychology, Coimbra, Portugal

² Miguel Torga Institute, Clinical Psychology, Coimbra, Portugal

³ FPCE University of Coimbra, CINEICC, Coimbra, Portugal

* Corresponding author.

Introduction In adolescence experiencing weight and physical appearance concerns is common. These body and weight-related preoccupations are associated with anxiety and may lead adolescents to avoid social situations where their body image is exposed.

Aim The present study aimed to conduct an exploratory factor analysis and explore the psychometric properties of a new measure of social situations discomfort and avoidance due to weight or physical appearance (DASSWPA) in a sample of adolescents.

Methods The sample comprised 357 adolescents aged between 12 and 18-years-old, 195 males and 162 females, with a mean age of 14.69 (SD = 1.68). Participants completed a set of self-reported questionnaires concerning anxiety, stress and depression symptoms (DASS-21), bullying experiences (BIVES-A) and body image related shame feelings (BISS).

Results The DASSWPA is comprised of two separate scales: one regarding discomfort/anxiety and another one related to avoidance of social situations. Results suggested that both scales presented a similar two-factor structure. Both scales revealed good psychometric properties, including high internal consistency ($\alpha=0.91$) and an excellent temporal stability. Moreover, DASSWPA showed significant and positive associations with body image related shame feelings, victimization experiences, and anxiety, stress and depression symptoms. Gender differences were also found, with girls presenting significantly higher levels in the anxiety/discomfort scale than boys.

Conclusion The DASSWPA proved to be a reliable and stable measure to assess anxiety and avoidance of social situations due to one's physical appearance and weight in adolescents.

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e-Poster walk: Child and adolescent psychiatry–part 2

EW0063

Medication effects on EEG biomarkers in attention-deficit/hyperactivity disorder

M. Cebi^{*}, N. İsitin, B. Metin, B. Sütçübaşı, N. Tarhan

Uskudar University, Faculty of Humanities and Social Sciences, Istanbul, Turkey

* Corresponding author.

EEG biomarkers have become increasingly used to aid in diagnosis of ADHD. Despite several studies suggesting that EEG theta/beta ratio may help discriminating ADHD from other disorders, the effect of medications on theta/beta ratio is not known. Forty-three children with ADHD that were evaluated with quantitative EEG before and after methylphenidate were included in the study. Theta/beta ratio, theta and beta powers for whole brain, central and frontal areas were calculated. Theta/beta power decreased significantly after treatment; however this change was largely due to an increase in beta power, rather than a fall in theta power. The results suggest that beta power is sensitive to medication effects, while theta power remains as a trait biomarker unaffected by medication status. The value of EEG biomarkers for monitoring neuropsychological performance and clinical status should be explored by future studies.

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EW0064

The association between problem behaviors and Yin-Yang temperament in Korean middle school students

S.J. Lee¹, H. Chae^{2,*}

¹ Kyungil University, Department of Psychotherapy, Kyungsan, Republic of Korea

² Pusan National University, School of Korean Medicine, Yangsan, Republic of Korea

* Corresponding author.