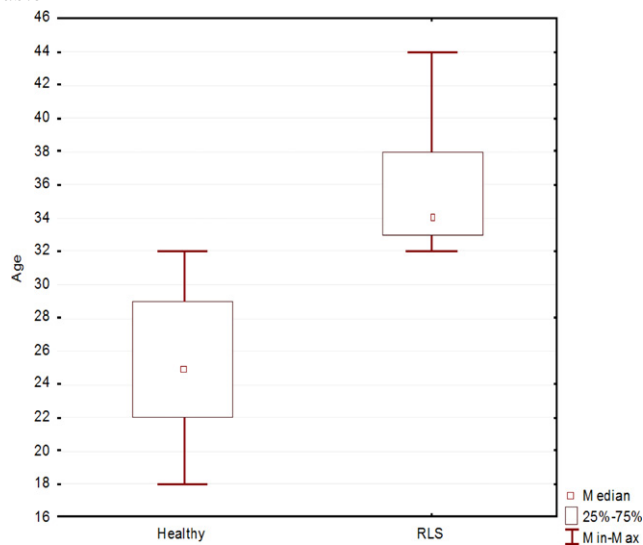


**Results** The results indicated that prevalence of RLS in professional cyclists is 14% and is higher than expected in this age group. We found statistically significant relationship between RLS and age ( $P < 0,001$ ) and years of experience as a professional cyclist ( $P < 0,001$ ). Results revealed no significant differences between genders (Table 1).

**Conclusions** RLS seems to be a common problem in professional cyclists. It can affect sport performance. Future efforts to estimate the influence of RLS on professional sport performance should be considered.

Table 1



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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.701>

#### EW584

### Self-criticism and self-compassion role in the occurrence of insomnia on college students

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**Introduction** To our knowledge there are no research about the influence of self-criticism and self-compassion in the occurrence of insomnia.

**Objectives** To study the association between self-criticism, self-compassion and insomnia on university students; to explore differences in these associations on two moments of student's lives—examination and no examination period.

**Aims** We anticipate that the stress and pressure of the examination period have an impact on student's sleep and there are, also, differences by age and gender.

**Method** Self-Criticism and Self-Reassurance Scale, Self-Compassion Scale, Pre-Activation Sleep Scale, Insomnia Assessment Scale and Anxiety and Depression and Stress Scales were answered by 160 college students ( $M = 26.45$ ,  $SD = 7.98$ ; range = 19–54 years) during an examination period and by 108 college students during a no examination period ( $M = 26.34$ ;  $SD = 0.43$ ; range = 19–54 years).

**Results** In both periods (examination and no examination period) older students (30–54 years) tended to be more self-compassionate and tolerant, such as less self-critical and punitive. During the examination period, younger students (19–29 years) showed higher levels of self-criticism, cognitive, and somatic activation

before falling asleep. There was also a higher proportion of younger students in the insomniac and insomnia symptomatic groups. Moreover, significant correlations were found between cognitive and somatic activation and depression, anxiety, and stress in both moments.

**Conclusions** In the examination period, the youngest students are more critical and less compassionate, what might lead to greater cognitive and somatic activation before sleep and, consequently, to insomnia symptoms and insomnia itself.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.702>

#### EW585

### Self-compassion and insomnia at pregnancy

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**Introduction** Mindfulness based programs during pregnancy (some including self-compassion components) increase self-compassion, mindfulness and maternal self-efficacy, and reduce anxiety, stress and psychological distress in pregnant women. According to our knowledge, there are no studies about the association between self-compassion and sleep outcomes in pregnancy.

**Objective** To explore differences in self-compassion, between three sleep groups, in a sample of Portuguese pregnant women.

**Methods** Four hundred and nineteen pregnant women (mean age:  $32.51 \pm 4.759$ ; weeks of gestation:  $17.32 \pm 4.803$ ) completed the Self-Compassion Scale (SCS, Bento et al., 2015), presenting six dimensions (self-kindness, self-judgment, common humanity, isolation, mindfulness and over-identification) and the Insomnia Assessment Scale (Marques et al., 2015). Three sleep groups were formed: good sleepers (no insomnia symptoms; no associated daily impairment); insomnia symptoms groups (one/more insomnia symptoms; no associated daily impairment); insomniacs (one/more insomnia symptoms; daily associated impairment).

**Results** There were significant differences in the total SCS, self-judgment, isolation and over-identification scores, between sleep groups [respectively,  $F(2,396) = 7,926$ ,  $P \leq 0,001$ ;  $F(2,409) = 19,155$ ,  $P \leq 0,001$ ;  $F(2,410) = 13,016$ ,  $P \leq 0,001$ ;  $F(2,412) = 11,258$ ,  $P \leq 0,001$ ]. Self-judgment, isolation and over-identification scores of good sleepers and insomnia symptoms group were higher than of insomniacs. Total SCS score of good sleepers was higher than of insomniacs and the same score of symptoms of insomnia group was also higher than of insomniacs.

**Conclusions** Results seem to show the importance of developing self-compassion to improve sleep in pregnancy or reduce the impact of insomnia symptoms (common at pregnancy).

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.703>

#### EW586

### Sleep disorders, depression and anxiety among medicine university students in Sfax

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